



Athletics Wellington Senior Track & Field

March Last Chance Meetings and Melrose Shield

Newtown Park 2.00pm

Athletics Wellington Senior Track & Field Committee wish to stage the following Open meetings in March post Nationals to enable **Senior** and **Secondary School** athletes their last chance to record their personal best performances. The final meeting of the year will be the Melrose Shield on Saturday March 26

General Competitions Rules, Registration and Reporting

- ✓ Athletes eligible to compete are to be of secondary school age through to masters. All Secondary schools' athletes are welcome. **NO** Junior athletes [*aged under 14 @ 31 December 2022 unless at Secondary School*]
- ✓ Entry Fee will be **\$5.00** / each Saturday/ athlete including Melrose Shield
- ✓ Athletes can Enter on the Day
- ✓ Athlete of the Meet Awards [AoMA] will be allocated across the event disciplines each week based on improved personal bests achieved. Prize Pool will be from funds allocated from entry fees.
- ✓ Eligible athletes for AoMW will be those who have previous performance record in an AW meets or performances on the Athletics NZ ranking list
- ✓ **All officials report for Managers Meeting**
 - Any officials who are available to help our programme and those interested in learning.
 - Please email Vaughan Oates [Here](#) to indicate your support
- ✓ Pick up Newtown Park Competition Bibs/ Athlete ID number for results management.

Track events

Timetable will operate for athletes by seeded races drawn on the line.

In general Women's A Division/Senior then graded divisions thereafter with will run first followed by Men's Divisions to follow similarly thereafter

Field events

Athletes will have a concurrent competition of Men and Women grades.

Throws athletes must throw the implement that they register for on the recording sheet.

Field Athlete Trials

- ✓ Except for High Jump and Pole Vault in ALL FIELD ATHLETES will have **FOUR TRIALS per athlete** unless there is a combined total* of 8 athletes in the event [**men & women & all grades*].
 - If there is an individual age grade with **4 or more athletes**, then the top 3 for the grade will get ONE additional Trial [5 in total], with all results counting to final place order.
 - If there is total of 8 or less male or females in total in the event each athlete can have up to six trials
 - Field competitions will operate men and women grades concurrently at the same time.
- ✓ Long and Triple will run concurrent rounds with long jump followed by triple jump.
- ✓ If Jump athletes leave the event for a track race, they will reenter the competition on direction of chief judge.
- ✓ For High Jump, where appropriate the chief judge will allow additional warm up trials during the competition.
- ✓ Throws athletes must throw the implement that they register for on the recording sheet.
- ✓ Competition order will be based first and foremost by implement weight. This will aid the results management system.

Athlete reporting

- **HURDLE** athletes to REPORT **20 minutes** before competition start to allow hurdle placements
- **TRACK** athletes to REPORT **10 minutes** prior to START at start site
- **JUMPS** athletes to REPORT **20 minutes** minimum before competition start to allow time to measure their approach, and enable warmup trials
- **THROWS** athletes to REPORT 20 minutes before competition start to allow time for warm up trials and registration with event officials your designated **implement specification** for throwing.



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Timetables – Provisional

Saturday 12 March – Last Chance Meeting # 1			
Track	Men& Women, All grades	Field	Men & Women, All grades
2.00 pm	70m/80m/100m /110m Hurdles	2.00pm	Shot Put
2.20 pm	5000m Track Walk AW Championships	2.00pm	Long Jump AW Championships
3.00 pm	400 metres	3.00pm	Discus
3.20pm	100 metres	3.15pm	High Jump
3.40 pm	1500 metres		
4.00pm	800m Medley Relays 100m, 200m, 300m, 400m Inter Club & School Teams		

Saturday 19 March - Last Chance Meeting # 2			
Track	Men& Women, All grades	Field	Men & Women, All grades
2.00 pm	300m/400m hurdles	2.00pm	Pole Vault AW Championships
2.15pm	2000m Track Walk	2.00pm	Hammer Throw
2.45 pm	200 metres		
3.00pm	800 metres	3.15pm	Triple Jump
3.15 pm	3000 metres	3.15pm	Javelin
3.45 pm	4 x 100 metres Relay Inter Club & School Teams		
4.00pm	Distance Medley Relays 1200m, 400m, 800m, 1 Mile Inter Club & School Teams		

Saturday 26 March – Melrose Shield Inter Club Reay Teams Competition			
Track	Men& Women, All grades	Field	Men & Women, All grades
2.00pm	4 x 800m relay	2.00pm	High Jump - Open
2.25pm	4 x 100 metres Relay	2.00pm	Throws relay - Shot
3.00pm	3000m Track Walk - Open	2.45pm	Jumps Relay - Long
3.15pm	Distance Medley Relay [DMR] 1200m, 400m, 800m, 1 Mile	3.30pm	Throws Relay - Discus
4.00pm	4 x 400m relay	3.30pm	Jumps Relay - Triple
4.30pm	Melrose Shield Prize Giving		

- All events are open to clubs and school squads



Melrose Shield Points and Rules

The shield is awarded to the best club over the Event. i.e. the club that gains the most points

Points will be awarded across five divisions for each event as listed – [ages as @31 December 2022]

- ✓ Senior Men – 20 years and over,
- ✓ Senior Women - 20 and over,
- ✓ Junior Men - Under 20 years
- ✓ Junior Women - Under 20 years
- ✓ Open Mixed Team - Mixed teams must have 2 x male and 2 x female athletes, any grade.

Points for the teams will be.

1 st	10 points	4 th	6 points	7 th	3 points
2 nd	8 points	5 th	5 points	8 th	2 points
3 rd	7 points	6 th	4 points	9 th	1 point

- More than one team can enter from a club, but points are allocated to just one team per relay no matter the order clubs team's finish. So, the more relays clubs can enter the better. i.e WHAC may enter WHAC W20 A, WHAC W20B etc.,.
- Team's entering relays must provide at least one person who can help with the relays in some capacity. Officials will also be there to assist.
- Throws relay will be 2 x Shot Put athletes and 2 x Discus athletes [2 athletes may do both or 3 or 4 athletes per team across the two Throws]
- Each Throws or Jumps athlete gets a maximum of three attempts and only two athlete per discipline.
- Placing for throws and jumps relays will be based on the cumulative total of the best trial of the two athletes in each of the two events.
 - i.e., Athlete "A" 6.56m LJ + 10.26m TJ and Athlete "B" 5.46m LJ + 9.74m TJ = Total team score of 22.00 metres
- Implement weights are for only for Senior grade and Under 20 grades only.
- Horizontal Jumps relay will be 2 x Long Jump and 2 x Triple Jump athletes [2 athletes may do both events or 3 or 4 athletes per team across the two Jumps]

Teams

All Teams must register by 1.00 pm on the day

Further information to be provided with entry forms on the Website

What is the Melrose Shield?

The Melrose Shield was presented to the Lower Hutt Amateur Athletic and Cycling Club in 1948 by the late A (Bill) Melrose for interclub competition for relay races and teams' events.

The annual competition was held during twilight hours at the Lower Hutt Recreation ground. Kiwi was the first club to win the shield in 1948.

Many of our long serving officials competed in the Shield meeting many times over the years. In its heyday it was common to have between 500 and 1000 spectators in the stand. Bill Melrose's daughter-in-law, Dawn Melrose is a prominent Athletics Wellington athletic official, and her sons have been prominent local athletes.