

# SUMMER HANDBOOK 18/19

## NSW COUNTRY CHAMPIONSHIPS

### 1. ENTRIES

- 1.0 Athletes competing in the senior component of the Championships must be registered with Athletics NSW for the 2018/19 season;
  - through membership of a Country Athletics Club. A Country Club is a Member Club with its main training or competition venue more than 75km by road from the Sydney GPO.
  - as an independent athlete from country areas currently registered with Athletics NSW
  - as a masters athlete from Country areas currently registered with Athletics NSW via NSW Masters Athletics.
- 1.1 Athletes competing in the Little Athletics component of the Championships must be registered with a Little Athletics NSW country centre for the 2018/19 season.
- 1.2 Senior club members must wear their correct club uniform. Athletes must have their Athletics NSW 2018/19 registration numbers attached on the front and back (except in pole vault and high jump events). Athletes competing in the U9, U10 and U11 age groups must wear their Little Athletics uniform. Temporary bib numbers will be provided for LA members at athlete check in on the day.
- 1.3 The age groups for the senior club component of the Championships are Under 12, Under 13, Under 14, Under 15, Under 17, Under 18, Under 20 and Opens. The age group is determined by the age you will be by December 31, 2018. Masters age groups; 30-39, 40-49, 50-59, 60-69 and 70+ years, ages determined as at the first day of competition, the 26th January 2018. The age groups for the Little Athletics NSW component of the Championships are Under 9, Under 10 and Under 11. The age group is determined by the age you will be by December 31, 2018.
- 1.4 Entry for the NSW Country Championships will be available online and via paper manual entry. Individual entry costs \$20 for the first event and \$10 each subsequent event with a \$70 cap. Family entries will be capped at \$100. Please note, online entry requires credit card payment, and family entries cannot be accepted online.
- 1.5 All entries with accompanying payment must be submitted by Wednesday 16<sup>th</sup> January 2019 at 9am.
- 1.6 Entry fees are non-refundable, regardless of circumstance.
- 1.7 Registration with Athletics NSW is not available on the day at the Country Championships. Athlete registration is to be organised before the competition.
- 1.8 Spectators will not be required to pay gate entry.  
Per person per day. Athletes will be able to gain free access, with their name listed at the gate.
- 1.9 Late entries are not guaranteed and are only accepted on the approval of the Athletics NSW Competition Manager or Technical Delegate. If a late entry is accepted, it will cost \$35 per event and must be lodged prior to the advertised late entry cut off. If this is the case, athletes are encouraged to contact the Athletics NSW office after the close of entries to confirm their interest/availability in the event.

- 1.10 Masters athletes may compete in their own age group and open events, however, if the events are conducted concurrently or have been combined on 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.
- 1.11 Junior athletes may compete in their own age group and one other age group for which they are eligible, however, if the events are conducted concurrently or have been combined, 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.
- 1.12 Athletes 12 years and younger must not compete in the 200m hurdles. Athletes 13 years and younger are not permitted to compete in the 5000m, 400m hurdles, and steeplechase. Athletes 15 years and younger are not permitted to compete in the 400m hurdles.
- 1.13 All Athletes must check the entry lists and final timetable which will be posted on the ANSW website after the close of entries. It is each athlete's responsibility to check the start time of their event closer to the competition date.

## **2. RULES AND PROCEDURES**

Please refer to the Athletics NSW State Championship procedures and the amendments/additions as printed below.

- 2.1 All athletes in TRACK 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 may result in the athlete being scratched from the event by the Technical Delegate.
- 2.2 Heat allocations and lane draws for track events will be conducted 60 minutes before the scheduled starting time of an event. When it is found that heats are not required, the final will be run at the heat time.
- 2.3 Once checked in, TRACK athletes must report to the start of their event at least ten (10) minutes prior to the scheduled start time of the event.
- 2.4 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, to allow warm ups to be completed. Athletes who report later may get fewer warm up attempts.
- 2.5 Starting blocks must be used for all events up to and including 400m except as provided for in the IPC and WMA Rules, and for athletes in the U9, U10 and U11 age groups. Only blocks provided by the venue may be used.
- 2.6 The venue is a synthetic track, therefore spikes must be no longer than 9mm for High Jump and Javelin, or 7mm for other events.
- 2.7 In all FIELD events, except for the high jump and pole vault, where there are more than six athletes, each athlete will be allowed three trials and the six athletes with the best valid performances will be allowed a further three trials, with the exception of athletes in the U9, U10, U11, U12 and U13 age groups who are only allowed three trials each.
- 2.8 A DRAFT timetable has been set, however events may be held earlier than programmed at the discretion of the Meeting Manager.
- 2.9 Relay entries will be accepted from Club or Regional teams. Entries must be submitted no later than 90 minutes prior to the scheduled start time. Relay entry forms will be available from athlete check- in.
- 2.10 The Jumps referee, in consultation with the athletes, will determine the starting heights for High Jump and Pole Vault.
- 2.11 The minimum triple jump take off board is 5 metres and the minimum long jump board is 2 metres.

## 2.12 Lane draws and qualification in track events:

2.12.1 In events where heats are held, as far as possible, not less than eight (8) athletes will advance to the finals.

i. If there are two (2) heats - then 1st, 2nd, & 3rd from each heat and fastest others qualify.

ii. If there are three (3) heats - then 1st & 2nd from each heat and fastest others qualify.

iii. If there are four (4) or more heats, winners from each heat and fastest others qualify.

2.12.2 For events between 100m to 800m inclusive, using 8 lanes, 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 the previous round.

(See IAAF Rule 166.4) Then three draws will be made:

- one for the four highest ranked athletes or teams to determine placings in lanes 3, 4, 5 and 6,
- another for the fifth & sixth ranked athletes or teams to determine placings in lane 7 and 8, and
- another for the two lowest ranked athletes or teams to determine placings in lanes 1 or 2.

## 2.13 Country Championship medals are able to be collected at the conclusion of each event.

Medals not collected during the weekend will not be forwarded to clubs or individuals.

Medals will be available for the age groups listed for each event only.

## 2.14 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 their attempt and the competition continues into the next round, the athlete will be deemed to have passed that attempt. Please note, the Little Athletics rule of Track taking precedent over field does not apply to IAAF rules. Athletes will need to manage their own events and liaise with event officials.

## 2.15 The false start rule, which is now in place internationally, will be adhered to at the NSW Country Championships. Athletics Australia has introduced a dispensation for athletes under 14 and for athletes in masters events. To dispel confusion, the false start rule will be as follows;

U14 age groups - any athlete responsible for a false start shall be warned. Only one false start per race shall be allowed. Any athlete that causes the second false start in the race will be disqualified.

U20, U18, U16 age groups - immediate disqualification of any athlete causing a false start (one false start incurs disqualification).

Masters age groups – if competing in a masters event each athlete will be permitted one false start per race and an athlete will be disqualified if they false start on a second occasion.

Please note - if an athlete competes up an age group, they will compete under the rule for that particular age group.

## **3. AWARDS**

Points to be allocated as follows; seven (7) points for first, five (5) points for second, four (4) points for third, three (3) points for fourth, two (2) points for fifth, one (1) points for sixth.

## **THE HOOPER CUP**

Shall be awarded to the Club gaining the most points in the Masters, Open, Under 20, Under 18, Under 17, Under 16, Under 15, Under 14, Under 13 and Under 12 male and female events at the Country Track and Field Championships.

