



NSW CHAMPIONSHIPS

1. AGE GROUPS

- 1.1 Athletics NSW offers competition in the following age groups for male and female athletes, unless otherwise advised. Please refer to the specific event programs for events available for each age group:
- Open, U23** U20, U18, U16 and U14 with the age as at 31 December of the year of competition.
 - Masters - over 30 years in 5 year age groups, i.e. 30-34, 35-39, 40-44 etc. to 95+, with the age as at the first day of competition.
- ** Medals for the Under 23 Championships will be awarded based on results from the Open Championship. The first three athletes aged 20, 21 or 22 (in the calendar year of the event) will be awarded the Under 23 medals.

2. ENTRIES

- 2.1 Entry for all Athletics NSW State Championship events will be available online. This is a safe and easy way of submitting your competition entry and takes just minutes. In order to submit your entry online, visit the Athletics NSW website www.nswathletics.org.au and click on the 'Online Entry' tab, available on the home page, and locate the event you wish to enter. Should you experience any difficulties whilst entering online, please contact the Athletics NSW office. Athletes without a credit card or internet access should contact the Athletics NSW office well in advance of the closing date to arrange an alternative entry.
- 2.2 Entries should be made online, mailed or delivered to the Athletics NSW office by the closing date with the entry fee. Cheques are payable to Athletics NSW. **FAXED ENTRIES WILL NOT BE ACCEPTED.**
- 2.3 State Championship entry fee is \$20.
- 2.4 The entry fee for all events, except the State Relays, includes the gate entry fee for athletes who enter by the closing date. Athlete names will be on a gate entry list to receive entry into the venue free of charge.
- 2.5 Late entries are not guaranteed and are only accepted on the approval of ANSW Competition Manager. Late entries cost \$35 per event and must be lodged 90 minutes prior to the start of the event on the official entry form. Athletes are encouraged to contact the Athletics NSW office after the close of entries to confirm their interest/availability in the event.
- 2.6 All Athletes must check the start lists and final timetable which is posted on the ANSW website after the close of entries. Please Note - all State Championship timetables in the summer handbook are **DRAFTS ONLY** and may change. It is each athlete's responsibility to check the start time of their event closer to the competition date.

3. ELIGIBILITY

- 3.1 NSW Athletes intending to compete at any of the NSW Championships must be registered for the 2016-17 season.
- 3.2 Athletes registered outside of NSW are encouraged to compete as long as written approval from the relevant member association is sought prior to the athlete competing.

4. RULES AND PROCEDURES

The procedures below apply to all ANSW State Championship events, unless otherwise indicated in the specific event information.

- 4.1 The State Championships will be conducted in accordance with the IAAF, IPC and WMA Rules, subject to minor modifications approved by Athletics Australia and Athletics NSW and as printed below.
- 4.2 All participants must be registered with Athletics NSW or an Athletics Australia Member Association if the athlete is from outside NSW. 2016-17 registration numbers must be worn front and back and must be clearly visible (except for high jump and pole vault competitors who must wear one current registration number). It is unacceptable to fold the number so the Athletics NSW and/or sponsor endorsement cannot be read.
- 4.3 All athletes in ALL EVENTS must report to Athlete Check-in to advise of their intention to compete at least sixty (60) minutes before the scheduled starting time of the event. Failure to check-in by this time may result in the athlete being scratched from the event by the Technical Delegate.
- 4.4 For seeding purposes, all athletes competing in track events are to advise the Check-In officials of their best performance for the season, unless otherwise indicated on their entry form.
- 4.5 Heat allocations and lane draws for track events will be conducted sixty (60) minutes before the scheduled starting time of an event.
 - i) State Open Championships – when it is determined that heats are not required, the final will be run at the Final Time.
 - ii) NSW All Schools, Masters Championships, State Relay and NSW Junior Championships – when it is determined that heats are not required, the final will be run at the heat time, unless otherwise advised.
- 4.6 Late entries may be accepted at a cost of \$35 per individual event, or \$45 per relay, at the discretion of the ANSW Competition Manager. Late entries must be lodged 90 minutes prior to the start of the event on the official entry form.
- 4.7 If an athlete confirms (i.e. checks in) but does not participate or does not compete in all rounds of an event for which they have qualified, the athlete may not be permitted to compete further in competition as outlined in IAAF Rule 142.4. When participating, athletes must compete honestly with a bona fide effort.
- 4.8 Track athletes must report to the start of their event at least ten (10) minutes prior to the scheduled start time of the event.
- 4.9 Athletes in FIELD EVENTS are to report to the start of their event at least twenty (20) minutes prior to the scheduled start time of the event, so that warm ups can be completed before the scheduled start time. Athletes who report later may get fewer warm up attempts.
- 4.10 Athletes are permitted to compete for only one (1) First Claim Club in any NSW Championship event during any one Track & Field Season.
- 4.11 In events where athletes compete for their club – e.g. State Relays, Country Championships, and State Championships – athletes must wear the approved uniform of their first claim club, including current registration numbers. Event officials will advise the Technical Delegate prior to the start of the event when an athlete appears to have competed in other than a recognisable Club uniform. The Athlete may be disqualified. Also refer to – IAAF Rule 143: “A competitor must not wear clothing which could impede the view of the judges”.
- 4.12 Starting blocks must be used for all events up to and including 400m except as provided for in the IPC and WMA Rules. Only blocks provided by the venue may be used.

- 4.13 Spikes must be no longer than 9mm for High Jump and Javelin, or 7mm for other events.
- 4.14 Field events and hurdles specifications for Championship events are included on the ANSW website
- i) In the State Relays or Club Championships, athletes must throw the weight for the age group they are entering. For example, a 14 year male athlete competing in the Open shot put must throw a 7.26kg shot. Similarly, a female competing in a male event, must throw the implement weight for the male's age group entered.
 - ii) In all Para throwing events the implement weight used will be the weight for that event not the weight for the athlete's age group. For example, if a male athlete classified F38 and aged U18 wished to compete in the Para Open Men's Shot Put he would use a 5kg shot instead of a 4kg shot.
- 4.15 In all field events, except for the High Jump and Pole Vault, each athlete will be allowed three trials and the eight athletes with the best valid performances will be allowed a further three trials (IAAF 180.5). Competition management may reduce the number of attempts if circumstances require.
- 4.16 State Championship medal presentations will be held at the conclusion of each event.
- 4.17 Para events will be full multi-disability medal events. Medals will be awarded based on each athlete's performance as a percentage of the World Record as at 1 October each year for Open events and the Athletics Australia multi disability scoring tables as at 1 October each year for underage events. The athletes will be ranked according to the percentages; the athlete with the greatest percentage will be the winner.
- 4.18 If an athlete is entered in both a track and field event held at the same time (or two field events), the athlete may move between the two events. An athlete may be allowed to take a trial in field events in a different order in all except the final round of competition. If an athlete misses an attempt and the competition continues into the next round, the athlete will be deemed to have passed that attempt.
- 4.19 Should events be combined in the timetable, an athlete will only be eligible to compete in one age group in that event and must nominate the age group at the time of checking in.
- i) Every endeavour will be made to limit the number of masters age groups combined into one race/event. However, the Technical Delegate reserves the right to combine age groups if necessary.
- 4.20 **Lane draws and qualification in track events:**
- 4.19.1 In events up to 800m where heats are held, nine (9) athletes will advance to the finals (at SOPAC)
- ii) If there are two (2) heats – then 1st, 2nd and 3rd from each heat and fastest others qualify.
 - iii) If there are three (3) heats – then 1st and 2nd from each heat and fastest others qualify.
 - iv) If there are four (4) or more heats, winners from each heat and fastest others qualify.
 - iv) The preferred lanes are 4,5,6,7
- 4.19.2 For events up to 800m, lanes will be drawn as follows;
- i) In the first round, athletes will be allocated to heats based on advice of best times this season. A draw by lot will be made for the order of heats and the lane of each athlete.
 - ii) For the final, athletes will be ranked according to their positions and times in accordance with IAAF Rule 166.3(a) or in the case of 800 metres, 166.3(b). Then three draws will be made:
 - One for the four highest ranked athletes or teams to determine placings in lanes 4,5,6 and 7,
 - another for the fifth & sixth ranked athletes or teams to determine placings in lane 8 and 9, and
 - another for the three lowest ranked athletes or teams to determine placings in lanes 1, 2 or 3.
- 4.19.3 In the case of 1500m, not less than twelve (12) athletes will advance from one round to the next.

- i) If there are two (2) heats – then 1st, 2nd, 3rd & 4th and the fastest others to bring the next round number to twelve (12).
- ii) If there are 3 heats then 1st, 2nd and 3rd and the fastest others to bring the next round number to twelve (12).

4.19.4 Where possible, B Finals will be conducted when entries exceed 40 athletes. (This is at the discretion of the Technical Delegate or ANSW Competition Manager.)

4.21 Protests:

4.21.1 Protests concerning the status of an athlete to participate must be made prior to the closure of entries for the event to the Technical Delegate, with a right of appeal to the Jury of Appeal.

4.21.2 Any protest regarding competition must be made orally to the referee by the athlete or by a person acting on his/her behalf within 30 minutes of the official announcement of the result. The referee may decide on the issue or refer the matter to the Jury of Appeal. The athlete has the right to appeal to the Jury, but this must be in writing and submitted to the Administration Manager within 30 minutes of the announcement of the referee’s decision. This protest must be accompanied by a fee of \$20 which will be forfeited should the protest be dismissed. Copies of a suitable Protest Form are available from the Administration Manager.

4.21.3 Please note, in a field event, if an athlete makes an immediate oral protest against having an attempt judged as a foul, the Referee may direct that the attempt be measured and the result recorded, in order to preserve the rights of all concerned. (IAAF Rule 146.4) However, the attempt will be recorded as a foul.

4.21.4 Any protests regarding programming, order of events or timetabling must be made to Athletics NSW at least three (3) weeks prior to the first day of competition.

4.22 Private Implements. Athletes who wish to include their own throwing implements in the championship equipment pool MUST lodge them with the Technical Manager at the Technical Room, no later than 90 minutes before the scheduled starting time of the particular event. Private implements will be returned to the Technical Room at the conclusion of the event. Athletes can collect their implement/s from the Technical Room after the event. Athletes are to provide their own vaulting poles. The Organising Committee will not provide poles.

4.23 Starting heights will be as follows:

Men Pole Vault:	Open: 3.70 U20 and U23:
Women Pole Vault:	Open: 1.80 U20 and U23:
Men High Jump:	Open: 1.85 U20 and U23:
Women High Jump:	Open: 1.50 U20 and U23:
Masters:	The Jumps Referee, in consultation with the athletes, will determine the starting heights.

5. WHICH AGE GROUP ARE YOU IN?

AGE GROUP	2015	2016
Under 23 (closed age group)	Born 1993,1994, 1995 only	Born 1994,1995, 1996 only
Under 20	Born 1996 or Later	Born 1997 or Later
Under 18	Born 1998 or Later	Born 1999 or Later
Under 16	Born 2000 or Later	Born 2001 or Later
Under 14	Born 2002 or Later	Born 2003 or Later