



Wellington Centre Champs and Wellington Masters Champs 2019

U16 (age as at 31.12.18), U18, U20, Senior (ages as at 31.12.2019), Masters (ages as at 02.02.19)

DRAFT PROGRAMME SATURDAY 2nd FEBRUARY

TRACK			FIELD		
11.15am	100m	Heats (if req'd)	11.00am	Hammer*	Men
11.30am	1500m	Finals	11.00am	Pole Vault	Men/Women
12.15pm	LUNCH		12.15pm	LUNCH	
1.00pm	60m	Masters only	1.00pm	High Jump	Men
1.30pm	80m hurdles	**see note 1	1.00pm	Javelin*	Women
1.45pm	100m hurdles	**See note 2			
2.15pm	110m hurdles	**See note 3	2.15pm	Long Jump	Women
2.45pm	400m	Finals	2.15pm	Discus*	Men
3.30pm	S/Chase 0.762	**see note 5			
4.00pm	S/Chase 0.914	**see Note 5	3.45pm	Triple Jump	Men/Women
4.20pm	100m	Finals	4.15pm	Shot Put*	Women

DRAFT PROGRAMME SUNDAY 3rd FEBRUARY

TRACK			FIELD		
11.00am	800m	Heats (if req'd)	11.00am	Hammer *	Women
11.15am	3000m	Finals	11.00am	High Jump	Women
11.45am	200m	Heats (if req'd)			
12.00pm	LUNCH		12.00pm	LUNCH	
12.45pm	3000m Walk		12.45pm	Javelin*	Men
1.30pm	300m hurdles	**see note 4	1.00pm	Long Jump	Men
2.00pm	400m hurdles		2.00pm	Discus *	Women
2.30pm	800m	Finals			
3.15pm	200m	Finals	3.15pm	Shot Put *	Men
			4.15pm	Weight Throw *	Men/Women

HURDLE HEIGHTS

** Note 1	80m hurdles @ 0.762	U16 girls, MW40+, MM70+	**Note 2	100m hurdles @ 0.840	U16 boys, SW, WU20, MW 35-39, MM60-69
				100m hurdles @ 0.914	MM50-59
				100m hurdles @ 0.762	WU18
**Note 3	110m hurdles @0.991	MU20, M35-49	**Note 4	300m hurdles @0.840	MU18, Boys U16
	110m hurdles @ 0.1067	SM		300m hurdles @ 0.762	WU18, Girls U16
	110m hurdles @ 0.914	MU18,			
**Note 5	2000m S/Ch @ 0.914	MU18, BoysU16	**Note 5 continued	3000m S/Ch @ 0.914	MU20, SM, MM35-59
	2000m S/C @ 0.762	WU18, Girls U16, MW, MM60+		3000m S/Ch @ 0.762	WU20, SW

Wellington Centre Champs and Wellington Masters Champs 2019

Competition Rules and Information

Competition Rules (Please note - NO LATE ENTRIES WILL BE ACCEPTED)

1. Athletes must be college age and upwards and registered as a financial competitive member of an Athletics Wellington club in order to compete in the Wellington Champs. Registration must be complete by the closing date for entries. Visiting athletes, who are financial members of clubs from other regions, may compete but will not be eligible for titles. ANZ Regulations, Rule S143.2, state that club uniform must be worn for these Championships. Failure to do so may result in disqualification.
2. Track events will be run in age grades. Age Grades may be combined into one race by the Meeting Manager/Competition Secretary, when deemed necessary, to create appropriately sized fields. This won't be determined until entries have closed and scratchings are known.
3. Athletes may elect to compete up **one grade** (ie U16 can compete in U18 etc, Masters can compete in the senior grade) but will only be eligible for one title. Throwers will throw the appropriate weight for their grade. U16 athletes (age as at 31.12.18) will use NZSS specifications. Masters athletes will use specifications for their 5yr age band. Please select your competition grade when you enter each event.
4. Athletes are required to check in at the registration desk one hour prior to the event start time or be scratched from their event. Athletes are required to scratch from an event by emailing Karen on mcilroy.family@xtra.co.nz or scratch on the day either in person or by sending a text to 027 6345123 Please be considerate to your fellow athletes as an event, which requires a heat, could go to a straight final if there are sufficient scratchings.
5. Heats/Finals – **PLEASE NOTE:** If heats are required for the 100m, they will be run Saturday at 11.15am. If heats are required in the 800m, they will be run Sunday at 11.00am. If 200m heats are required, they will be run Sunday at 11.45am. Athletes will be advised 48 hrs prior to the meeting if heats are required in their age grade. If, on the day, no shows turn a heat into a straight final, then the final will be run at the heat time. Athletes please be warmed up and prepared in case this happens (as in the past).
6. This is a draft programme and final times will depend on the number of entries. A Final programme and start lists will be put on the Athletics Wellington website by 8pm Thursday 31st January. Please check this for updates.
7. Entry fee is \$6 per athlete per event.
8. Entries close 11.59pm Tuesday 29th January. **THERE WILL BE NO LATE ENTRIES ACCEPTED AFTER THIS TIME. THERE WILL BE NO ENTRIES ACCEPTED ON THE DAY.**
9. Field events marked with an * are also Masters Pentathlon events. (*the first 3 throws count towards Masters' Pentathlon)
10. Health and Safety
 - Athletes are to adhere to the safety briefing and follow the instructions of the Chief.
 - Athletes and officials only in the competition area
 - Athletes must only warm up when directed to and under the supervision of an official

DISPENSATION - To be eligible to be selected for The Wellington Team at The Nationals you will need to compete at these Championships. If for any reason you are unable to compete you will need to email Charlie @ Charlie.nairne@bluestarpromote.co.nz with a valid reason.

Age Grades

The age for the following grades is your age as at 31 December 2019

- Under 18 - Under 20 - Senior (20 to 34)

The age for the following grade is your age as at 31 December 2018 (to match Children's age grade)

- Under 16 (athlete must be college age)

The age for Masters grades is your age as at 2nd February 2019. Titles will be awarded in age brackets

- 35-49, 50-59, 60+

Medals

**THERE WILL BE NO MEDALS AWARDED THIS YEAR WE ARE LOOKING AT
CERTIFICATES TBC**