



Auckland Junior Athletics Relay Champs Rules

Auckland Athletics (juniors) applies rules in this order e.g.: 1 overrides 5

1. Special Meet Rules (this document)
2. NZCAA
3. AA
4. ANZ
5. IAAF

Entries:

General:

Athletes must be in correct club uniform and have their Colgate patch securely fastened. (*) Athletes aged 7-13 may run up one age group. The athlete stays in that higher age group for the day and cannot also compete in their age group. There must be at least one athlete of the correct age in the team.

Track Relay:

The track team must consist of four (4) athletes of the same age (*) and gender. Each club may enter only one boy's team and only one girl's team per age group per track relay (excluding medley). No mixed gender teams will be allowed.

Field Relay:

The field team must consist of three (3) athletes of the same age and gender with each athlete competing at only one field event (Shot Put, Discus or Long Jump). Each club may enter one boy's team and one girl's team per age group. No mixed gender teams will be allowed.

Marshalling:

When called to marshal all team members shall report. If a full team does not report then they will be unable to continue to their event and their entry will be recorded as a DNS.

Competing:

Field Relay: There will be no practice trial and each athlete may have only two trials at their event. All valid trials shall be measured.

Determining Winners:

Track: Winners are determined by their heat time. There are no finals.

Field: At the completion of each field event, the athlete's best trials shall be used to rank the entire field from first to last.

All rankings are accumulated and the lowest score wins. Should this result in any draws then all rankings are accumulated and the lowest score wins. Should this result in any draws then a count back on the placings will be used. Example:

1st + 3rd + 6th = 10 points (winner by count back)

1st + 4th + 5th = 10 points

Protests

Protests will only be accepted from Team Managers accompanied by a \$20 fee. A written protest must be conveyed to the Meeting Manager or appropriate referee within 15 minutes of the official result being posted or announced.

Notes for the Finish and Racing Rules

- Spiked shoes may only be worn during competition and then only by athletes in Grades 10, 11, 12, 13 and 14.
- Spike length allowed: 6mm on track and Long Jump
- The first runner in all track events for ages 7 – 9 must use a crouch start. The first runner in all track events for ages 10 - 14 must use starting blocks if the athlete is wearing spikes. A crouch start will be used for grades 10 and 11 if the athlete is not wearing spikes.
- Spiked shoes must be removed at the immediate completion of the athlete's event before leaving the arena otherwise the athlete may be disqualified.
- Athletes must remain in their lanes and return to the finish line at the completion of events until dismissed by the appropriate official.
- Athletes must stay in their lanes during the batten changeover and after the batten changeover until dismissed by the appropriate officials.
- The batten must change hands in the changeover box marked on the track in each lane.
- In the 4x200m the third runner must stay in the lane until the break point on the back straight.
- Please note athletes are not allowed to run on the white lines especially around the bends on the track.