

Club Championships – 23rd January 2010

The NSW Club Championship is being held at the SOPAC warm up track on Saturday 23rd January 2010

Athletics NSW has reintroduced the Club Championships competition for this season, recognising the need for club competition in the New Year. The competition will work differently than previous editions, where clubs don't necessarily have to submit their team members in advance and all athletes will be eligible to participate regardless of their club affiliation.

Eligibility

Any club that wishes to compete in the Club Championships is eligible. Clubs may enter only one male and one female team in the Championship. Clubs must let ANSW know prior to Wednesday 20th January 2010. Please email andrew.matthews@nswathletics.org.au.

Athletes from clubs not competing in the NSW Club Championships may compete.

It should be noted however that in all track events, races will be seeded to ensure that athletes from Clubs entered in the Championships race each other. Thus track events will not be conducted under normal allcomers seeded competition. Please read below for further information.

Events

The following events will be conducted;

100, 200,800, 3000, 200 Hurdles, 4x400 relay, Long Jump, Discus, Shot Put.

All events will be run in the Open age group. In field events, Underage and Masters athletes may use implement weight for their specific age group. However, to contest in the Club Championships, athletes must use open implement weights.

Entry

All athletes will enter the competition individually. This may be done in one of two ways.

Online Entry

Pre-entry via the website www.nswathletics.org.au will be accepted from 12pm on the Tuesday before the competition. **Online entry closes at 2pm on the day before competition**- at which time the online entry system will cease to operate. Cost is \$5 for unlimited events. Athletes must still report to athlete check in if they enter online to confirm their intention to compete.

On the Day

On the day entry must be completed one (1) hour prior to the athlete's event. Please have registration number and events ready. Cost is \$10 for unlimited events. Competition Loyalty cards may be used for on the day entry.

Track Event Procedures

1. Heats 1, 2 & 3 of track events other than the 3000, will be Club Championship races. Only the best three (3) athletes representing clubs in the Club Championships will be included in these races. Based on season bests and submitted seed times, athletes from clubs will be ranked and then distributed as evenly as possible, so where possible, athletes from the same clubs do not race each other. In the 3000, athletes from clubs entered in the Club Championships will be seeded in the first heat.
2. If a club has insufficient athletes to fill their lane, that lane will be left vacant.

3. All seeding will be at the discretion of the appointed Administration Delegate. Clubs may make requests for the seeding of their top three athletes, but this must be made at least 90 minutes before the event.
4. In events where it is not feasible to conduct three heats, the Administration Delegate may reduce the number of heats while still ensuring an even distribution of clubs.
5. Heat 4 and all subsequent heats will incorporate athletes from all clubs (regardless of whether they are in the Club Championships or not) and will be seeded based on submitted seed time.
6. Athletes in track events must report to the start at least 10 minutes before the start of the event.
7. Each club may enter one team in the relay event. Only clubs in the Club Championships may enter relay teams.

Field Event Procedures

1. 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.
2. In field events, each athlete will be allowed three trials.

Point scoring- Clubs in the Club Championships Competition

1. Only two (2) athletes from each club will score, although any number of athletes may enter an event. The scoring athletes from each club will be automatically identified as the best performed athletes in the event.
2. Points will be awarded as follows.

Places 1-18	Points
1st	20
2nd	18
3rd	16
4th	15
5th	14
6th	13
7th	12
8th	11
9th	10
10 th	9
11 th	8
12	7
13 th	6
14 th	5
15 th	4
16 th	3
17 th	2
18 th	1

3. An athlete may score regardless of what heat they are assigned, and don't necessarily have to be seeded in the first three races. For instance, an athlete in the 7th heat of the 100 metres, may still score if they are one of the two best athletes from their club.
4. To be considered for scoring, an athlete must use open implements in throwing events.
5. There is a men's competition & women's competition with separate point scores

1:00pm- 200 Hurdles
1:00pm- Long Jump (Club Championship Pool- Men & Women*)
1:00pm- Shot Put 3kg, 4kg (men), 5kg, 6kg
1:00pm- Discus 2kg (Men), Discus 1kg (Women)
1:20pm- 800 metres (Women)
1:40pm- 800 metres (Men)
2:15pm- 100 metres (Women)
2:35pm- 100 metres (Men)
3:00pm- Long Jump (Women)
3:00pm- Shot Put 7.26kg (Men), 4kg (Women)
3:00 pm- Discus 1kg (Women), 1.5kg, 1.75kg
3:15pm- 200 metres (Women)
3:35pm- 200 metres (Men)
4:00pm- Long Jump (Men)
4:10pm- 3000 metres (Men & Women)
4:40pm- 4x400m relay (Club Championships Clubs only)

* Only athletes competing in this pool are eligible to score points in the Club Championships