

# Otago SS Athletics 2-3 Mar 2018 Dunedin

## Notice to Competitors

1. Competitors may enter in 4 individual events and ONE relay, OR 3 individual events and BOTH relays (4x100m/4x400m) **Competitors may be entered in only one age grade of a 4x100 and 4x400m relay**
2. In Field events (excluding High Jump) athletes will get 3 attempts with the top 8 getting 1 more attempt. The top 8 will not have the order reversed and will compete in the same order as throughout the competition.
3. In Field events the new IAAF Time allowed for trial rule will apply. Athletes will get **30 seconds** from the time their name is called to start their attempt.
4. In the 4x100m relay the new IAAF relay zone rule will apply. IAAF Rule 170.3 covers the length of the **Relay takeover zone** which for 4x100 is **now 30m** (no acceleration zone).
5. **Athletes who do not start in an event will be ruled out of the entire meeting unless they have an exceptional circumstance which will be considered by OSSSA if they occur.**
6. Competitors are required to report to the start of their event **AT LEAST 15 MINUTES** prior to the event starting time, unless instructed otherwise by the public-address system.
7. Team Managers please let the control room know ASAP on Saturday morning if you have athletes that will not be competing so they can be removed from the programme.
8. If a competitor is to compete in a field event and a track event at the same time, the competitor **MUST** report to the Officials at the field event **BEFORE** competing in the track event.
9. Athletes may not warm-up and/or handle implements in the competition arena unless under supervision by athletics officials.
10. Athletes may only be on the track or the field for the duration of their event(s). Coaches, managers and supporters may not enter the competition arena.
11. Athletes must access their events from the nearest gate. They must not cross the grass to their events and must be extremely careful when crossing the track.
12. Cellphones must NOT be used inside the competition arena. Athletes caught using cellphones risk disqualification from the event.
13. The maximum length for spikes on the all-weather track is 7mm's. **Note:** Track athletes need to check before the meeting that their spikes are of regulation length. Athletes with non-regulation spikes are liable to be scratched from competition by the Technical Manager.
14. A crouch start from blocks **MUST** be used for events up to and including 400metres. Blocks will be provided.
15. Competitors in all events up to and including 400 metre's must stay in their lanes after the event is completed until dismissed by the Chief Judge.
16. The 800 metre's will be run in lanes to the entrance of the back straight. Cones mark the cross over point. The organising committee reserves the right to include up to 12 athletes in a field for a final.
17. Implements will be provided for the field events. **Only the equipment provided shall be used in the throwing events.**
18. Any athlete who qualifies for the final of an event must compete with bona fide effort in that final. Failure to do so will result in disqualification from the rest of the meeting.
19. **Protests:** All protests must be made to the Meeting manager **within 30 minutes** of the announced result. There will be a protest fee of **\$20**.
20. Competitors will compete in the lanes drawn and shown in the programme for the track events and will compete in the listed order for field events. Lanes for the finals of track events will be drawn and displayed on the Notice Board outside the control room.
21. Where the numbers of entries in a track event are such that heats are not required, the event will be run as a **Final** at the time of the **Final**, or at the discretion of the organising committee.
22. There will be Open senior events for Club athletes who are attending National Track and Field Champs included throughout the meeting.