



## Competition Rules and Draft Programme

Please note - NO LATE ENTRIES WILL BE ACCEPTED

### 1. Health and Safety

During the scheduled competition:

- Athletes are to adhere to the safety briefing and follow the instructions of the Chief official at each event
- Athletes must only warm up on the field when directed to and under the supervision of an official
- Only competitors and officials are permitted to be in the competition area
- Training is prohibited anywhere inside the arena

2. 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.

3. ANZ Regulations, Rule S143.2, state that club uniform must be worn for these Championships. Failure to do so may result in disqualification.

4. 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.

5. 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 31.12.19) will use NZSS specifications. Masters athletes will use specifications for their 5yr age band. Please select your competition grade when you enter each event.

6. Athletes are required to check in at the registration desk one hour prior to the event start time or be scratched from their event.

7. Athletes are required to scratch from an event by emailing [marshallclark21@gmail.com](mailto:marshallclark21@gmail.com) or scratch on the day, either in person or by sending a text 021 442305. Please be considerate to your fellow athletes, as an event which appears to require a heat could go to a straight final if there are sufficient scratchings.

8. The following event programme is a draft, and final times will depend on the number of entries. A Final programme and start lists will be published on the Athletics Wellington website by 8pm Thursday 30th January. Please check this for updates.

9. Heats/Finals – **PLEASE NOTE:** If heats are required for the 100m, they will be run on Saturday from 11.00am. If 200m heats are required, they will be run on Sunday from 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.

10. Entry fee is \$6 per athlete per event.
11. Entries close 11.59pm Tuesday 28th January. **THERE WILL BE NO LATE ENTRIES ACCEPTED AFTER THIS TIME and NO ENTRIES WILL BE ACCEPTED ON THE DAY.**
12. Field events marked with an \* in the programme below are also Masters Pentathlon events. (\*the first 3 throws count towards Masters' Pentathlon)
13. **Dispensation for eligibility for Wellington team for National Champs** - To be eligible to be selected for the Wellington Centre team at the National T&F Champs, you will need to compete at these Wellington Championships. If for any reason you are unable to compete at the Wellington Champs you must apply for a dispensation by email to Marshall at [marshallclark21@gmail.com](mailto:marshallclark21@gmail.com) and provide a bona fide reason.

## **Age Grades**

The age for the following grades is your age as at 31 December 2020

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

The age for the following grade is your age as at 31 December 2019 (to match Children's age grade)

- Under 16 (athlete must be college age)

The age for Masters grades is your age as at 1st February 2020. Titles will be awarded in age brackets

- 35-49, 50-59, 60+

Marshall Clark  
Meeting Manager  
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## Wellington Centre Champs and Wellington Masters Champs 2020

U16 (age as at 31.12.19), U18, U20, Senior (age as at 31.12.2020), Masters (age as at 01.02.20)

### DRAFT PROGRAMME SATURDAY 1st FEBRUARY

TRACK			FIELD		
10:00am	80m hurdles	**see note 1	09:30am	Hammer*	Men
10:15am	100m hurdles	**See note 2	09:30am	Pole Vault	Men/Women
10:30am	110m hurdles	**See note 3	10:30am	Javelin*	Women
10:45am	60m	Masters only	11:00am	High Jump	Men
11:00am	<b>100m heats</b>				
<b>12:00pm</b>	<b>LUNCH</b>		<b>12:00pm</b>	<b>LUNCH</b>	
1:00pm	400m	<b>Finals</b>	1:00pm	Shot Put*	Women
1:30pm	S/Chase 0.762	**see note 5			
1:50pm	S/Chase 0.838	**see note 5			
2:10pm	S/Chase 0.914	**see note 5	1:45pm	Long Jump	Women
2:30pm	100m	<b>Finals</b>	2:30pm	Men's Discus*	U16,MM50+
3:00pm	1500m	<b>Finals</b>	3:00pm	Triple Jump	Men/Women
			3:15pm	Men's Discus*	U18, U20,Snr,

### DRAFT PROGRAMME SUNDAY 2nd FEBRUARY

TRACK			FIELD		
			9:30am	Hammer *	Women
11:15am	<b>200m heat</b>		10:30am	High Jump	Women
11:30pm	800m	<b>Finals</b>	11:00am	Javelin*	Men
<b>12:00pm</b>	<b>LUNCH</b>		<b>12:00pm</b>	<b>LUNCH</b>	
1:00pm	200m	<b>Finals</b>	1:00pm	Long Jump	Men
1:30pm	3000m Walk		2:00pm	Discus *	Women
2:30pm	300m hurdles	**see note 4	2:00pm	Men's Shot Put	U16,MM50+
2:45pm	400m hurdles		2:45pm	Men's Shot Put	U18,U20,Snr,
3:00pm	3000m	<b>Finals</b>	3:30pm	Weight Throw *	Men/Women

## HURDLE HEIGHTS

<b>** Note 1</b>	80m hurdles @ 0.762	U16 girls, MW40+,	<b>**Note 2</b>	100m hurdles @ 0.914	MM50-59
				100m hurdles @ 0.840	U16 boys, SW, WU20, MW 35-39, MM60-69
				100m hurdles @ 0.762	WU18
<b>**Note 3</b>	110m hurdles @ 1.067	SM	<b>**Note 4</b>	300m hurdles @0.840	MU18, Boys U16
	110m hurdles @0.991	MU20, M35-49		300m hurdles @ 0.762	WU18, Girls U16
	110m hurdles @ 0.914	MU18			
<b>**Note 5</b>	2000m S/Ch @ 0.838	MU18	<b>**Note 5 continued</b>	3000m S/Ch @ 0.914	MU20, SM, MM35-59
	2000m S/C @ 0.762	WU18, Girls U16, MW,		3000m S/Ch @ 0.762	WU20, SW