

NSW JUNIOR CHAMPIONSHIPS

1. ENTRIES

- 1.1 Athletes competing must be registered with an Athletics NSW club for the 2012-13 season and be between the ages of 12 and 19 years inclusive i.e. born between 1994 and 2001 inclusive.
- 1.2 Athletes are to wear their 2012-13 registration numbers front and back and their Athletics NSW club uniform.
- 1.3 Events will be conducted in the Under 14, Under 16, Under 18 and Under 20 age group, with age groups determined by age of the athlete on the 31st December 2013. For example, if an athlete is 14 years old on the 31st December 2013, he will be competing in the Under 16 age group.
- 1.4 Entry for the NSW Junior Championships must be submitted online via www.nswathletics.org.au. Athletes without internet access or credit card should contact Athletics NSW for an alternative method of entry. Entry fee for Under 20 and Under 18 events is \$20 per event and entry fee for Under 16 and Under 14 age groups is \$15 per event. An entry fee cap of \$70 applies to all entries.
- 1.5 All entries with accompanying payment must be submitted by Tuesday 29th January 2013 at midday.
- 1.6 Entry fees are non-refundable, regardless of circumstance.
- 1.7 Registration with Athletics NSW is not available on the day at the Junior Championships. Athlete registration is to be organised before the competition.
- 1.8 Spectators will be required to pay gate entry, Adults - \$5.00 per person per day and U18's - \$3.00 per person per day. Competing athletes will be able to gain free access, with their name listed at the gate.
- 1.9 Late entries are not guaranteed and are only accepted on the approval of the Athletics NSW Competition Manager or Technical Delegate. Athletics NSW reserves the right to refuse late entries. No field event late entries will be accepted. If a track late entry is accepted, it will cost \$35 per event and must be lodged 90 minutes prior to the start of the event on the official late entry form.
- 1.10 Athletes can NOT compete in more than one age group in the same event. Athletes who wish to compete up an age group may do so but cannot then compete in their own age group. For example, an Under 16 years boy may compete in the Under 18 years Shot Put, but can NOT also compete in the Under 16 years Shot Put. For the purpose of this rule the following events are classified as the same event: 3000m and 5000m; straight hurdles; 200m hurdles and 400m hurdles; 1500m, 3000m and 5000m Walks.
- ~~1.11 Athletes who are aged 12 and 13 can NOT compete in a hammer throw event.~~
- 1.12 Entry lists and FINAL timetable will be available on the Athletics NSW website www.nswathletics.org.au by Friday 1st February. Please note that confirmation of entry will not be mailed out to athletes and athletes will not be individually notified of changes to the draft timetable. **All athletes must check the website after close of entries to confirm the start times of their events.**

2. RULES AND PROCEDURES

Please refer to the Athletics NSW State Championship procedures and the amendments/additions as printed below.

- 2.1 Athletes must report to Athlete Check-In at least 60 minutes before the start of each of their events to confirm their entry. Failure to check in may result in the athlete being scratched from the event. Athletes are encouraged to check-in at the commencement of each day for all of their events for that day.
- 2.2 Once checked in, TRACK athletes must report to the start of their event at least ten (10) minutes prior to the event starting time.
- 2.3 Once checked in, FIELD athletes must report to the start of their event at least twenty (20) minutes prior to the scheduled start time of the event, to allow warm ups to be completed. Athletes who report later may get fewer warm up attempts.
- 2.4 Starting blocks must be used for all events up to and including 400m. Only blocks provided by the venue may be used.
- 2.5 Spikes must be no longer than 9mm for High Jump and Javelin, or 7mm for other events.
- 2.6 In all FIELD events, except for the high jump and pole vault, each athlete will be allowed three trials and the eight athletes with the best valid performances will be allowed a further three trials. Competition management may reduce the number of attempts if circumstances require.
- 2.7 The increments for both High Jump and pole Vault to be determined by the referee and athletes advised at the beginning of the event.
- 2.8 Lane draws and qualification in track events:
 - 2.8.1 In events where heats are held, as far as possible, not less than nine (9) athletes will advance to the finals.
 - i. If there are two (2) heats - then 1st, 2nd, & 3rd from each heat and fastest others qualify.
 - ii. If there are three (3) heats - then 1st & 2nd from each heat and fastest others qualify.
 - iii. If there are four (4) or more heats, winners from each heat and fastest others qualify.
 - 2.8.2 For events between 100m to 800m inclusive, using 9 lanes, lanes will be drawn as follows: -
 - i. In the first round, athletes will be allocated to heats based on advice of best times this season. A draw by lot will be made for the order of heats and the lane of each athlete.
 - ii. For the final, athletes will be ranked according to their positions and times in the previous round.(See IAAF Rule 166.4) Then three draws will be made:
 - one for the four highest ranked athletes or teams to determine placings in lanes 4, 5, 6 and 7,
 - another for the fifth & sixth ranked athletes or teams to determine placings in lane 8 and 9, and
 - another for the three lowest ranked athletes or teams to determine placings in lanes 1, 2 and 3.
- 2.9 If an athlete is entered in both a track and field event held at the same time (or two field events), the athlete may move between the two events and where appropriate the referee

may change the field event competition order in any given round. If an athlete misses an attempt and the competition continues into the next round, the athlete will be deemed to have passed that attempt. Please note, the Little Athletics rule of track taking precedent over field does not apply to IAAF rules. Athletes will need to manage their own events and liaise with relevant event officials.

2.10 The Competition will be conducted under the IAAF false start rule for athletes in the Under 20, Under 18 and Under 16 age groups. A dispensation has been granted for athletes in the Under 14 age group. To dispel confusion, the false start rule will be as follows;

U14 age groups: - any athlete responsible for a false start shall be warned. Only one false start per race shall be allowed. Any athlete who causes a second false start in the race will be disqualified.

U20, U18, U16 age groups: - immediate disqualification of any athlete causing a false start (one false start incurs disqualification).

Please note - athletes competing up an age group will compete under the rule for the particular age group of competition.