

Jennian Homes New Zealand Track and Field Championships

Newtown Park Wellington

2 - 5 March 2023

TECHNICAL REGULATIONS

TEAM MANAGERS AND ATHLETES ARE TO READ THE FOLLOWING CAREFULLY

1. RULES of COMPETITION

The 2023 Jennian Homes New Zealand Track and Field Championships will be conducted using the current World Athletics (WA) and World Para Athletics (WPA) rules.

2. COVID-19 –

We would like to remind everyone that we still have Covid in the community. If you have Covid we would prefer you stay away and not infect your fellow athletes and supporters.

3. SAFETY

In the interest of Safety to athletes, officials, coaches, volunteers and spectators the following should always be adhered to:

- Spikes are only to be worn on the Field of Play (FOP) or in relevant warm up areas.
- Athletes are not to cross the infield of the FOP
- Warm ups must be done in the designated warm up area
- Warm ups must be supervised by a coach
- Warm ups in the FOP must be supervised by Officials and not commenced until instructed.
- No glass is permitted within the FOP
- Athletes must take care crossing the track and adhere to directions from officials
- Read the Safety notice that follows, and abide by the Health and Safety plan

4. STADIUM ENTRY

- Entry to stadium is via controlled gate adjacent to the grandstand
- No unauthorised person(s) shall be allowed into the FOP

5. ENTRY PASSES

- Entry Passes will be provided to Managers in their centre pack these can be collected at either Technical Information Centre (TIC).
- Entry Passes must be used when entering the stadium.

6. UNIFORMS

- Athletes selected to represent their centre must wear their correct Centre uniform
- Athletes competing as individuals must wear their approved Club uniform

7. ATHLETES PACKS

- Athlete Packs will be available to Team Managers and athletes, who are not representing a centre from 3pm to 6:00pm at (TIC), located under the grandstand on Wednesday 1 March.
- Thereafter they can be collected on competition days from TIC.
- It's the responsibility of each Team Manager to collect their race packs and make any amendments for athletes representing their Centre including scratching, name amendments etc.
- Athletes competing as individuals **MUST CONFIRM** their entry by signature when picking up their competition pack at least 90 minutes prior to the scheduled start time of their **FIRST** event they are entered in.
 - Athletes are able to confirm prior to the competition day that their event is scheduled.
 - Athletes not completing this process are liable for exclusion from that event and all other events that they have entered.
- WA Rule TR4.4.1 "Failure to Participate" will apply to all Athletes
- Where the athletes race pack is collected by another person, the athlete will be deemed to be at the venue and be prepared to report to the Call Room

8. COMPETITION BIBS

- Athlete bibs will be given to Team Managers, who will then be responsible for issuing these to all athletes under their control.
- Athletes will be provided with two bibs which must be worn on their front and back, except Jumps events which only need to wear one bib
- Athlete bibs need to be firmly attached with four pins.
- The entire bib and sponsorship information must be able to be seen.
- No part of the bib can be folded under the uniform.
- Athletes tampering with competition bib may be liable for disqualification.
- Any athlete who loses their number should go to TIC to obtain a replacement bib.
- Hip numbers will be provided in the Call Room and must remain firmly attached

9. PERSONAL IMPLEMENTS

- Athletes who wish to use their own throwing implements during the National Championships **MUST** lodge them with the Technical Manager at the Technical room which is located at the north end of the grandstand adjacent to the 100m start at the following
 - For **THURSDAY** morning competition before 5pm on Wednesday otherwise 4 hours prior to the start of the event
 - For **FRIDAY** morning competition before 5pm on Thursday otherwise 4 hours prior to the start of the event
 - For **SATURDAY** morning competition before 5pm on Friday otherwise 4 hours prior to the start of the event

- For **SUNDAY** morning competition before 5pm on Saturday otherwise 4 hours prior to the start of the event
- Personal Implements will be kept until after the event they have been submitted for and then at the conclusion of their event can be collected from the Technical Room.
- Athletes can only hand in a maximum of two implements per event in which they are competing.
- Pole vault athletes must hand their vaulting poles in to the Technical Shed at least two hours prior to their event and they must be well labelled with name and what event they are for.

10. SCRATCHINGS

Scratching's are not to be submitted to the Call Room they must be handed in at TIC

- Please submit all scratching as early as possible as it may change heats being required
- These need to be submitted on the appropriate form signed by the Team Manager to TIC as soon as possible but **NO LATER** than 90 minutes before the event start time.
- Any athlete competing as an individual **MUST** submit their own scratching to TIC
- If an athlete fails to scratch from an event after confirmation or does not compete in all rounds of an event in which s/he has qualified, may not be permitted to compete further.
- No athlete who has retired from competition due to ill health will be able to re-enter the competition (relay team included) unless the athlete supplies a medical certificate and clearance has been obtained from the Technical Delegate.

11. DRAWS

- **FIELD:** the order for field events will be random
- **TRACK:** draws for track events will be published after confirmations have been received and posted on the information boards and online.

12. WARM UP

- Warm ups are not permitted in the FOP, except for practice trials immediately prior to your event under supervision of Officials.
- Warm up's are to be carried out on the warm up grassed area which is adjacent to the call room on the top field.
- No trainings sessions can be held within the FOP during competition times.
- Shot warm ups must be carried out at the appropriate throwing circle under supervision of a spotter. This area is on the top field.

- **NO** overhead backward warm up throws are allowed inside the FOP.
- Hurdle warm ups can be done on the grassed area on the top field and the back straight prior to the event. Athletes will report to the call room first (Call time 40 minutes), then be escorted to the back straight or top bend. Some hurdles will be available on the grass warm up area as well as the back straight.
- Unfortunately there are no jumps warm up areas at this venue

13. CALL ROOM PROCEDURES

- All athletes are required to report to the Call Room prior to their event by the final call time Failure to do so will make the athlete liable for **DISQUALIFICATION**
- Only athletes are allowed into the call room.
- Officials will check all athletes in accordance with the WA & WPA rules:
 - Correct uniform is worn on entry to the Call Room
 - Competition Numbers are worn on entry
 - Checking of competition shoes including spikes
 - Check of competition race chairs and throwing frames for WPA athletes
 - Check of bags that are being taken into competition area please keep personal material in bags to a minimum.
 - Personal material (athletes are not allowed to have glass bottles or containers, video recorders, radios or similar devices into the FOP)
 - **ONLY water allowed onto the FOP**
- Call Room judges will retain any personal material that contravenes the rules that can then be collected from Post Event Control

Mobile Phones

- Field event athletes – phones will be allowed onto the FOP but **MUST** be turned **OFF** and kept in the athletes' bag. Any athlete found using or looking at their phone on the FOP will be issued with a Yellow Card or a Red Card depending on the circumstance.
- Track athletes – must **NOT** bring their phones into the Call Room but leave them with a responsible person.
- The Call Room is located as per the map for all able-bodied athletes. Wheelchair Para Athletes in front of equipment shed by 100m start.
- Athletes will proceed to the start of their event from the Call Room accompanied by an Official.
- Athletes who proceed to the event without going through the Call Room may not be allowed to start. I.e. Disqualified and Yellow card issued

Call Room Reporting Times

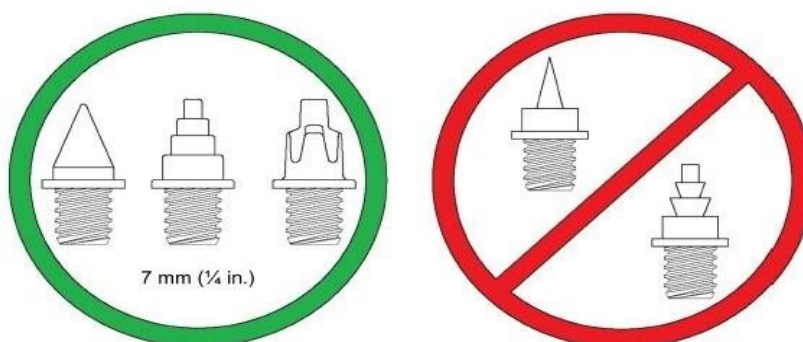
Athletes must report at the following times preceding the advertised start time or their event:

- Track Events - 20 minutes (Hurdles 40 minute to allow warm up on track)
- Field Events - 45 minutes
- Pole Vault - 75 minutes

14. SPIKES

The requirements of the Newtown track surface are:

- Maximum length of spikes is **6mm** (7mm will be accepted) except in High Jump and Javelin where a maximum of **9mm** is allowed.
- Only Pyramid/Cone, Christmas Tree shapes are permitted.
- Needle, Pin and undercut pyramid are **NOT** allowed



15. SIMULTANEOUS ENTRIES

- If an athlete is in two events on at the same time they **MUST** complete a 'clash form' (Available from TIC)
- The athlete then takes the completed form to the Call Room at the first event

16. PROGRESSIONS

- RULES FOR PROGRESSION TO FINALS WILL BE DETERMINED AS FOLLOWS:

100m, 200m, 400m, 100mH, 110mH, 300mH, 400mH and 4 x 100m, 4 x 400m:

| | |
|------------|--|
| 1 to 8 | Direct to final |
| 9 to 16 | 2 heats First 3 and next 2 fastest to final |
| 17 to 24 | 3 heats First 2 and next 2 fastest to final |
| 25 or more | Semi Finals will be held and progression as per WA rules |

800m

| | |
|----------|---|
| 1 to 11 | Direct to final |
| 12 to 20 | 2 heats First 3 and next 2 fastest to final |
| 21 to 30 | 3 heats First 2 and next 3 fastest to final |

1500m:

| | |
|------------|---|
| 1 to 15 | Direct to final |
| 16 to 30 | 2 heats First 4 and next 4 fastest to final |
| 31 or more | 3 heats First 3 and next 3 fastest to final |

2000m/ 3000m Steeplechase & 3000m:

| | |
|----------|------------------------------------|
| 1 to 19 | Direct to final |
| 20 to 34 | 2 heats First 5 and next 5 fastest |

5000m

| | |
|---------|-----------------|
| 1 to 30 | Direct to final |
|---------|-----------------|

- Should entry numbers not reach the required numbers for heats to take place, the event will proceed to final and be held at finals time.

17. STARTING BLOCKS

- Only starting blocks provided by the Organising Committee shall be used.
- Private starting blocks will not be permitted.

18. RELAYS

- Team declaration forms must be submitted at TIC **2 hours** prior to the advertised start time
- These team declarations must supply team names plus reserves in the correct running order
Note: WA rule TR 24.11 will apply
- An athlete not previously entered into the Championships at the time of entries closing will not be permitted to run in a relay

19. RACE WALKING EVENTS

For all Race Walking events the PENALTY ZONE will be in operation for these Championships

A time cut off will be in use to avoid going over time. This will be advised prior to the event.

20. STARTING HEIGHTS

Jumps Increments Nationals 2023

High Jump

Starting Height

Senior Men 1.83 plus 5 2.03 plus 4 2.23 plus 3 2.35

U20 Men 1.69 plus 5 1.89 plus 4 2.01 plus 3 2.07 plus 2

| | | | | |
|--------------|--------------------|--------------------|--------------------|--------------------|
| U18 Men | 1.62 plus 5 | 1.82 plus 4 | 1.94 plus 3 | 2.00 plus 2 |
| U16 Men | 1.52 plus 5 | 1.82 plus 4 | 1.94 plus 3 | 2.00 plus 2 |
| Senior Women | 1.57 plus 5 | 1.72 plus 4 | 1.84 plus 3 | 1.90 plus 2 |
| U20 Women | 1.53 plus 5 | 1.58 plus 4 | 1.70 plus 3 | 1.79 plus 2 |
| U18 Women | 1.42 plus 5 | 1.62 plus 4 | 1.70 plus 3 | 1.76 plus 2 |
| U16 Women | 1.31 plus 5 | 1.51 plus 4 | 1.59 plus 3 | 1.68 plus 2 |

Pole Vault

Starting Height

| | | | | |
|--------------|---------------------|---------------------|---------------------|---------------------|
| Senior Men | 3.61 plus 20 | 4.81 plus 15 | 5.71 plus 10 | |
| U20 Men | 3.13 plus 20 | 3.73 plus 15 | 4.18 plus 10 | |
| U18 Men | 3.02 plus 20 | 3.62 plus 15 | 4.07 plus 10 | |
| U16 Men | 2.45 plus 20 | 2.85 plus 15 | 3.15 plus 10 | |
| Senior Women | 3.16 plus 20 | 4.16 plus 15 | 4.61 plus 10 | |
| U20 Women | 2.77 plus 20 | 3.17 plus 15 | 3.47 plus 10 | |
| U18 Women | 2.34 plus 20 | 2.54 plus 15 | 2.84 plus 12 | 3.08 plus 10 |
| U16 Women | 2.13 plus 20 | 2.33 plus 15 | 2.63 plus 10 | |

21. FIELD EVENTS

- In throwing events and horizontal jumps all athletes will have three trials
- At the conclusion of round three the best 8 athletes with a valid trial will have a further 3 rounds in reverse order.
- If 8, or fewer athletes, all athletes will have 6 trials

22. POST EVENT CONTROL

- All athletes are to leave the FOP via post event control, This will be situated adjacent to the 1500 start.
- Any goods confiscated in the call room can be collected from post event control.
- Warm downs must be done outside the FOP.

23. PARA EVENTS

All Para events are mixed Sport Class events and the placing will be determined by using a scoring table based on percentages of the world record in their Sport Class.

24. PROTESTS AND APPEALS

- Athletes must first Protest orally to the Referee concerned either immediately or within 30 minutes of the Official Result being posted
- If the Referee can't be located then Teams must go and fill out a verbal protest form at TIC.
- If teams then wish to lodge an Appeal to the Jury this must be done in writing on the appropriate form and lodged with NZD \$50

25. MEDAL PRESENTATIONS

- Medals will be presented at the scheduled time which is as soon as possible after the conclusion of the event
- Athletes must wear their correct competition uniform singlet (track pants may be worn)

26. TECHNICAL MEETING

- There will be no Technical Meeting as all information is discussed in this document.
- However the Technical Delegate will be available at TIC on Wednesday between 4:00pm and 5:30pm to answer any queries.

27. FIRST AID

- Medical assistance will be present at the event
- They will be situated under the grandstand

28. 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 medal presentations or interviews) please advise the doping control chaperone when you are first approached

SAFETY INSTRUCTIONS FOR ATHLETES

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

- Entry to the Field of Play (FOP) by athletes is under control of officials.
- Athletes are not to cross the infield of the FOP.
- The Official at the event site must supervise all Official Warm-ups within the FOP.
- Spikes are only to be worn on the FOP, in relevant warm-up areas and along marked path from Call Room.
- No glass is permitted within the FOP.
- Throwing implements should only be picked up when directed by officials.
- No overhead backwards Shot Put warm up throws are permitted in the FOP
- Athletes should take care crossing the track at all times and adhere to directions from officials regarding crossing the track especially when going to talk to their coaches.

- **Access to the Field of Play (FOP)**
 - The FOP is defined as the area inside of the rail fence that runs around the perimeter of the track, The only persons permitted access at all times are athletes competing in an event, at the time, and officials conducting the event.
 - Prior approved persons may enter the FOP under the direction of the designated Safety Manager and/or Assistants and will be required to wear a high visibility vest. These persons must present themselves to the Safety Manager and/or Assistants prior to entry.
 - Athletes must not cross the inner competition area or the main straight for any reason. To reach and leave your competition area you will be escorted by an Official. **PLEASE FOLLOW DIRECTIONS OF OFFICIALS AT ALL TIMES**

- **Warm Up Areas**
 - EXCEPT for authorised throws or jumps under the control of Officials prior to events, warm up must **NOT** take place in the FOP. The main warm up area is located on the grass beside the Call Room ○ The throws warm-up area is located to the north of the stand and Javelin behind the Hockey Turf.. **Practice throws must be always carried out with a spotter for safety reasons.** Vigilance must be used at all times to ensure safe throwing practices are adhered to. Athletes should not attempt warmup throws without checking the landing area is clear first.
 - When warming up outside the FOP it is your individual responsibility to ensure your warm- up activities do not endanger yourself, other competitors. However once again follow any directions of officials at this time.

- **Duty of Care**
 - I undertake to exercise my Duty of Care, as is reasonably practicable, to prevent harm, by my actions, to myself. Fellow competitors, officials and members of the general public.

By competing in these Championships you agree to abide by the safety instructions. We thank you for being safe and using your own vigilance to ensure the safety of all involved in the sport.