



## NSW DISTANCE CHAMPIONSHIPS

Throughout the summer season, Athletics NSW conduct a number of standalone Distance Running and Walking Championships on the Track which are conducted at various venues around the metropolitan area.

### 1. DATES AND VENUES

<b>NSW 3000m Track Championships:</b>	Saturday 12 November 2016	SOPAC
<b>NSW 10 000m Walk Championships:</b>	Saturday 11 February 2017	SOPAC
<b>NSW Mile Championships:</b>	Saturday 14 January 2017	Wollongong
<b>NSW 5000m Track Championships:</b>	Saturday 18 February 2017	SOPAC

**NB:** The NSW 10,000m Track Championships and NSW 5000m Walk Championships are held with the NSW Track & Field Championships at SOPAC in February 2017.

### 2. RULES AND PROCEDURES

#### 1. NSW 3000m Track Championships

To be held at SOPAC on the evening of Saturday 12<sup>th</sup> November 2015. The NSW 3000m Track Championships is one of the highlights on the NSW distance running calendar.

For most of the last decade, the event has been held away from NSW State Championships, appealing to athletes whose favourable distances range from 800m - 10,000m. In recent years, the event has proven to have national appeal, with more and more interstate athletes competing.

The event appeals to athletes of all ages and abilities, with races seeded based on performance. In 2015, there were eight men's races and three female races.

- 2.1.1 The NSW 3000m Track Championships is conducted in the Open age group only, however athletes of all ages may contest the event, as all races are seeded based on previous performance, so athletes will compete against athletes of a similar ability. 3000m Championships for underage and masters athletes (where applicable) are conducted at the relevant State Championship.
- 2.1.2 All entries must be submitted online by Thursday 10<sup>th</sup> November 2016 at midnight.

- 2.1.3 State Championship entry fee is \$20. 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.
- 2.1.4 Late entries will be only accepted if positions exist in the most appropriate race for the athlete. Late entry into the Championship is not guaranteed and if accepted will cost \$35. The decision of the Athletics NSW Competition Manager is final and no correspondence will be entered into.
- 2.1.5 Start Lists will be posted on the ANSW website by 2:00pm Friday 11<sup>th</sup> November 2015. Athletes should check these start lists to confirm the race they will contest and the start time.
- 2.1.6 All athletes must confirm their entry on the day at least 60 minutes before the race they have been entered. Failure to check in will result in the athlete being scratched from the event.
- 2.1.7 Athletes must provide a lap scorer, who must report to the finish line area at least 10 minutes prior to the start of the race.

## **2. NSW 10,000m Track Walk Championships**

To be held at the Sydney Olympic Park Athletic Centre on the evening of Saturday 11<sup>th</sup> February 2017. The NSW 10 000m Walk is one of two State Open Championships for walking on the track, the other being the 5000m held with the State Championships in February 2017.

- 2.2.1 The NSW 10,000m Walk Championships will be held in the Open age group, incorporating the Under 20 age group. Athletes are eligible to win both the Open and Under 20 medal.
- 2.2.2 State Championship entry fee is \$20. Entries will be accepted on the day only at the venue and must be completed 60 minutes prior to the event.
- 2.2.3 Athletes must provide a lap scorer, who must report to the finish line area at least 10 minutes prior to the start of the race.

## **3. NSW Mile Championships**

To be held at Beaton Park, Wollongong, on the evening of Saturday 14<sup>th</sup> January 2016. The NSW Mile Championships, re introduced in 2013, provides a state Championships for athletes over the historic and magical mile distance.

- 2.3.1 The NSW Mile Championships will be held in the Open, Under 14, Under 16, Under 18, Under 20 and 35+ age groups.
- 2.3.2 All entries must be submitted online by Thursday 12<sup>th</sup> January 2017 at midnight.
- 2.3.3 State Championship entry fee is \$20. Athletes without a credit card or internet access should contact the Athletics NSW office well in advance of the closing date to arrange alternative entry.
- 2.3.4 Late entries will be only accepted if positions exist. Late entry into the Championship is not guaranteed and if accepted will cost \$35. The decision of the Athletics NSW Competition Manager is final and no correspondence will be entered into.
- 2.3.5 Start Lists will be posted on the ANSW website by 2:00pm Friday 13<sup>th</sup> January 2017. Athletes should check these start lists to confirm the race they will contest and the start time.

- 2.3.6 All athletes must confirm their entry on the day at least 60 minutes before the race they have been entered. Failure to check in will result in the athlete being scratched from the event.
- 2.3.7 Age groups will be combined if necessary.

#### **4. NSW 5000m Track Championships**

To be held at Sydney Olympic Park Athletics Centre on the evening of Saturday 18<sup>th</sup> February 2017. The NSW 5000m Track Championships incorporates elite distance runners through to athletes of all ages and abilities.

- 2.4.1 The NSW 5000m Championships will be held in the Open age group, where the race will be conducted across a number of different races for each gender.
- 2.4.2 Races will be seeded so athletes compete against athletes of similar ability.
- 2.4.3 The 5000m Championships for underage and masters athletes (where applicable) are conducted at the relevant State Championship.
- 2.4.4 All entries must be submitted online by Thursday 16<sup>th</sup> February 2017 at midnight.
- 2.4.5 State Championship entry fee is \$20. Athletes without a credit card or internet access should contact the Athletics NSW office well in advance of the closing date to arrange alternative entry.
- 2.4.6 Late entries will be only accepted if positions exist in the most appropriate race for the athlete. Late entry into the Championship is not guaranteed and if accepted will cost \$35. The decision of the Athletics NSW Competition Manager is final and no correspondence will be entered into.
- 2.4.7 Start Lists will be posted on the ANSW website by 5:00pm Friday 17<sup>th</sup> February 2017. Athletes should check these start lists to confirm the race they will contest and the start time.
- 2.4.8 All athletes must confirm their entry on the day at least 60 minutes before the race they have been entered. Failure to check in will result in the athlete being scratched from the event.
- 2.4.9 Athletes must provide a lap scorer, who must report to the finish line area at least 10 minutes prior to the start of the race.