

Athletics Auckland Track & Field Championships 2023

Technical Regulations

The Athletics Auckland Track & Field Championships 2023 (The Championships) will be conducted under the rules of World Athletics (WA), World Para Athletics (WPA), World Masters Athletics (WMA), Athletics New Zealand (ANZ) Supplementary Rules and the Athletics Auckland Regulations listed below.

Eligibility to Compete

- Athletes must be registered with a club for the current 2022-2023 season
- Any International athletes must obtain clearance from their Member Federation (MF) to compete at these Championships. A letter from the MF must be sent to competitions@athleticsauckland.co.nz and addressed to the Technical Delegate

Age groups

- U14, U16, U18, U20 and Senior grades are age as of 31st December 2023
- Athletes must be 12 years or older (as of 31st December 2023) to compete at the Championships
- Para athlete age groups are U17, U20 and Open as of 31st December 2023
- Masters athletes (30 years and older) will compete in the appropriate 5-year age group based on age on the first day of the Championships (21st January 2023)
- Athletes can only compete in one (1) grade per event for the duration of the Championships
Masters aged athletes may choose to compete in the Senior grade **or** their relevant masters 5-year age grade for each event

Entries

- Entries for all grades will only be taken online, using the approved Athletics Auckland system
- For championship events incorporated within a McKinnon Shield, entries close as per the rules of the McKinnon Shield.
- All other entries close at 11:59 pm Sunday 22nd January 2023
- Entry Fees: \$20.00 Auckland registered athletes
\$30.00 athletes registered with clubs from other centres
- For Championship Events incorporated into McKinnon Shield Meets, the normal entry fee for the McKinnon Shield will be the only fee payable
- No refunds will be issued under any circumstances
- No late entries will be accepted under any circumstances
- There is no restriction on the number of events you can enter
 - U14 athletes – If you are entering in the Sprint Hurdles, 200m Hurdles, Race Walk, Hammer, Javelin, Triple Jump and Pole Vault you must be training in these events
- The Technical Delegate may reject entries if not all information is submitted correctly (WA TR4) or for performance reasons
- Please check the programme before you enter to ensure you are not going to be in a clash of events

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Programme

- A draft timetable for the Championships is listed on the Athletics Auckland website
- The final timetable is dependent on entries received and may change
- The Organising Committee (OC) will prepare the final timetable after entries have closed and the requirements for heats and qualifying rounds have been determined
- The final timetable will be published as soon as possible after entries close
- Seedings, draws, qualifications and competition order shall be in accordance with WA TR20
- U14 and U16 Timed Finals will be seeded according to 2022-23 season performances recorded in official competitions run according to WA, ANZ and Athletics Auckland Regulations.

Check-in and Scratchings

- ***Daily check in is required to enable the confirmation of fields for each event***
- All athletes must confirm their entry 60 minutes (except pole vaulters – 70 minutes) prior to the first event they are competing in, each day of the Championships
 - Athletes not completing this process are liable for exclusion from that event and all other events that they have entered. WA TR4 “Failure to participate” will apply
 - Athletes wanting to scratch for any event should notify the Administration Delegate at least 60 minutes before the advertised time of starting
 - These should be submitted on the appropriate form signed by the athlete to the TIC
 - TIC will be open to receive scratchings 75 minutes before the start of each day of competition during the Championships
 - Electronic scratchings will be permitted if necessary
 - These should state the following:
 - Athlete’s name, club, grade and event(s)
 - These may be sent to the Administration Delegate via text message to 021 0894 1243 at least 60 minutes before the event start time
 - Please note that texts will not be replied to
 - If an athlete fails to scratch from an event after confirmation, or does not compete in all rounds of an event for which they have qualified, they may not be permitted to compete further
 - No athlete who has retired from competition due to ill health will be able to re-enter competition, unless the athlete supplies a medical certificate and clearance has been obtained from the Technical Delegate. This applies irrespective of the day of the Championships on which the athlete retires
 - Only those athletes confirmed as starters will be drawn in the fields for each event

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Call Room

- At Championship Events which are held within McKinnon Shield Meets, a Call Room will not be used, marshalling will be done at the event sites and the required Call Room checks done at the marshalling area
- All athletes must report to the call room by the detailed final call report time
- An athlete may be excluded from participation in any event in which they are not present in the call room at the relevant time (WA TR4.5)
- Officials will check all athletes against the required call room checks in accordance with WA and ANZ Supplementary Rules
- The call room judges will ensure that athletes are wearing the correct club uniform, that the athlete's details correspond with start lists, that shoes, number and dimension of spikes, advertising on clothing and athletes' bags comply with the rules and applicable regulations and that unauthorised material is not taken into the Field of Play (FOP), check competition chairs and throwing frames for para athletes
- Mobile phones are allowed in the FOP, but must be turned off and kept in the athlete's bag
- Any athlete found using or looking at their phone in the competition area will be issued with a yellow card, or a red card, depending on the circumstance
- The call room judges will **NOT** retain any personal material that contravenes the rules. Athletes should not bring these into the call room. Leave them with a parent or friend. If unable to, the same rules apply as the mobile phone above
- The call room is located (and sign posted) as per the map for all athletes and all events including wheelchair athletes
- Athletes will be directed by the officials in the call room when they are to be escorted to the competition area
- If an athlete is likely to be competing in another event at the designated call time for that event, they must advise the call room official at the time of checking in for the first event
- The call room will allow sports drinks/water through to the competition area
 - No glass containers will be allowed inside the competition area

Call Room Reporting Times

- For Championship events held within McKinnon Shield meets when a Call Room is not operating athletes must report to marshalling at the event site at the following times
 - 10 minutes before the advertised race time for a Track event including Hurdles
 - 40 minutes before the advertised start time for a Field event
 - 70 minutes before the advertised start time for Pole Vault
- When a Call Room is operating athletes must report to the Call Room at the following times preceding the advertised start time for their event
 - Track events – 15 minutes
 - Field events (excluding Pole Vault) – 40 minutes
- It is the responsibility of athletes to report at these times as no calls will be made
- These times allow for marshalling and movement to the event site

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- The remainder of the time may be used to complete the warm-up at the event site under the supervision of the officials where the event site is not in use
- If an athlete is already, or likely to be, competing in another event at the designated call room marshalling time, the athlete or someone on his/her behalf must notify the call room of this, prior to the designated marshalling time

Clothing, Shoes and Athlete Bibs

- **Uniform**
 - In all events, athletes must wear clothing which is clean, and designed and worn so as not to be objectionable
 - Athletes **MUST** wear their approved club uniform
- **Shoes**
 - For athletes competing in the U18, U20 or Senior grades, an athlete's competition shoes must comply with World Athletics regulations under Technical Rule 5. Please be sure to check that your shoes are on the approved list. The current Shoe Compliance List can be found under Manuals & Guidelines on the World Athletics website [here](#)
 - U18, U20 and Senior grade athletes will be asked to state make and model of shoes for each event at time of entry
 - The requirements of spikes for the Yvette Williams Track and AUT Millennium Stadium track surface are:
 - Maximum length of spikes is 6mm except in High Jump and Javelin where a maximum of 9mm is allowed
 - Pyramid, Cone, and Christmas Tree shapes are recommended
 - Needle and Pin shapes are not allowed
 - For safety, spiked shoes should be removed at the completion of the athlete's event, before leaving the arena
 - Failure to do this could result in disqualification from any further events
- **Athlete Bibs and Numbers**
 - Athlete bibs will not be used.
 - Numbers will be issued to Walks athletes in the Call Room.
 - Hip numbers will be issued to distance athletes in the Call Room.

Personal Implements

- Athletes who wish to use their own throwing implements must have them checked by the Technical Manager
- Please hand implements into TIC well in advance of your event, where possible the day before, but no later than 90 minutes prior to your event
- Personal implements will be placed in the pool for all athletes to use

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- Please note that if your implement is the same as one of the implements provided by Athletics Auckland it may not be accepted

Para Athletes

- Para athletes will compete under the rules of WPA
- Grades available - U17, U20 and Open
- Results will be calculated from the percentage of the World Record
- Athletes who require a guide or assistance are to email the Administration Delegate at competitions@athleticsauckland.co.nz by 11.59pm Saturday 28th January 2023 so a vest can be organised. These vests can be collected from TIC
- Wheelchairs and throwing frames will be checked at the Call Room

Vertical Jumps

- Starting heights for the high jump and pole vault are as per the table below
- They are subject to adjustment by the Jumps Referee if warranted by conditions on the day of competition
- No jump-offs will be held at The Championships

Vertical Jumps Start Heights and Triple Jump Boards

| | | | | | | |
|-----------|-----------|-------|------------|-------|-------------|---------------|
| U14 Women | High Jump | 1.25m | Pole Vault | 2.00m | Triple Jump | 7m/9m/11m |
| U14 Men | High Jump | 1.25m | Pole Vault | 2.00m | Triple Jump | 7m/9m/11m/13m |
| U16 Women | High Jump | 1.35m | Pole Vault | 2.00m | Triple Jump | 7m/9m/11m |
| U16 Men | High Jump | 1.40m | Pole Vault | 2.00m | Triple Jump | 7m/9m/11m/13m |
| U18 Women | High Jump | 1.40m | Pole Vault | 2.40m | Triple Jump | 7m/9m/11m |
| U18 Men | High Jump | 1.50m | Pole Vault | 2.40m | Triple Jump | 9m/11m/13m |
| U20 Women | High Jump | 1.45m | Pole Vault | 2.60m | Triple Jump | 7m/9m/11m |
| U20 Men | High Jump | 1.65m | Pole Vault | 2.80m | Triple Jump | 9m/11m/13m |
| Snr Women | High Jump | 1.50m | Pole Vault | 3.00m | Triple Jump | 9m/11m |
| Snr Men | High Jump | 1.75m | Pole Vault | 3.60m | Triple Jump | 11m/13m |

Vertical Jumps Progressions

- Will be posted on the website prior to entries closing

Warming Up (Excluding Hurdles and Throws)

- Warming up is not permitted in the competition area, except as provided for in the earlier call room Information
 - Athletes warming up in the competition area will be issued with a yellow card, or a red card, depending on the circumstance

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- Track and non-implement warm up normally will be the back straight unless otherwise advised on the day
- Athletes will have warm up throws at the event site under supervision of officials dependent on allowable time

Hurdles Warm Up

- Athletes should allow 30 minutes warm-up over hurdles provided before reporting to the event start at the designated Call Time
- Athletes only will be admitted to the warmup area, based on the back straight
 - Coaches can communicate easily with the athletes at the fence
- When 300m hurdles are being held, other hurdlers warming up will do so on the first bend
- When the 400m hurdles are being held, other hurdlers warming up will do so on the back straight toward the 200m start,
 - They will need to vacate the track before each race
 - Please do not move the hurdles from their marks or adjust the hurdle heights during this time
- Athletes will be taken to start at least 5 to 8 minutes before their start time to allow them the opportunities to have run outs from the blocks as soon as the previous race is completed

Progression to Finals

- **Track Events**
 - U14, U16 and Para events will all be Timed Finals
 - If numbers require, in the U18, U20, Senior and Masters grades there will be heats, and finals
 - 1500m, Race Walks, and Steeplechase will be held as a straight final
 - If numbers exceed the maximum allowed number of athletes on the start, they will be held as timed finals
 - For all events, should entry numbers not reach the required number for heats to take place, the event will proceed direct to final and be held at finals time
 - The seeding for finals (as per WA rules) will be as per below:
 - Ranking 1 to 4 – Lanes 3, 4, 5, and 6; by random draw
 - Ranking 5 and 6 – Lanes 7 and 8; by random draw
 - Ranking 7 and 8 – Lanes 1 and 2; by random draw
 - Seeding for heats and timed finals will be based on athlete's best performance from 1 October 2022 to 15th January 2023
 - Should numbers dictate, a minimum of five Athletics Auckland registered athletes will progress through to the final
- **Field Events**
 - All athletes will receive a minimum of three throws or jumps (excluding High Jump and Pole Vault)

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- In the U14 and U16 grades the top eight athletes will receive one further trial, in reverse order
- For all other grades, the top eight in each grade will receive three further trials, in reverse order
- Should numbers dictate, a minimum of five Athletics Auckland registered athletes will progress through to the top eight

Starting and Starting Blocks

- The use of starting blocks is compulsory, excluding for para and Masters Athletes
 - In all sprint events the athlete must use a crouch start, unless the crouch start stance and starting blocks are not required for specific para athlete classifications
 - Separate races will be held for Para Athletes and Masters Athletes
 - Starts for Masters events will be conducted under WMA Rules

Race Walking Events

- As allowed under WA TR 54.7.3 a Penalty Zone and applicable time penalties will be used for the Race Walking events held at the Championships
 - 2000m & 3000m 30 seconds

Post Event Procedure

- All athletes are to leave the competition area via post event control
- Warm downs must be done outside the stadium arena

Medal Ceremonies

- For all events, medal ceremonies will take place as soon as possible following the event, and confirmation of the results
- For medal ceremonies athletes must wear their correct competition uniform singlet
- Medals will only be awarded to the top three athletes in each grade. Out of Auckland athletes will be recognised at the medal ceremony
- Para athlete results will be based on a percentage of world record for U17, U20, and Open Grades

Doping Control

- Athletes are reminded that Drug Free Sport New Zealand (DFSNZ), may be in attendance
- Please ensure you are aware of your obligations as an athlete

Protests and Appeals

- All protests must be lodged initially with the Referee as per WA Rules
- A senior technical official will chair the jury
- Appeals to the Jury are to be made in writing on the appropriate appeal form and lodged with the \$50.00 fee

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- Appeals can be made by either the athlete, or the team manager, and should be lodged in the Administration Room where forms will be available
- At these Championships, an approved team official may be present to assist an athlete whenever an athlete is being addressed or questioned by a Referee, or the Jury of Appeal

Health and Safety

- In the interests of safety to athletes, coaches, officials, volunteers and spectators, the following should be always adhered to:
 - No unauthorised person(s) shall be allowed in the competition area. This includes athletes not competing, parents, coaches and anyone else not acting as an appointed technical official
 - Entry to the competition area is to be made by athletes under control of officials.
 - Athletes should take care always crossing the track and adhere to directions from officials
 - Athletes are not to cross the infield of the competition area. Athletes caught doing this are liable to be excluded from the Championships
 - Throwing implements should only be picked up when directed by officials
 - Warm-ups must be supervised by a coach, or parent, and within the relevant warm-up area