



Track and Field Meet – Saturday 14th March

This is the penultimate meeting of the season, where we are trialling a couple of novelty events and are also running a few events for College Sport Wellington to finish their summer schedule.

The 2000m steeplechase events are open to all athletes - come and give it a go if you fancy the chase, but can't stomach the idea of 28 hurdle jumps and 7 water jumps. We will apply the new height of 0.838m for U18 men's steeples for all men interested in trying out this event. :)

Programme - Ver 2

Approx times only	Track	Field
1:30pm	3000m race walk (Senior and Boys); 2000m race walk (Girls)	Javelin, Pole Vault
2:00pm	300m / 400m hurdles (Note 1)	
2:15pm	800m	
2:25pm	100m	
2:40pm	1000m	
3:00pm	2000m steeplechase (Women - 0.762m) Note 2	Hammer Throw, Triple Jump
3:15pm	2000m steeplechase (Men - 0.838m) Note 2	
3:30pm	300m	
3:45pm	600m	
4:00pm	3000m	

Start times are indicative only. Events will start once the previous event has finished and the site has been set up. Track events may commence up to 10 minutes ahead of the published time.

Note 1 –All Hurdles entries must be notified in advance by emailing marshallclark21@gmail.com or texting 021 442305 before 8pm Thursday prior to the meeting. Please advise distance and height for hurdles.

Note 2 –All steeplechase entries must be notified in advance by emailing marshallclark21@gmail.com or texting 021 442305 before 8pm Thursday prior to the meeting.

For Meeting rules and information, see next page



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.