



AUCKLAND JUNIOR ATHLETICS PENTATHLON

- **General**

- Where not specifically set out in these rules, the relevant Athletics NZ and World Athletics rules will apply.
- Only meeting officials will be allowed in the centre of the arena.
- Every effort will be made to ensure the programme runs to time and in the order laid out.
- Grade 7-9yr athletes - will compete in 3 events 100m, Long Jump and Discus. Medals will be awarded to the top 3 athletes with the highest combined scores over the 3 events.
- Grade 10 – 14yr athletes – will compete in 5 events: 200m, 800m, Shot Put, Discus and Long Jump. Medals will be awarded to the top 3 athletes with the highest combined scores over the 5 events.
- Medals will be presented on the podium at the end of each competition for 7–9-year-olds and 10–14-year-olds. Times and distances will be entered, and points calculated to decide the winners of each age group. Medal winners will be called to assemble for the Medal Presentation.
- Results from each field and track event will be posted on the notice board outside the Officials Lounge.
- The program could run ahead of schedule, so it is in the athlete's best interest to remain at Mt Smart until the completion of the events.
- Athletes may NOT compete in another age group. They must compete in the age group shown on their age patch.

- **Entries**

- Entries for all grades will only be taken online, using the approved Athletics Auckland system on the Auckland Athletics Web Page.
- **Entries close at 11:59pm Tuesday 9th February 2021.** Entries or changes to entries will not be accepted after this date. Refunds for this competition are not available.
- The Entry Fees is \$7 per athlete.

- **Uniforms**

- All athletes must compete in their official Club uniform with Colgate age patch showing AAI number and name, and firmly attached on the front of their competition singlet. If bike pants are worn, they must be either the colour of the clubs' official uniform, or Black. NO multi coloured bike pants will be allowed. In addition, no casual non-competition type shorts, NRL shorts, or board shorts will be allowed for competition purposes. If you cannot obtain club-coloured shorts you must wear BLACK shorts.
- A black or white tee shirt maybe worn under the club's competition singlet.
- Hats may be worn during events. Any mark made by a hat falling into the sand during a Long Jump will be used to measure if it is attached to the body at the point of landing. It will be a foul if a hat falls during a throwing event and the athlete leans out to the front of the circle to retrieve it as they are essentially touching the ground. It will also be a foul if a hat dislodges the high jump bar.
- Shoelaces will not determine fouls within the circle in throwing events; it must be a part of the foot (i.e., the shoe itself) that fouls the circle.

- **Health and Safety**

In the interests of safety to athletes, coaches, officials, volunteers and spectators, the following should be adhered to at all times:

- Entry to the Competition Area is to be made by athletes under control of officials.
- Athletes are not to cross the infield of the Competition Area. Athletes caught doing this are liable to be excluded from the Competition.
- Warm-ups must be supervised by a coach, or parent, and within the relevant warm-up areas to be confirmed.
- Throwing implements should be picked up only when directed by officials.
- Athletes should take care crossing the track and adhere to directions from officials regarding the crossing of the track.
- No unauthorised person(s) shall be allowed in the Competition Area. This includes Parents, Coaches, and anyone else not acting as an appointed meeting Official.

- **Protests**

A verbal protest can be made in the first instance by the athlete to the Chief Judge of the event who will summon the appropriate referee.

If, in the opinion of the athlete, an unsatisfactory decision is reached, the team manager can hand a completed Protest Form together with a \$20 fee to the Meeting Manager via the Meeting Secretary. This must be done within 15 minutes of the official result being posted or announced.

- **Assembly**

- Athletes will assemble either at the start line of the relevant track event (100,200 or 800m), or field event (DT, SP or LJ). However, athletes must not go to their event until called.
- Call times will commence 15 mins before the scheduled start time.

- **Technical Information –**

- Mobile phones and smart watches are allowed in the Competition Area but must be turned off and kept in the athlete's bag.
- Any athlete found using or looking at their phone or smart watch in the Competition Area will be issued with a Yellow card, or a Red card, depending on the circumstance.

- **Track – General information**

- All athletes **MUST** use the crouch start position as per Athletics NZ competition rules.
- Metal spiked shoes may only be worn during competition and then only by athletes in Grades 10, 11, 12, 13 and 14. Spiked shoes with the spikes removed **CANNOT** be worn by any athlete. Spike length allowed: 7mm on track and long jump.
- Rubber moulded spikes which are part of the sole of the shoe may be worn by athletes in Grade 7 – 9.
- Starting blocks *must* be used in the 200m sprint race and by all runners in age groups 10 -14.
- For safety, spiked shoes must be removed at the immediate completion of the athlete's event before leaving the arena. Failure to do this could result in disqualification from any further events.
- Athletes competing in laned events must remain in their lanes for the 100m and 200m, and return to the finish line at the completion of events until dismissed by the appropriate official.

- **Track – (photo finish)**
 - If required, heats will be run for each age group for 100m and 200m. Athletes will only run once, and their times will be recorded.
- **Field**
 - Throws and Long Jump Grade 7-9 years and Grade 10 - 14 years will have 3 competition attempts in accordance with the Rules of Competition.
 - No athlete's personal throwing implements will be accepted for this competition.
 - There are no warm-up throws for this competition.
 - Athletes can have one warm up run through in the long jump.

THE MEETING MANAGER RESERVES THE RIGHT TO VARY OR ADVANCE THE PROGRAMME. IT IS IN THE BEST INTEREST OF EVERY ATHLETE TO REMAIN AT MT SMART STADIUM.