

# NSW DISTANCE CHAMPIONSHIPS

Throughout the summer season, Athletics NSW conduct a number of standalone Distance Running and Walking Championships on the Track which are conducted at various venues around the metropolitan area.

## DATES AND VENUES

<b>NSW 3000m Track Championships:</b>	Saturday 10 November 2012	SOPAC
<b>NSW 10 000m Walk Championships:</b>	Saturday 5 January 2013	Campbelltown
<b>NSW 5000m Track Championships:</b>	Saturday 16 February 2013	SOPAC

**NB:** The NSW 10,000m Track Championships and NSW 5000m Track Walk Championships are held with the NSW Track & Field Championships at SOPAC in March 2013.

### **1. NSW 3000m Track Championships**

To be held at SOPAC on the evening of Saturday 5<sup>th</sup> November 2012, the NSW 3000m Track Championships is one of the highlights on the NSW distance running calendar.

For most of the last decade, the event has been held away from NSW State Championships, appealing to athletes whose favourable distances range from 800m - 10,000m. In recent years, the event has proven to have national appeal, with more and more interstate athletes competing.

In 2008, the cut off times for the A race were 8:25 for the males and 10:15 for the females. Each year, these cut offs get faster and faster. The event, however, appeals to athletes of all ages and abilities, with races seeded based on performance. In 2011, there were seven races for men and three races for women.

### **Rules – NSW 3000m Track Championships**

- 1.1. The NSW 3000m Track Championships is conducted in the Open age group only. Athletes of all ages may contest the event, as all races are seeded based on previous performance, so athletes will compete against athletes of a similar ability. 3000m Championships for underage and masters athletes (where applicable) are conducted at the relevant State Championship.
- 1.2. All entries must be submitted online by Wednesday 7<sup>th</sup> November 2012 at 5:00pm.
- 1.3. State Championship entry fee is \$20. Athletes without a credit card or internet access should contact the Athletics NSW office well in advance of the closing date to arrange an alternative entry.
- 1.4. Late entries will be only accepted if positions exist in the most appropriate race for the athlete. Late entry into the Championship is not guaranteed and if accepted will cost \$35. The decision of the Athletics NSW Competition Manager is final and no correspondence will be entered into.
- 1.5. Start Lists will be posted on the ANSW website by 2:00pm Friday 9<sup>th</sup> November 2012. Athletes should check these start lists to confirm the race they will contest and the start time.
- 1.6. All athletes must confirm their entry on the day at least 60 minutes before the race they have been entered. Failure to check in will result in the athlete being scratched from the event.

### **2. NSW 10,000m Track Walk Championships**

To be held at Campbelltown Athletics Track on the evening of Saturday 5<sup>th</sup> January 2013 at the conclusion of the NSW Combined Event Championships. The NSW 10 000m Walk is one of two State Open Championships for walking on the track, the other being the 5000m held with the State Championships in March 2013.

### **Rules – NSW 10,000m Track Walk Championships**

- 2.1. The NSW 10,000m Walk Championships will be held in the Open age group, incorporating the Under 20 age group. Athletes are eligible to win both the Open and Under 20 medal.
- 2.2. State Championship entry fee is \$20. Entries will be accepted on the day only at the venue and must be completed 60 minutes prior to the event.
- 2.3. Athletes must provide a lap scorer, who must report, with the athlete, to the finish line area at least 10 minutes prior to the start of the race.

### **3. NSW 5000m Track Championships**

To be held at Sydney Olympic Park Athletics Centre on the evening of Saturday 16<sup>th</sup> February 2012, incorporating elite distance runners through to athletes of all ages and abilities.

### **Rules – NSW 5,000m Track Championships**

- 3.1. The NSW 5000m Championships will be held in the Open age group, where the race will be conducted across a number of different races for each gender.
- 3.2. Races will be seeded so athletes compete against athletes of similar ability.
- 3.3. The 5000m Championships for underage and masters athletes (where applicable) are conducted at the relevant State Championship.
- 3.4. All entries must be submitted online by Wednesday 13<sup>th</sup> February 2013 at 5:00pm.
- 3.5. State Championship entry fee is \$20. Athletes without a credit card or internet access should contact the Athletics NSW office well in advance of the closing date to arrange alternative entry.
- 3.6. Late entries will be only accepted if positions exist in the most appropriate race for the athlete. Late entry into the Championship is not guaranteed and if accepted will cost \$35. The decision of the Athletics NSW Competition Manager is final and no correspondence will be entered into.
- 3.7. Start Lists will be posted on the ANSW website by 2:00pm Friday 15<sup>th</sup> February, 2013. Athletes should check these start lists to confirm the race they will contest and the start time.
- 3.8. All athletes must confirm their entry on the day at least 60 minutes before the race they have been entered. Failure to check in will result in the athlete being scratched from the event.