

COMPETITION NOTES

- 1 All events will be run under the Rules of Athletics New Zealand unless qualified.
- 2 Competitors are warned against leaving valuables in changing rooms. No responsibility for losses will be accepted by School Sport Canterbury Incorporated.
- 4 Warming up on the track will not be permitted. Designated warm-up area will be notified on the day of competition
- 5 **Spikes** – Maximum 6mm on All- weather Track, Jumps & throws surfaces
- 6 Marshalling - athletes must report to the event start at least 5 minutes before the advertised starting time of each event. The responsibility for being at the marshalling area on time is that of the individual athlete.
- 7 Starting blocks are provided and **MUST** be used for all events up to an including 400m.
- 8 In all throwing events - especially the javelin and discus, competitors are warned to take due care. Implements must only be thrown from the sector line or circle and **RETURNED BY HAND, NOT BE THROWN BACK TO THE STARTING AREA.**
- 9 In the field events the use of flags is as follows:
A red flag - signals no throw or no jump.
A white flag - indicates a successful attempt
- 10 In all field events except High Jump each competitor will have three trials.
- 11 Track: All events are run as timed finals
- 12 **Competitors who find they are in a field and track event at the same time must realise that the track event takes precedence.** They should report to the field event official and excuse themselves to compete in the track event, returning to the field event as soon as possible after the track event. Competitors cannot demand to take all their trials in succession or to take any trial of the rounds in which they have failed to appear. However, the field event official may allow competitors to take their trials in an order different from that decided upon prior to the start of the competition. This will not be possible if a round of the competition has been completed, or if the competition has been completed.
- 13 Competitors in track events up to and including the 400 metres must remain in their lanes at the finish line until dismissed by the judges. When given place disks they must then report to the recorder desk.
- 14 Only competitors currently involved in an event or under the instructions of marshals and officials will be permitted on the arena.
- 16 Equipment for field events will be supplied.
- 17 The 800 metres event shall be run in lanes as far as the end of the first bend. The starts shall be so staggered that the distance from the start to finish is the same for each competitor.
- 20 Protests: All protests must be made the Referee as laid down in Athletics New Zealand Rule 147