



**NSW Country Championships**  
**Hunter Sports Centre, Glendale**  
**Friday 25<sup>th</sup> - Sunday 27<sup>th</sup> January 2013**  
**ATHLETE INFORMATION SHEET**

Athletics NSW would like to thank you for your entry in the NSW Country Championships, to be held at the Hunter Sports Centre from Friday 25<sup>th</sup> – Sunday 27<sup>th</sup> of January. Please read the following information carefully.

### **Entry Lists**

Entry lists are available from the Athletics NSW website ([www.nswathletics.org.au](http://www.nswathletics.org.au)). It is essential that ALL athletes check this list to confirm their entry. If you have any concerns, please contact the Athletics NSW office at your earliest convenience.

### **Timetable**

An updated timetable has been released and is available on our website. **Please note that small changes have been made to the timetable, as well as heats now being added for various events.** Athletes **MUST** check this timetable to confirm the start times of their events as athletes will not be individually notified.

### **Check In / Confirmation of Entry**

Check in is only required for those athletes entered into track events. ALL track athletes must confirm their entry at least 60 minutes before their first event is scheduled to start, otherwise they may be scratched from the event. Check in will be in front of the white marquee located at the edge of the seated grandstand.

Once checked in, track athletes must report to the start area at least 10 minutes before the event is scheduled to start. Athletes in field events do not need to check in and confirm their intent to compete, but must report to the field event site at least 20 minutes before the event to allow warm ups to be completed.

### **Late Entries**

All late entries are at the discretion of the Athletics NSW Competition Manager. Late entries will be accepted in track events providing extra rounds of events are not required.

However, due to large numbers in various field events, no late entries will be accepted in field events.

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Web [www.nswathletics.org.au](http://www.nswathletics.org.au)





## Uniform

**Athletes must wear the uniform of their Athletics NSW club.** Should an athlete be registered as an independent or not have an Athletics NSW club uniform, a white top is to be worn with black or white on the bottom half. Athletes must wear their current Athletics NSW competition bib numbers secured on the front and back of their top, NOT their Little Athletics bib numbers.

## Heat to Final Progression

Lane draws and qualification in track events:

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.

For events between 100m to 400m 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 or 2.

**Please note - when heats are no longer required after confirmation of entries, the final will be conducted at Heat Time.**

## Protests

Any protest should be made in the first instance to the referee by the athlete or a person acting on his behalf within 30 minutes of the results being official. The referee may decide on the issue or refer it to the jury of appeal. The club/team has the right to appeal to the jury, but this must be done in writing and submitted to the Athlete Check In area at least 30 minutes after the announcement of the referees' decision. The protest must be accompanied by a \$20 fee which will be forfeited if the protest is dismissed.

All athletes must be aware of the above procedure.

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### **Private Implements**

Athletes who wish to include their own throwing implements in the Championship equipment pool MUST lodge them with the Technical Manager at the Technical Room no later than 90 minutes before the scheduled starting time of the particular event. Athletes can collect their implement/s from the Technical room after the event.

### **Medal Presentation**

Athletes can collect medals at the conclusion of each event for each age group within approximately 10 minutes of the event concluding. Medal presentations will be performed on request by medal recipients. Medals not collected during the weekend will not be forwarded to clubs or individuals.

### **Gate Entry**

Access to the venue is via the gate, which can be accessed from the car park, and not through the main entrance to the sports centre. Gate entry is \$5 for adults and \$3 for under 18's. All athletes gain free entry, with a list of athlete names on the door.

### **Venue**

Car parking is available for athletes/spectators within the Hunter Sports Centre Complex. A free public car park is also located behind the Stockland Glendale Shopping Centre. This car park is 150m from the entrance to the venue.

A canteen will be available at the venue selling hot and cold food and refreshments.

Covered seating available for the public is 500. An additional seat-less covered area for 1200 spectators (spectators should bring along a folding chair to sit in this area).

### **Programs**

Programs will be available to be purchased on the day.

### **Photos**

Photos in a Flash, Athletics NSW sponsor, is a professional digital photography company who will be onsite taking photos throughout the competition. Photographs can be viewed and purchased online through <http://www.photosinaflash.com.au>.

### **Other Important Rules / Information**

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In all FIELD events, except for the high jump and pole vault, where there are more than six athletes, each athlete will be allowed three trials and the six athletes with the best valid performances will be allowed a further three trials, with the exception of athletes in the 10 years and under, 11 years and 12 years age groups who are only allowed three trials each.

Relay entries will be accepted from Club or Regional teams. Entries and the accompanying fee must be submitted at check in no later than 90 minutes prior to the scheduled start time. Relay entry forms will be available from athlete check-in.

The Jumps referee, in consultation with the athletes, will determine the starting heights for High Jump and Pole Vault.

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. However, if an athlete misses their 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 event officials.

The false start rule:

U14 age groups - any athlete responsible for a false start shall be warned. Only one false start per race shall be allowed. Any athlete that causes the 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).

Masters age groups – if competing in a masters event each athlete will be permitted one false start per race and an athlete will be disqualified if they false start on a second occasion.

Please note - if an athlete competes up an age group, they will compete under the rule for that particular age group.

If you have any questions or concerns please contact Brent on (02) 9746 1122 or email [brent.hayward@nswathletics.org.au](mailto:brent.hayward@nswathletics.org.au).

We hope you enjoy the competition.

Kind regards,

Brent Hayward

Competition Manager

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