



Athletics Wellington Senior Track & Field

Melrose Shield

Saturday 11 February - Newtown Park 2.00pm

Senior and Secondary School athletes their last chance to represent your club before the Wellington Championships .

General Competitions Rules, Registration and Reporting

Melrose Shield on Saturday 11 February

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 2023 unless at Secondary School*]
- Entry Fee will be **\$5.00** / each Saturday/ athlete including Melrose Shield
- Athletes can Enter on the Day
- Pick up Newtown Park Competition Bibs/ Athlete ID number for results management.

All officials report for Managers Meeting

- *Any officials who are available to help our programme and those interested in learning.*

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

- 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 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 jump will run concurrent rounds for men & women
- If Jump athletes leave the event for a track race, they will reenter the competition on direction of chief judge.
- Shot 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

- **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



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- **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.**

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 and Jumps relays will be 2 x Shot Put athletes or 2 x Long Jump 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 and Athlete "B" 5.40m = Total team score of 11.96 metres**
- Implement weights are for only for Senior grade and Under 20 grades only

Teams

All Teams must register by 1.30 pm on the day or 1 hour before event
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.



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TODAY'S Timetable

Saturday 11 February – Melrose Shield Inter Club Relay Teams Competition			
<i>Track</i>	<i>Men& Women, All grades</i>	<i>Field</i>	<i>Men & Women, All grades</i>
2.00pm	4 x 800m relay		
		2.15pm	Throws relay - Shot
2.25pm	4 x 100 metres Relay		
2.45PM	3000m Track Walk - Open		
3.15pm	Distance Medley Relay [DMR] 1200m, 400m, 800m, 1 Mile	3.15pm	Jumps Relay - Long
4.00pm	4 x 400m relay		
4.30pm	Melrose Shield Prize Giving		
	Officials Social		

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- 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]

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