

Athletics Waikato Bay of Plenty Relay Championships

Porritt Stadium, Hamilton 14th December 2019

Programme

Please remember that the track takes preference over field events, however an athlete must return promptly, failure to do so will result in missed attempts. With the inclusion of multiple club entries and field relays no child wishing to compete today should be excluded. Preference for field relay selection is those athletes who were not selected in track teams.

Changes of names need to be handed to the Secretary. Please ensure correct spelling and legible writing.

Changes prior to Medley relays 09.05a.m. Field Relays 09.05a.m 4 x 100m 12.00p.m.

Expect to be marshalled 20 minutes before your relay, and remember that the programme can run up to 30 minutes ahead of time.

TIME	Track	Long Jump A	Shot put A	Discus A
9.30am	Hurdles Gr 12, 13, 14			
9.40am		Gr 9G & 9B	Gr 9G & 9B	Gr 9G & 9B
10.00am	Medley Relay Gr 10, 11			
10.20am		Gr10G & 10B	Gr10 & 10B	Gr10G & 10B
10.30am	Medley Relay Gr 12, 13, 14			
11.10am		Gr12G & 12B	Gr12G & 12B	Gr12G & 12B
11.20am	Medley Relay Gr 7, 8, 9			
11.40am		Gr11G & 11B	Gr11G & 11B	Gr11G 7 11B
12.00pm	Walks Gr 10 - 14			
12.10pm	LUNCH			
12.50pm		Gr13 & 14 G	Gr13 G 14 G	Gr 13 & 14 G
13.00pm	4 x 100m Gr 7, 8			
13.30pm	4 x 100m Gr 9, 10	Gr 13 & 14 B	Gr 13 & 14 B	Gr 13 & 14 B
13.40pm				
14.00pm	4 x 100m Gr 11, 12	Gr 7G & 7B	Gr 7G & 7B	Gr 7G & 7B
14.20pm				
14.30pm	4 x 100m Gr 13, 14	Gr 8G & 8B	Gr 8G & 8B	Gr 8G & 8B
15.00pm	800m Gr 9 upwards			

Starting Rules

- * No athletes 9 years or younger are permitted to wear spikes.
- * All athletes 7-14 years must crouch start and if wearing spikes must use blocks. Blocks must be used for all athletes Grade 12 and above.

Spike Rules

Porritt: Cones, spikes no longer than 6mm, no needles of any sort are acceptable

Tauranga: Xmas trees or blunt cones, spikes no longer than 6mm, no needles of any sort are acceptable

Protests

Any protests in the first instance are made orally to the referee by the athlete, or by the Athlete's Team Manager. The referee may decide on the protest, or may refer the matter to the Jury of Appeal. An application to the Jury of Appeal must be made in writing, signed by the Team Manager on behalf of the athlete, and must be accompanied by a deposit of \$20.00 (refundable in the event of a successful appeal or if the jury deems appropriate). Any application to the Jury of Appeal must be made within 30 minutes of the official posting of the results.

Uniforms

- * All uniforms must be the correct uniform of the club
- * All Colgate Age Flashes must be on the front side of the uniform and **MUST BE SEWN** on. No pins or Velcro allowed.
- * All shorts must be above the knee and only known manufacturing logos are acceptable (no Franchise brands are accepted)