NSW CLUB CHAMPIONSHIPS

1. <u>ENTRIES</u>

1.1. The following NSW Club Championship events will be conducted in 2016:
- Day 1: 100, 400, 1500, Distance Hurdles, 4x 100 Relay, Steeplechase, Discus, Javelin, Triple Jump, and High Jump.
- Day 2: 200, 800, 3000, 5000, Sprint Hurdles, 1500/3000/5000 Walk, Shot Put, Hammer Throw, Pole Vault, and Long Jump.

1.2. Ages are calculated as at December 31 of the year of competition for all age groups (including junior and masters age groups).

1.3. Athletes competing must be registered with Athletics NSW for the 2016-17 season and wear their 2016-17 registration numbers and club uniform. Athletes who do not wear their club uniform will be disqualified. Event officials will advise the Technical Delegate by way of note on the event sheet when an athlete appears to have competed in anything other than a recognisable club uniform.

1.4. Athletes are to enter online at an entry cost of $10.00 for unlimited events. Please note online entry requires credit card payment. 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.

1.5. Online entry closes midnight Tuesday 13th December 2016.

1.6. 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 $10 per event and must be lodged 90 minutes prior to the start of the event on the official late entry form.

1.7. Individual athletes must confirm their intention to compete at athlete check in at least one (1) hour prior to the athlete's first event.

1.8. No combined club teams will be permitted.

1.9. On each day, athletes may only enter and contest one pool or race in an event.

1.10. On each day, an athlete may only use one weight implement in shot, javelin, discus or hammer events.

1.11. On each day, an athlete may run in only one 80m/90m/100m/110m hurdle race and in one 200m or 400m hurdle race.

1.12. An athlete may not run more than one relay leg or for more than one relay team.

1.13. Athletes may use implements or race in accordance with event specifications for that athlete's age. Performances will be recognised for point scoring in the Under 14, Under 16, Under 18, Under 20, Open, 30+ and 50+ as appropriate, without any further adjustment of the recorded time or distance to determine places.

1.14. In the timetable of events, all events are offered for male and female, Under 14, Under 16, Under 18, Under 20, Open, 30-39, 40-49, 50-59 and 60+ except relays, 5000m run, 1500m, 3000m, and 5000m walk, 80m, 90m hurdles and steeplechase as set out in rules 1.15 to 1.19 below.

1.15. Relays are only offered in the Open age group.

1.16. The 5000m walk will only be offered in the U20, Open, 30-39 and 40-49 age groups. The 3000m walk will be offered in the Under 14, Under 16, U18, 50-59 and 60+ age group. The 1500m walk will only be offered in the Under 14 age group.

1.17. The 3000m will only be offered in the Under 14, Under 16 and Under 18 age groups.

1.18. 90m and 80m hurdles are only available for males U14 or 70+, and for females U16 and 40+.

1.19. U14 athletes must not compete in the 5000m, 200m hurdles, 400m hurdles, and steeplechase. U16 athletes must not compete in the 400m hurdles.

1.20.   Two athletes from each club are eligible to score points per event. The two point-scoring athletes will be determined on the basis of performance at the Club Championships. Each club may enter no more than one relay team.

1.21.   Entry fees are non-refundable.

1.22.   Athlete registration with Athletics NSW is not available on the day at the Club Championships.

1.23.   Events may be cancelled if the Technical Delegate considers the equipment or site to be unsafe.

1.24.   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. 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 Technical Officials.

1.25.   No Athletics NSW medals are awarded for performances at the NSW Club Championships.

2. RULES AND PROCEDURES

2.1 Field Events-
   a. Field reporting time is 20 minutes before the start time at the event site, to allow warm up attempts to occur prior to the scheduled start time.
   b. Field event pools are arranged by implement weight, starting height, take off board, or distance expected to be jumped.
   c. Events begin at the time scheduled. Athletes who report later may receive fewer warm up attempts. Athletes who report after the commencement of the competition may only be permitted to compete at the discretion of the event referee.
   d. In field events for distance, **there will be 4 rounds** and each athlete may have one attempt in each round. There will be markers along the sandpit or on the sector lines to indicate the minimum performance standard. Performances below these marks may not be measured; doubtful performances may be measured at the discretion of the event official.
   e. When there are two or more pools in an event, the results of both pools will be combined for point score purposes.

2.2 Track Events-
   a. Track reporting time is 15 minutes before the start time, at the event start area, to provide time to seed races.
   b. Competition order for track events is female first (Open, U14, U16, U18, U20, 30-39, 40-49, 50-59 and 60+) then male (Open, U14, U16, U18, U20, 30-39, 40-49, 50-59 and 60+) except for hurdles which will be 110m followed by 100m, 90m, 80m and 400m hurdles, men followed by the women and the 0.914m hurdle steeplechase will precede the 0.762 hurdle steeple chase; the 3000m and 2000m will be run concurrently if fields are small (as determined by the Technical Delegate).
   c. Races within age groups will be seeded, with the lanes drawn by lot (IAAF Rule 166.8), except the races specified in (d) below.
   d. Races for all age groups may be combined if there are insufficient numbers for separate races.

2.3 Relays-
   a. A Club is to advise relay teams 30 minutes prior to the scheduled start time to allow athletes and umpires to be advised of the lane draw. The athletes' names and running order do not need to be declared.

2.4 Resolving Ties-
   a. Count back rules will be applied across pools in field events to determine overall event places.
   b. Equal times in the same heat of a track event may be given separate places by the judges.
   c. When times are equal and track judges have not awarded a dead heat in a race, the judge's placing will be used. Equal times in different heats of a track event will gain the same place as the higher placed athlete with that time in other heats.

3. POINT SCORING

3.1 Three age divisions will be offered at the NSW Club Championships; in the form of Open, Junior and Masters. There is no overall winner but rather an open division winner, a junior division winner and a master's division winner.

3.2 The open division is for athletes competing in Open Competition. The junior division is for athletes competing in the Under 20, Under 18, Under 16 and Under 14 age groups. The master's division will be for athletes competing in the 30-39, 40-49, 50-59 and 60+ age groups. Athletes may compete out of their natural age group (up an age group for juniors, or down an age group for master's athletes) and will score points in the age group of the event selected. i.e. an U18 athlete competing in U20 would score points in the U20 age group.

3.3 The points scored in each age group, by each club, male and female, will be added together to yield the point score for each division. The club with the most points will be the winner of the division.

3.4 Points will be awarded for places 1st through to 20th in each of the six (6) age groups (U14, U16, U18, U20, Open, 30-39, 40-49, 50-59 and 60+) as indicated in the table below.

3.5 Only two (2) athletes from each club will be eligible to score in each Club Championship event.

The point score system works as follows:

Place	Points
1	30
2	24
3	20
4	17
5	16
6	15
7	14
8	13
9	12
10	11
11	10
12	9
13	8
14	7
15	6
16	5
17	4
18	3
19	2
20	1

3.6 Athlete performances in the NSW Combined Event Championships are to be included in the point scoring for the Club Championships. Triple points will be awarded for places 1st through to 20th in each of the six (6) age groups (U14, U16, U18, U20, Open, 30-39, 40-49, 50-59 and 60+).