



2021 Sir Graeme Douglas International

Saturday 27th February 2021

Douglas Track & Field, The Trusts Stadium, Waitakere, Auckland

ATHLETE INFORMATION

(Under Covid Level 1)

The Sir Graeme Douglas International is a World Athletics Continental Tour Bronze level meet (Category C). The competition will be conducted in accordance with the rules/regulations of World Athletics.

Competition Pack Collection

Friday 26th Feb: Lincoln Green Hotel help desk (by Reception) 2pm - 6pm
Saturday 27th Feb: 10.00am - 12.00pm at Lincoln Green Hotel help desk (by Reception). From 12.00pm at Douglas Track and Field (Rear of the Grandstand Door B, refer Map below).

Stadium Entry

Athletes will be able to enter the stadium by the Main entry. There is no entry charge for athletes.

Athlete Check-in

All **track athletes** are required to check-in **no less than 1 hour prior** to the start of their event. Failure to check-in will be taken as confirmation of withdrawal from the event and events may be redrawn accordingly.

Check-in is at the same place as Competition Pack pick-up in the Stadium **from 12.00pm Saturday 27th**.

Check-in and Competition Pack pick-up can be accessed via Door B at the rear of the Grandstand. Refer to the Map below.

Call Room

There will be NO call room, but athletes are required to **Check-in** as per above.

Once checked-in, athletes are expected to report straight to the competition area:

Track Events: no less than **20** mins prior to the event start time.

Field Events: no less than **30** mins prior to the event start time, except Pole Vault which is no less than 45 minutes prior to the event start time.

Warming-up

The main designated warm-up area is on the top field (Field 2 on the Map). Final warm-ups are permitted on the back straight, mindful of any events being conducted.

Field events will be given a minimum of 30 minutes access to the competition area prior to competition.

Starting blocks and hurdles will be available on back straight for warm-up.

Throws warm-up is only in the competition area under the supervision of the event officials.

Uniform and Competition Bibs

Athletes may wear competition uniform of their choice, provided it complies with the World Athletics advertising regulations.

Athletes will be allocated two competition bibs which must be worn on the front and back of the uniform during competition, with exception of the Jumps events where only one bib (front or back) is required.

Spikes

The venue ruling for the Douglas Track is a maximum spike length of 7mm for all track events and 9mm for all field events. Only conical & pyramid (Christmas tree) allowed.

Implement Check

Athletes who wish to use their own throwing implements during the event MUST lodge them with the Technical Manager at the Technical/Equipment Room, no later than **2pm on competition day** for checking and impounding. The Technical Room is located in the gear shed at track level, next to the Shot Put sector.

The implements will be impounded until after the event or events for which they are submitted, at which time athletes may collect them from the Technical Room. Please note, personal implements will be placed into the 'pool' of competition equipment and may be used by any athlete.

Progression to Finals

The only events with progression are the 100m events. Progression to finals will be determined as follows:

9 to 16 competitors	2 heats	First 3 and the next 2 fastest to final
17 to 24 competitors	3 heats	First 2 and the next 2 fastest to final

Timed Finals

The following events will be conducted as TIMED finals:

Men's 400m (Two Timed Finals)

Men's 800m (Two Timed Finals)

World Athletics placing points will be awarded to the TOP EIGHT (8) best performances where TIMED FINALS are conducted for that track event in accordance with the rules of World Athletics.

Pole Vault

Starting heights and progressions:

Men's PV	4.32, 4.62m 4.82m 5.02m 5.17m 5.32m 5.42m 5.52m
Women's PV	3.22m, 3.42m, 3.62m 3.82m 4.02m 4.17m 4.32m 4.42m 4.52m 4.57m

High Jump

Starting heights and progressions:

Men's HJ	1.86m, 1.91m, 1.96m, 2.01m, 2.06m, 2.10m, 2.15m, 2.19m, 2.23m, 2.27m, 2.31m, 2.33m
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Presentation Ceremonies

For all Continental Tour status events, presentation ceremonies will take place immediately after the

event.

Athletes placing in the first three will be directed to the presentation area in readiness for the ceremony.

Athletes must wear their correct competition uniform singlet (tracksuit pants may be worn).

As part of the presentation, athletes will be presented with a form to complete and return in order to collect their prize money.

Prize Money

For all Continental Tour status event finals the following prize money (NZD) will be awarded:

1 st place	\$750.00
2 nd place	\$400.00
3 rd place	\$250.00

Doping Control

Athletes are reminded that they may be required to undertake doping control at the conclusion of their event.

Athletes may elect to have a representative/support person present.

If you have further events or duties (such as presentation ceremony or interviews) please advise the doping control chaperone when you are first approached.

First Aid

Emergency Medical Technicians will be present at the event and will be identifiable in their uniforms.

Otherwise, Accident and Emergency 24/7: White Cross, 131 Lincoln Road (1km from track).

Phone number: +64 9 836 3336

Safety

In the interests of safety to athletes, coaches, officials, volunteers and spectators the following should be adhered to at all times:

- Spikes are only to be worn on the Field of Play (FOP) or in relevant warm-up areas.
- Entry to the FOP is to be made by athletes under control of officials.
- Athletes are not to cross the infield of the FOP.
- No glass is permitted within the FOP.
- Throwing implements should only be picked up when directed by officials.
- Athletes should take care crossing the track at all times and adhere to directions from officials regarding the crossing of the track.

Post Event Function

The Post Event Function will be held at the Conference Room, Quality Inn Hotel Lincoln Green, 159 Lincoln Road, Henderson, West Auckland – 500m from the Stadium), Saturday 27th from 8.30pm.

SIR GRAEME DOUGLAS INTERNATIONAL

VENUE MAP

