



2025-2026 Auckland Junior Pentathlon - Rules

Auckland Athletics (juniors) applies rules in this order e.g.: 1 overrides 4

1. Special Meet Rules (this document)
2. Athletics Auckland
3. Athletics New Zealand
4. World Athletics

1. General

- **The meeting manager reserves the right to vary or advance the programme. It is in the best interest of every athlete to remain at the venue.**
- **The organising committee relies on parent volunteers to assist with running the championships. No volunteers = no events.**
- **Clubs will be allocated duties for parent volunteers to help run events on the days of competition. Failure by the club to provide the required number of parent volunteers will result in all athletes of that club being ineligible to participate in the championships on that day.**
- **If a club wishes to have its athletes enter the pentathlon but the required number of parents are not interested in volunteering to assist, the club will need to pay a fee of \$350 per day in-lieu of arranging parent volunteers. This is to be paid one week in advance of the championship dates.**
- Only meeting officials, those parent helpers required to run an event and Team Managers 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 wall behind the officials lounge.
- Every effort will be made to ensure the programme runs to time and in the order laid out. The Organising Committee also reserves the right to allow the programme to run up to 30 minutes early if the situation arises so it's in the athlete's best interest to remain at the venue 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.**



2. Entries

- Entries for all grades will only be taken online, using the approved Athletics Auckland system on the Auckland Athletics Web Page.
- **Entries will open Monday 24th November 2025.**
- **Entries will close at 11:59pm Sunday 7th December 2025.** Entries or changes to entries will not be accepted after this date. Refunds for this competition are not available.
- The Entry Fees is \$9 per athlete.

3. Uniforms

- All athletes **must compete in their official Club uniform with age patch showing 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 (sunburn).
- 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.

4. 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 event
 - Warm-ups must be supervised by a coach, or parent, and within the relevant warm-up area
 - Throwing implements should only be picked up when directed by officials
 - Athletes should take care crossing the track at all times and adhere to directions from officials regarding the crossing of the track.
 - No unauthorised person(s) will be allowed in the Competition Area. This includes Parents, Coaches and anyone else not acting as an appointed meeting Official or parent helper.

5. 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.

6. 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.

7. 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.

8. Track – General Information

- 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.
- Rubber moulded spikes which are part of the sole of the shoe may be worn by athletes in Grade 7 – 9.
- Spike length allowed:
 - 6mm on track and long jump
 - 9mm at high jump
- 7-9 athletes can use either a standing start or crouch start for sprint events up to 200m
- 10-14 athletes MUST use the crouch start position as per ANZ competition rules
- Starting blocks *must* be used in *all* races up to and including 400m if metal spikes are being worn, *and* by all runners in age groups 12 and older.
- 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 and return to the finish line at the completion of events until dismissed by the appropriate official.

9. Track - Method of Finding Finalists (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.
- Results will be determined by the three fastest times from the heats and there will be no semis or finals.

10. 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.
- Athletes in the throws will be entitled to one (1) warm-up throw for this competition.
- Athletes can have one warm up run through in the long jump.
- Metre boards will be used up to and including Grade 11. Grade 12, 13 and 14 will use the standard take off board. The standard take off board is 2m from the edge of the pit.
- Discus weights will be:



Grade	Girls	Boys
7, 8, 9	500gms	500gms
10, 11	750gsm	750gms
12	750gms	1.000kg
13	1.000kg	1.000kg
14	1.000kg	1.250kg

- Shot put weights will be:

Grade	Girls	Boys
7	1.000kg	1.000kg
8, 9	1.500kg	1.500kg
10	2.000kg	2.000kg
11	2.000kg	3.000kg
12	3.000kg	3.000kg
13	3.000kg	4.000kg
14	3.000kg	5.000kg