



Competition RULES and DRAFT Programme

Please note - NO LATE ENTRIES WILL BE ACCEPTED

1. Health and Safety

- This is a **My Vaccine Pass** event only

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 in the competition arena when directed to and under the supervision of an official
 - Only competitors and officials are permitted to be in the competition arena
 - Training is prohibited anywhere inside the arena
2. Athletes must be of Secondary school 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.
 3. Visiting athletes, who are financial members of clubs from other regions, may compete but will not be eligible for titles.
 4. ANZ Regulations, Rule S143.2, state that club uniform must be worn for these Championships. Failure to do so may result in disqualification.
 5. World Athletics Shoe regulation for competition must be adhered to, for eligibility of titles under Athletics Wellington policy . This does not apply for Masters grade championships See information here on eligible shoes <https://athleticswellington.org.nz/our-documents/>

6. 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 scratching's are known.
7. Athletes may elect to compete up **one grade** (i.e. 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 31.12.22)** will use NZSS specifications. Masters athletes will use specifications for their 5yr age band. Please select your competition grade when you enter each event.
8. Athletes are required to check in at the registration desk one hour prior to the event start time or be scratched from their event.
9. Athletes are required to scratch from an event by emailing 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.
10. 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 8.00 pm Thursday 10 February. Please check this for updates.
11. **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 11.15am. Athletes will be advised 48 hours 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.
12. Entry fee is **\$6.00** per athlete per event.
13. Entries close 11.59pm Monday 7 February.
THERE WILL BE NO LATE ENTRIES ACCEPTED AFTER THIS TIME and NO ENTRIES WILL BE ACCEPTED ON THE DAY.
14. Field events marked with an * in the programme below are also Masters Pentathlon events. (*the first 3 throws count towards Masters' Pentathlon)
15. **Eligibility for Wellington team for National Champs** – There is a **strong expectation** that to be selected for the Athletics Wellington team to represent the Centre at the 2022 National Track & Field Championships in Hastings, you will need to compete at these Wellington Championships. If for any

reason you are unable to compete at the Wellington Championships, you must email to Track & Field Chairperson Yarride Rosario yarride.rosario@gmail.com and provide a bona fide reason.

Age Grades

The age for the following grades is your age as at **31 December 2022**

- Under 16
- Under 18
- Under 20
- Senior Open (20 to 34) and

The age for the following grade is your age on **12 February 2022**

- Masters grades for Athletics Wellington titles will be
 - Masters 35-49, 50-59, 60-70 and 70+
 - Wellington Masters athletics will recognize individual in 5 year age bands

Track & Field Chairman

Yarride Rosario

HURDLE HEIGHTS

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

Athletics Wellington Centre Championships 2022
and
Wellington Masters Championships 2022

PROGRAMME SATURDAY 12th FEBRUARY

TRACK			FIELD		
10.00am	2000m S/Chase	0.762 Height	10.00am	Javelin	Men/Women
10:15am	2000m S/Chase	0.838 Height	10.00am	Pole Vault	Men/Women
10:30am	3000m S/Chase	0.914 Height			
10:50am	60m	Masters only			
11:00am	100m Finals	Heats if required	11.30am	High Jump	Men
			12:00pm	Hammer	Men followed by Women
1:00 pm	80m hurdles				
1:15 pm	100m hurdles				
1.30 pm	110m hurdles		1.30pm	Triple Jump	Men/Women
2:15pm	100m	Finals ONLY if required			
2:30pm	400m				
3:00pm	1500m		2:45pm	Weight Throw	Masters

PROGRAMME SUNDAY 13th FEBRUARY

TRACK			FIELD		
			10:00am	Shot Put	Men followed by Women
11:15am	200m Finals	Heats if required	10:00am	High Jump	Women
11:30pm	800m				
1:00pm	200m	Finals if required	1:00pm	Long Jump	Men
1:30pm	3000m Walk		1:00pm	Discus	Men followed by Women
2:30pm	300m hurdles		2:30pm	Long Jump	Women
2:45pm	400m hurdles				
3:00pm	5000m				

*Timings are subject to change. Programme will be finalized at the entry deadline.

Wellington Championship Events held at other events:

10,000 metres

Mile

3,000m

Steeplechase (Senior & U20 Grade)

5,000km Walk

Agency 10k

Scottish NoM

Mid-week Twilight

Capital Classic

TBC

13 November 2021

18 December 2021

23 February 2022

4 February 2022