

# It's Track and Field Season Opening Day !

## Saturday 12 October 2019



### Come along to Newtown Park and have a go on our Open Day !

- The meet is open to everyone of college age and upwards
- This meet is free entry – open to the public
- Everyone is welcome – all levels of fitness
- Come and run on the softer surface of our all weather track. No dogs, scooters or obstacles in your way !
- Try out long jump or discus throwing
- Our officials and helpers will do their best to support you on the day
- Please arrive and register at least one hour before the start of the first event you would like to take part in

### Programme

	Track	Field
1.30pm	3000m Walk	Long Jump
2.00pm	Hurdles 80/100/110m ( <b>note 1</b> )	Shot Put
2.15pm	800m	
There will be a short break in the programme at this point, for the formal opening of the Track and Field season by Hamish Girvan, the Athletics Wellington Board Chair		
2.45pm	100m	Discus, High Jump
3:00pm	3000m	
3.15pm	400m	
3.30pm	200m	
<p>Start times are indicative only. Events will start once the previous event has finished and the site has been set up, and may start 5-10 minutes prior to the advertised time. Please keep listening for announcements.</p> <p><b>Note 1 – Hurdles</b> - must be pre-entered by emailing <a href="mailto:marshallclark21@gmail.com">marshallclark21@gmail.com</a> or texting 021 442305 before 8pm Thursday prior to the meeting. Please advise distance and height for hurdles. Because of the time, effort required, a minimum of 2 competitors are needed for these events to go ahead.</p>		

## **Meeting Rules**

1. **All entrants 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.** Arriving early is particularly important because of the additional work involved in set up for the first T&F meet of the season.
2. Athletes who are members of affiliated clubs are expected to compete in their club uniform.
3. All entrants 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.
4. Because this Meet is promoted as “have-a-go”, some meeting rules have been relaxed compared with IAAF Competition rules. This meet is therefore not recommended as a suitable opportunity for athletes attempting to achieve a qualifying mark for selection to a NZ team or a National record.
5. **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.
  - Warm ups: for general warm ups, please use the top field, rather than the competition arena.
  - 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.
6. **Starting procedure/ False Starts**
  - For this meet only, competitors may use a crouch start or a standing start for any distance up to and including 400m
  - Crouch starts with spiked shoes MUST be from starting blocks.
  - Spikes for use on the track must not be any longer than 6mm.
  - 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.
  - For this meet only, any false start will be called on athlete(s) responsible. Any athlete(s) making a second false start shall be disqualified.
  - 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.