



Grand Prix Series 2019/20 Meeting Rules and Information



Have a go in our point series competition !

During the 2019/20 season, we will hold a points series competition over four meets, where points are awarded for performance (not placing), based on age-adjusted performance standards. This is a great way to add some fun to our meets. It allows athletes of all ages to have a chance at getting into the top of the points table if they compete at all meets and perform well. It also enables competition for points between different disciplines.

The first three of the Grand Prix meets are:

- Saturday 19 October 2019 (GP1)
- Saturday 16 November 2019 (GP2)
- Saturday 25 January 2020 (GP3)

The final Grand Prix event is the Wellington T&F championships on 1-2 February 2020.

We plan to award Grand Prix series prizes and have a celebration at the final event of the season on 30 March 2020). The prizes will be distributed amongst the top 10 finishers in the points table. The prize pool is still being developed at the time of writing, but will include Prezzy Cards (or equivalent) and product gift vouchers. Further details will be announced as soon as possible.

How the points series works

At each Grand Prix event, points will be awarded based on your performance (not your placing), using the WMA Age grading calculator tables ([WMA Age-grading calculator](#)) and for athletes with disabilities, based upon a percentage of the World Record. The following conditions will apply:

- The age for the calculation will be the age of the athlete on the 31st December 2019 for the first 2 GPs and 31st December 2020 for the 3rd GP and Centre Champs.
- The points calculated from your performance at each Grand Prix meet will count towards your final overall placing in the points table.
- Only your best score of the day will count towards the points, i.e. if you do multiple events in one Meet, only your best scoring event will be counted.
- Points gained in the Wellington Centre Championship events will be worth twice those in the GP1, GP2 and GP3 meets.

- You must have competed in at least three events to be eligible for a prize.
- At the conclusion of the Grand Prix series, prizes will be awarded to the top 10 athletes on the points table.

Event Programmes

The events that we intend to offer at the GP1, GP2 and GP3 meets are shown on the **T&F season events matrix** available from the Athletics Wellington website:

<http://athleticswellington.org.nz/senior/>.

We will publish a timed programme for each meet on the website at least one week in advance.

Note – Hurdles and Steeplechase - must be pre-entered by emailing marshallclark21@gmail.com or texting 021 442305 before 8pm Thursday prior to the meeting. Please advise distance and height for hurdles. Because of the time and effort required, a minimum of 2 competitors are needed for these events to go ahead.

General Meeting Rules

1. The meet is open to athletes of college age and upwards.
2. **All athletes must register on the day at the entry desk in the Newtown Park function room at least one hour before the scheduled start time of the first event they wish to enter.**
3. Athletes of affiliated clubs must compete in their club uniform.
4. Entry is free for athletes belonging to a club that is part of the Athletics Wellington bulk-funding arrangement for summer track
5. Athletes who do not belong to a club that is part of the Athletics Wellington bulk-funding arrangement for summer track are welcome to take part, but will be asked to pay \$10 per meet to the Athletics Wellington account: **03 1540 0009238 00**. Clubs that are **not part** of the bulk funding scheme are: Trentham United H&AC, Kapiti Running & Tri Club, Athletics & Cycling Masterton, Hutt Valley H&AC, plus any club outside of the Athletics Wellington region.
6. College-age students from the following schools are also included in the bulk funding scheme and may compete for free: Wellington College, St Pat's town, Rongotai, St Pat's Silverstream. Students from other colleges will be asked to pay the \$10 fee per meet as above.
7. School athletes should compete in their school sports uniform
8. Athletes will be issued with a numbered bib for the season. Please wear your bib every time you compete at any subsequent club T&F meetings. Replacement bibs will cost \$5. If you are not wearing a competition bib you will not be able to compete.
9. **Health and Safety:**
 - Safety rules and guidelines for Newtown Park, including a Code of Conduct are published here: [link](#)

- All athletes must adhere to safety briefings and follow the instructions of the Chief of each event. Only athletes and officials are permitted in the competition arena. However, coaches and spectators may be specifically asked to enter the arena to help with tasks such as putting out or packing away hurdles or steeples.
- Warm-ups: for general warm-ups, please use the top field, rather than the competition arena. However, in wet conditions, officials may approve warm-ups on the track.
- For Field events, no athlete is permitted to warm up in the arena until the site has been set up and an official is present to supervise the warm-up.

10. **Starting procedure/ False Starts**

- The starting rules to be applied will generally be based on the IAAF Competition Rules. However, officials will be asked to show discretion, and to be generous with the use of the green card.
- Masters age competitors are not required to use starting blocks, or a crouch start or have both hands in contact with the track for the start of any race
- Crouch starts with spiked shoes MUST be from starting blocks.
- Starting blocks will be supplied. Use of athletes own blocks will not be permitted.
- For races 800m and greater, a standing start will be used.
- Any matters relating to the start will be at the absolute discretion of the Starter, Track Referee or delegated official. It will be his or her responsibility to ensure all competitors receive a fair start.