



### WEST COAST ATHLETIC CHAMPIONSHIPS COMPETITION NOTES

- 1 All events will be run under the Rules of Athletics New Zealand unless qualified.
- 2 All competitors should wear their correct school colours.
- 3 Changing rooms are not available. Athletes are advised to arrive at the venue in their athletic uniform, track suits etc, Care should be taken with all personal property as well as clothing. No responsibility for losses will be accepted by School Sport Canterbury Inc.
- 4 Warming up on the track will not be permitted.
- 5 Spikes – Athletes using the running track (Grass) should wear spikes suitable for the conditions on the day. For Jumping run-ups the maximum is 6mm.
- 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 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 thrown back to the starting area.
- 8 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.
- 9 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 recorders desk.
- 10 Only competitors currently involved in an event or under the instructions of marshals and officials will be permitted on the arena.
- 11 Lanes and starting orders have been drawn as printed in the programme.
- 12 Equipment for field events will be supplied. No personal throwing equipment will be permitted.
- 13 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.
- 14 In relays a runner may stand up to 10m behind the change zone, but the baton must be taken within the zone.
- 15 The rule relating to breaking at the start (one break will result in disqualification) will be applied at these championships
- 16 Protests: All protests must be made the Referee as laid down in Athletics New Zealand Rule 147