



NSW OPEN AND PARA CHAMPIONSHIPS

1. AGE GROUPS

1.1 Athletics NSW offers events at the NSW Open, Under 23 and Para Championships in the Open age group for male and female athletes.

** 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 (as of 31 December 2019) will be awarded the Under 23 medals.

2. ENTRIES

2.1 Entry for this Athletics NSW State Championship event 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 'Events-Calendar' 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 by 27th February 2019.

2.3 State Championship entry fee is \$20 per event.

2.4 The spectator gate entry fee this event is as follows; Adult \$7 and U18 \$4. There are 3 day passes available for Adult \$12 and U18 \$8. Children U10 are free of charge. 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 prior to the advertised late entry cut off time. 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. 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 the NSW Open, Under 23 and Para Championships must be registered for the 2018/2019 season.

3.2 Athletes registered outside of NSW are encouraged to compete.

4. RULES AND PROCEDURES

4.1 The State Championships will be conducted in accordance with the IAAF and WPA 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. International athletes must be a registered member of an IAAF Member Federation. 2018/2019 registration numbers must be worn front and

back and must be clearly visible (except for jump events competitors who may wear one current registration number). It is unacceptable to fold the number so the Athletics NSW and/or sponsor endorsement cannot be read. Athletes not registered with Athletics NSW will be provided with a competition number to wear for these championships.

- 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 Competition Manager or 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) when it is determined that heats are not required, following check in, the final will be run at the heat time.
- 4.6 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.
- 4.7 Track athletes must report to the start of their event at least ten (10) minutes prior to the scheduled start time of the event.
- 4.8 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.
- 4.9 Athletes are permitted to compete for only one (1) First Claim Club in any NSW Championship event during any one Track & Field Season.
- 4.10 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”.
- 4.11 Starting blocks must be used for all events up to and including 400m except as provided for in the WPA Rules. Only blocks provided by the venue may be used.
- 4.12 Spikes must be no longer than 9mm for High Jump and Javelin, or 7mm for other events.
- 4.13 Field events and hurdles specifications for Championship events are included on the ANSW website
 - i) 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.
- 4.14 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.
- 4.15 State Championship medal presentations will be held at the conclusion of each event.
- 4.16 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. The athletes will be ranked according to the percentages; the athlete with the greatest percentage will be the winner.

4.17 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.

4.18 Lane draws and qualification in track events:

4.18.1 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

4.18.2 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.

4.18.3 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).

4.18.4 In events where semi finals are scheduled, nine (9) athletes will progress from the heat stage.

4.18.4 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.)

4.18.5 Where there are 3 or more International athletes entered into events, only 2 will be eligible to progress to the final round of competition. Where there are semi finals scheduled, there is no restriction on how many internationals may progress from the heat stage.

4.19 Protests:

4.19.1 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.

4.19.2 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.

4.19.3 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.

4.20 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.

4.21 Starting heights and Jumping Boards will be as follows:

Men Pole Vault:	Open: 3.70
Women Pole Vault:	Open: 2.40
Men High Jump:	Open: 1.85
Women High Jump:	Open: 1.55
Men Triple Jump:	Open: 11m and 13m Board
Women Triple Jump:	Open: 9m and 11m Board

Vertical Jumps progressions will be advised by the Referee prior to the start of Vertical Jumps events