

CONDITIONS OF COMPETITION AND GENERAL INFORMATION

- 1 Competitors may enter a maximum of four events including the 4 x100m relay. Competitors may not enter out of their grade unless it is in an Open event or age grade relay. Competitors may not run in more than one age-grade 4x100m or 4x400m relay relay.
- 2 **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.
- 3 Lane draws and order of competing in the field events will be as shown in the programme. Lanes for any subsequent rounds (100m, 200m, 400m Sprint Hurdles) will be drawn and posted as soon as available.
- 4 Track competitors must report to the designated marshalling area 10 minutes before the advertised start of each event. This will apply for track and field events. Field event athletes report directly to the area of competition. The Responsibility for being at the Marshalling area on time is that of the individual athlete.
- 5 Athletes who qualify in a heat or round of an event **must** compete in succeeding rounds of that event including finals unless the consent of the **Meeting Manager** has been obtained; otherwise they may be excluded from participating in further events at the meeting.
- 6 Warming up on the track is not permitted. Areas adjacent to the track will be available for warming up
- 7 The only drink permitted inside the arena is WATER. Sports drinks, soft drinks etc are banned.
- 8 Starting blocks are to be used in all events up to and including 400m. These will be provided.
- 9 The 800 metres will be run in lanes as far as the end of the first bend.
- 10 The change zone for 4 x 100m relays is 30m. Athletes may stand anywhere within this 30m and the baton must be exchanged within this 30m zone.
- 11 In the 4 x 400m relay one lap plus one curve is run in lanes. The change zone for all changes is 20m long and at the end of the first lap (change 1) the baton must be exchanged within the 20m zone in each team's lane At subsequent changes (changes 2 and 3) the change zone is 10 metres either of the start/finish line. The officials in the start/finish area will advise the correct starting points for each change zone.
- 12 Changing rooms may not be available. Competitors are advised to arrive at the venue in their athletic uniform, track suits etc. Care should be taken with personal property as well as clothing. No responsibility for losses will be accepted by School sport Canterbury or Athletics Canterbury
13. Spikes: The maximum length for the all-weather track and long/triple jump runways at Nga Puna Wai is 6mm, and for high jump and javelin the maximum length is 9mm. Only cone shaped spikes are permitted with "christmas tree" shaped spikes not allowed.

- 14 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.**
- 15 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 valid throw or jump.
16. Competitors in laned track events must remain in their lanes at the finish line until dismissed by the judges.
- 17 Only competitors currently involved in an event or under the instructions of marshals or officials will be permitted in the competition arena.
- 18 Only equipment provided or certified by the Technical manager will be used for throwing events.

World Athletic Rule Changes

The rule change relating to breaking at the start (one break will result in disqualification) will be applied at these championships.

At field events 1 minute will be allowed from the time an athlete's name is called until a trial is commenced.