

Jennian Homes New Zealand Track and Field Championships

Newtown Park Wellington

14 - 17 March 2024

TECHNICAL REGULATIONS

TEAM MANAGERS AND ATHLETES ARE TO READ THE FOLLOWING CAREFULLY

1. RULES of COMPETITION

The 2024 Jennian Homes New Zealand Track and Field Championships will be conducted using the current World Athletics (WA) and World Para Athletics (WPA) rules.

2. 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 and abide by the Safety notice that follows, in addition there is a competition Health and Safety plan.

3. Eligibility for Track and Field Championships

- For an athlete to compete in either the Senior Men or Women Grades they shall be 18 years or over on the 31st December in the year of competition and have achieved the required Senior entry standards in the event they wish to compete
- For an athlete to compete in either the Men Under 20 or Women Under 20 Grades they shall be aged 16,17,18 or 19 years on the 31st December in the year of competition and have achieved the required Junior entry standards in the event they wish to compete
- For an athlete to compete in either the Men Under 18 or Women Under 18 Grades they shall be aged 15,16 or 17 years on the 31st December in the year of competition and have achieved the required Youth entry standards in the event they wish to compete
- For an athlete to compete in either the Men Under 16 or Women Under 16 Grades they shall be aged 14 or 15 years on the 31st December in the year of competition and have achieved the required Youth entry standards in the event they wish to compete
- For a para athlete to compete in the Men / Women Under 20 Grades they shall be aged 17,18 or 19 years on the 31st December in the year of competition and have achieved the required para Under 20 entry standards in the event they wish to compete
- For a para athlete to compete in the Men / Women Under 17 Grades they shall be aged 14,15 or 16 years on the 31st December in the year of competition and have achieved the required para Under 17 entry standards in the event they wish to compete

- Athletes can apply for an age group dispensation via the Athletics NZ Dispensation Committee. There will be no dispensation for athletes aged under 14 on the 31st December in the year of competition.

4. STADIUM ENTRY

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

5. ENTRY PASSES

- Athlete and Team Manager entry passes will be provided to Managers in their centre or individual pack (if representing a club), these can be collected at the 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 13th 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 the **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 times:-
 - 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 scratchings as early as possible as it may change the number of heats 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, they 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 ups are to be carried out on the warm up grassed area which is adjacent to the call room on the top field.
- No training sessions can be held within the FOP during competition times

- Shot put 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
- There is no jumps warm up area at this venue
- Warm up for wheelchair events will be on the track immediately prior to the event. Wheelchair track athletes for events 200m and greater will be allowed one warm up lap on the track immediately prior to the event.

13. CALL ROOM PROCEDURES

- The Call Room is located as per the map for all able-bodied athletes
- The Para Athlete Call Room is located beside the equipment shed by 100m start
- All athletes are required to report to the Call Room for their event prior to the final published call time. Failure to do so will make the athlete liable for **Exclusion** from that event and all other events they are entered in. They will be shown in the results as DNS (as per rule TR4.5)
- If an athlete's name appears on the start list and they don't report to the call room for that event - the athlete will be noted as DNS and not allowed to compete
- In accordance with TR4.4, an athlete shall be excluded from participating in all further events in the competition, including relays – where:-
 - Final confirmation was given that the athlete would start in the event but failed to participate
 - An athlete qualified in a previous round of an event for further participation but failed to participate
- Only athletes are allowed into the call room.
 - Para Athletes – No assistant/s are allowed in the Call Room unless permitted for athletes in sports classes T/F11/12, F31-33, F51-54 or approved in advance by the **Technical Delegate** after completing the relevant form found at TIC
- 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/prosthetic blades including spikes
 - Checking of competition race chairs and throwing frames for WPA athletes
 - Checking 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, iPads, radios, or similar devices into the FOP).
- **ONLY water is 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 after your event
- Athletes will proceed to the start of their event from the Call Room accompanied by an Official

- All Athletes **MUST** Not proceed to the event site without going through the Call Room

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 circumstance
- Track athletes – must **NOT** bring their phones into the Call Room but leave them with a responsible person.

Call Room Reporting Times

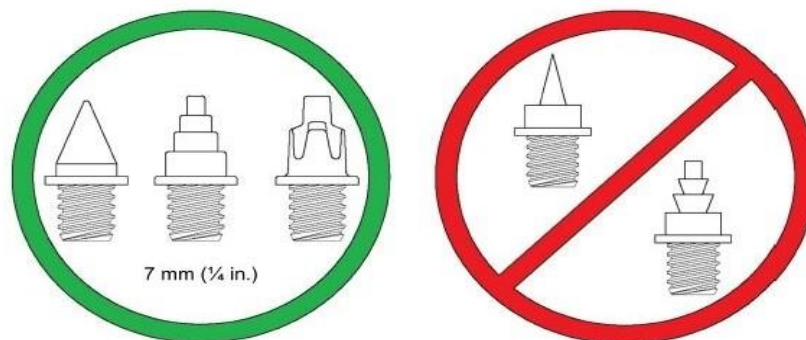
Athletes must report at the following times preceding the advertised start time or their event:

- 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 Stadium 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, 4x100m, 4x400m:

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	A & B final	(4 heats – First 2 to A final, next fastest 8 to B final) (5+ heats – First in each heat and next fastest to A final, next fastest 8 to B final)

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 6 to final
31 or more	3 heats First 4 to final

2000m/ 3000m Steeplechase & 3000m:

1 to 19	Direct to final
20 to 34	2 heats First 8 to final

5000m

1 to 30	Direct to final
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- 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
- **Vacant positions due to withdrawals in finals will be filled by athletes ranked next by time, following the previous round. There will be no redraw of lanes should this occur**
- **All reserve athletes should report to the Call Room as well for each event.**

17. STARTING BLOCKS

- Only starting blocks provided by the Organising Committee shall be used
- Private starting blocks will not be permitted
- Athletes with hearing impairments that wish to use starting lights must advise TIC by filling out the appropriate form the day prior to competition.

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
- An athlete not previously entered into the Championships at the time of entries closing will not be permitted to run in a relay
- The team shall compete as named and in the declared order or be subject to disqualification
- **An athlete can only compete in one 4 x 100m and one 4 x 400m relay.**

19. RACE WALKING EVENTS

- For all Race Walking events the PENALTY ZONE will be in operation for these Championships
- A cut off time will be in use to avoid going over time. This will be advised prior to the event

20. STARTING HEIGHTS

Jumps Increments Nationals 2024

High Jump	Starting Height			
Senior Men	1.81 plus 5	2.06 plus 4	2.18 plus 3	2.30 plus 2
U20 Men	1.68 plus 5	1.93 plus 4	2.05 plus 3	2.11 plus 2
U18 Men	1.62 plus 5	1.82 plus 4	1.94 plus 3	2.00 plus 2
U16 Men	1.55 plus 5	1.75 plus 4	1.99 plus 3	2.08 plus 2
Senior Women	1.57 plus 5	1.77 plus 4	1.85 plus 3	1.91 plus 2
U20 Women	1.53 plus 5	1.63 plus 4	1.75 plus 3	1.81 plus 2
U18 Women	1.46 plus 5	1.61 plus 4	1.69 plus 3	1.78 plus 2
U16 Women	1.32 plus 5	1.52 plus 4	1.64 plus 3	1.70 plus 2

Pole Vault	Starting Height			
Senior Men	3.56 plus 20	4.96 plus 15	5.38 plus 12	5.62 plus 10
U20 Men	3.21 plus 20	3.61 plus 15	4.21 plus 12	4.45 plus 10
U18 Men	3.08 plus 20	3.48 plus 15	3.93 plus 12	4.29 plus 10
U16 Men	2.56 plus 20	2.96 plus 15	3.26 plus 12	3.50 plus 10
Senior Women	3.09 plus 20	4.09 plus 15	4.39 plus 12	4.63 plus 10
U20 Women	2.71 plus 20	3.31 plus 15	3.61 plus 12	3.85 plus 10
U18 Women	2.61 plus 20	3.01 plus 15	2.61 plus 12	3.85 plus 10
U16 Women	2.08 plus 20	2.48 plus 15	2.78 plus 12	3.02 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
- Seated throwers will have all 6 attempts consecutively and will compete at the same time as ambulant.

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 performance based on percentages of the world record in their Sport Class.
- Para Athletes – No assistant/s are allowed in the Call Room unless permitted for athletes in sports classes T/F11/12, F31-33, F51-54 or approved in advance by the **Technical Delegate** after completing the relevant form found at TIC
- All age groups (U17, U20 and Open) may be run together due to entry numbers, however, individual results for each age group will be published and medals awarded.

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 complete 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 \$100.

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 13th March between 4:00pm and 5:30pm to answer any queries.

27. FIRST AID

- Medical assistance will be present at the event, 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 always adhered to:

- 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 the para Call Room. Spikes must not be worn down the steps from the Call Room/warm up area
- 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, volunteers 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 on the pavilion side of the warm up area. **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, volunteers, officials, and members of the general public.

By competing in these Championships, I 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.