



NSW RELAYS CHAMPIONSHIPS

1. ENTRIES

- 1.1 Athletes competing must be registered for the 2017/2018 season and wear their 2017/2018 registration numbers. Interstate athletes must be registered with their relevant state athletics body for 2017/2018. Any interstate team entry is subject to approval from the Athletics NSW Competition Manager.
- 1.2 The NSW Relay Championships is conducted in the Under 14, Under 16, Under 18, Under 20, Open and Masters age categories. With the exception of Masters, see rule 1.3, all age groups are determined by age of the athlete on the 31st December 2017.
- 1.3 Masters ages are determined as at the first day of competition. All team members must be over 30 years as at 4th November 2017. For the purpose of Relay Championships, Masters ages are determined by adding together the ages of each team member in whole years. Masters track events consist of the following: Men – 120+ years, 160+ years, 200+ years and 240+ years. Women – 120+ years, 160+ years and 200+ years. Masters field events include Masters Shot Put and Javelin Throw only. The Masters Shot Put and Javelin Throw teams are made of masters athletes of any masters age.
- 1.4 All online entries must be submitted, by Wednesday 1st November 2017 at 9.00am.
- 1.5 The entry fee for the Relay Championships is \$38 per team per event.
- 1.6 Late entries will only be accepted if space exists and will cost \$45 per team per event and will be at the discretion of the Technical Delegate/ANSW Competition Manager. Late entries must be lodged 90 minutes prior to the start of the event on the official entry form.
- 1.7 Athletes may compete in more than one age group and females can compete in male teams, providing at least 50% of the male team members are male.
- 1.8 Athletes from non-metropolitan clubs may, with the approval of Athletics NSW, combine with athletes from other clubs in their geographical area to form regional teams. Athletes from clubs in the Greater Western Sydney region may form a Greater Western Sydney regional team in 2017.
- 1.9 NSW Masters Association (NSWMA) members who are also members of an ANSW athletics club may compete for the NSWMA only with the written consent from the Team Manager of both their first claim club and the NSWMA. Such athletes may only compete for one club for the duration of the NSW Relay Championships.
- 1.10 If Clubs/Regions have more than one team in a race, either in the same age group or where age groups are combined in one race, each team must wear a distinctive uniform or wear a ribbon, provided at check in.
- 1.11 Athletes may compete in two or more teams of differing age-gender groups. However, if the events are conducted concurrently or have been combined, an athlete will only be eligible to compete in one team in that event and must nominate the age-gender group at the time of checking in.
- 1.12 Athletes must compete with their club if selected in their club's team(s). An athlete may not compete in an event for a region team against his/her own club.
- 1.13 Individual athlete registration is not available on the day at the Relay Championships. Clubs will need to organise athlete registration before Wednesday 1st November 2017.
- 1.14 Spectators and Athletes will be required to pay gate entry, Adults - \$5.00 per person per day and U18's - \$3.00 per person per day.

2. RULES AND PROCEDURES

IAAF Rules will be used throughout the competition, as modified by Athletics Australia and the following specific rules:

- 2.1 A representative of each track relay team and each field relay team must report to Athlete Check-in at least sixty (60) minutes before the scheduled starting time of the event to advise of their intention to compete. Failure to check-in may result in the team being scratched from the event. The team representative may check-in teams for events held in the morning of Day 2 on Day 1.
- 2.2 Field event relay teams must declare their competing order to the event judges prior to the commencement of the event.
- 2.4 The athletes' names and running order for track events do not need to be declared except in the 4 x 1500m and 4 x 1500m walk to allow lap-scoring sheets to be prepared. The competing order must be provided 60 minutes before the event start time.
- 2.3 Clubs/Regions entering teams in the 4 x 1500m and 4 x 1500m walk events must provide a lap scorer. Lap scorers are to report to the Chief Umpire in the start area at least 10 minutes prior to the event start time.
- 2.5 When heats are not required, the final will be conducted at the heat time.
- 2.6 Heats in underage and overage events will only be conducted in the 4 x 100m. Where there are more teams in the underage and overage events than can be accommodated in a straight final, timed finals will be conducted. Heats will be conducted in all open track events for 4 x 100m, 4 x 200m, 4 x 400m and sprint medley if required.
- 2.7 Track teams must report at least ten (10) minutes prior to the scheduled start time of the event. The first runner reports to the start area and other runners to their respective changes where assembly is on the outside of the track.
- 2.8 Teams in FIELD EVENTS are to report to the start of their event at least twenty (20) minutes prior to the scheduled start time of the event so that warm ups can be completed before the scheduled start time. Athletes who report later may get fewer warm up attempts.
- 2.9 In field events, each team has four athletes from a Club/Region. Except for the High Jump, each athlete will be allowed three trials. The winning team is determined by adding together the best performances recorded by each athlete in the team.
- 2.10 In field events, all ties that cannot be resolved on a count back will stand, including first place.
- 2.11 The starting heights for High Jump will be as follows;

- U18 Female	: 1.25m
- U18 Men & Open Female	: 1.35m
- Open Male	: 1.45m

Increments will be 5cm.
- 2.12 Athletes must throw the weight for the age group they are entering. For example; a 14 year male athlete competing in the Open male shot put must throw a 7.26kg shot. Similarly, a female competing in a male event, must throw the implement weight for the male's age group entered. This does not include the masters throwing events (see rule 2.13 below).
- 2.13 Athletes entered in the masters throwing events will throw the implement weight for their 5 year age group. There may be athletes throwing different weights within a team, with no further adjustment of the recorded distance to determine placing.
- 2.14 When events are combined in the timetable, an athlete will only be eligible to compete in one team in that event and must nominate the age-gender group at the time of checking in.
- 2.15 In horizontal jumps and throws events when the number of entrants is deemed too large for the time allotted for that event, the Technical Delegate may elect to reduce the number of jumps/throws for each athlete.
- 2.16 An incomplete team may start in an event but will be recorded as Did Not Finish.
- 2.17 WMA starting rules apply to masters events (120+). IAAF Starting rules apply to all other age groups with the dispensation for U14 athletes applying only to teams entered in the U14 age group.
- 2.18 All 4x800m changes will be run under IAAF Rules 170.19 and 170.20.