

# McKinnon Shield Competition Rules

## 2021-2022 Season

## COVID-19 Alert Level 3 Step 2 Training Sessions

These rules are to be read in conjunction with the World Athletics and Athletics New Zealand Supplementary Rules.

### COVID-19

- If you have cold, flu or COVID-19 symptoms, call Healthline, your doctor or iwi health provider. They will advise if you should get a COVID-19 test.
- Scan in using the NZ COVID tracer app if you can, or use another method.
- Everyone is encouraged to wear a face covering, except when participating.
- Everyone is to maintain 2 metres physically distancing at all times.
- Athletes will participate in separate bubbles of up to 25 athletes.
- Laned events will have a maximum of 4 athletes per time slot.
- Non-laned events will have a maximum of 8 athletes per time slot in the 800m and 8-10 athletes for distances 1500m and longer.
- Field events will have a maximum of 8 athletes per time slot.

### Athlete Eligibility

- You must be a club registered athlete for the current 2021-2022 season. If you have not yet registered, your entry will not be accepted.
- Secondary school athletes not registered with a club can compete at selected McKinnon Shield meets.

### Age Grades

- Age is taken as at 31st December in the year of competition.
- The following grades will be used for the 2021-2022 season:

U14 athletes aged 12 & 13
U16 athletes aged 14 & 15
U18 athletes aged 16 & 17
U20 athletes aged 18 & 19
Senior athletes aged 20 & over
Masters athletes aged 30 & over

### Entries

- The entry link will be published on the Athletics Auckland website on the Monday prior to the meet.
- Entries close at 11.59pm on the **Wednesday** prior to the meet.
- No late entries or on the day entries will be accepted under any circumstances.
- The entry list will be published on the Athletics Auckland website on the evening prior to the meet.
- Most events will be seeded so please ensure you state your Season's Best (SB) or Personal Best (PB) for each event at time of entry. Before you start entering your SB/PB, please take note of the entry format required, as each event is different.
- U14 athletes: If you are entering in the Sprint Hurdles, 200m Hurdles, 2000m Steeplechase, Race Walk, Pole Vault, Triple Jump, Javelin or Hammer, you must be training for these events.

- Entry fees (payable online at time of entry):

Auckland club registered athletes	\$ 7.00 per athlete
Registered athletes with other centres (currently living in Auckland)	\$10.00 per athlete
School athletes (not registered with a club)	\$ 8.00 per athlete

## Programme

- The draft programme is listed on the Athletics Auckland website. The programme is dependent on the number of entries received and therefore all start times listed on the programme are approximate and may change.
- Times will be confirmed after the close of entries and published on the event page of the Athletics Auckland website on Friday evening.

## Athlete Check-in

- Check-in not required under Alert Level 3 Step 2.
- Athletes need to complete most of their warm-up before arrival at the track. Each bubble will have a designated warm-up area and allocated time slot to complete warm-up a short time before the start of their session.

## Field Events

- Athletes will have three trials and the top 8 athletes in each grade will receive a further three trials.

## Personal Implements

- If an athlete wishes to use their own implement they must be presented for inspection at the event site.
- Please note that if your implement is the same as one of the implements provided by Athletics Auckland it may not be accepted.

## Uniform & Shoes

- Athletics Auckland recommends and encourages athletes to wear the uniform of their registered club. School athletes must wear school uniform.
- An athlete's competition shoes need to comply with World Athletics regulations under Technical Rule 5. Please be sure to check that your shoes are on the approved list. You can check on the World Athletics website [here](#). This list is updated regularly. Please note that any shoe bought before 1 January 2016 is deemed to meet the technical requirements of Technical Rule 5.
- At all venues in Auckland the requirements of spikes are as follows:

Track, Long Jump, Triple Jump & Pole Vault	maximum 6mm cone/xmas tree-shaped only
High Jump & Javelin	maximum 9mm cone/xmas tree-shaped only

Needles and pin type spikes are not allowed.

## Results

- Times and distances will be recorded at the event and made available on the day.
- Records cannot be signed off from these results.

## Safety

- In the interests of safety, the following should be adhered to at all times:
- Only athletes and officials are to enter the competition area.
- Athletes and officials should take care when crossing the track.
- No one is to cross the infield of the competition area.
- Warm-ups inside the competition area will be under the supervision of the officials following World Athletics rules.
- Throwing implements should only be retrieved by officials or approved assistants.
- Warm-ups inside the competition area will be under the supervision of the officials following World Athletics rules.
- Warm-ups outside the competition area must be supervised by a coach or parent.
- Spikes are only to be worn in the competition area. Please remove before leaving the competition area.
- No glass is permitted within the competition.
- Athletes must read and sign the safety notice at the time of entry.