



College Sport Auckland Athletics Entry & Competition Information 2023

Dates & Venues

Competition	Date	Entries Close	Venue
Counties Manukau Zone	Thursday 23 March	14 March	Massey Park, Papakura (TBC)
Central, East & West Zone	Tuesday 21 March	14 March	Trust Stadium, Waitakere
North Harbour Zone & Hammer/Pole Vault	Tuesday 14 March	7 March	AUT Millennium Stadium, Mairangi Bay (TBC)
College Sport Auckland Championships	Wednesday 5 April	Qualifiers only*	Trust Stadium, Waitakere

*Entries close Tuesday 28 March for 2000m Walk, 3000m Walk, 300m Hurdles, 200m Steeplechase & all events for Para athletes.

Entries

Entries for zone meets (and events that have direct entry to the College Sport Auckland Championships) must be submitted in [EnterNOW](#) by the entries closing date.

Schools may enter any number of athletes however, **all athletes should have met the entry standards**. In field events, any attempts that are not above (or close to) the entry standard may not be measured.

Athletes may participate in a maximum of:

- 3 individual track events
- 3 individual field events
- 4 individual events in total (e.g. 3 track events and 1 field event)

Relays and events that have direct entry to the College Sport Auckland Championships are not included in an athlete's maximum number of events.

The following events have direct entry to the College Sport Auckland Championships, but **all athletes must have met the entry criteria**:

- 2000m Walk (Open Girls)
- 3000m Walk (Open Boys)
- 300m Hurdles (Junior, Intermediate & Senior Boys & Girls)
- 2000m Steeplechase (Junior, Intermediate & Senior Boys & Girls)

All Para athletes also have direct entry to the CSA Championships (100m, 200m, 400m, Discus, Shot Put & Long Jump) but they must have a provisional classification. For more information regarding entries for Para athletes, refer to Information for Para athletes.

Please note the below events will be held on the same day as North Harbour Zone due to venue restrictions for Champs.

- Hammer (Junior, Intermediate & Senior Boys & Girls)
- Pole Vault (Open Boys & Girls)

Relays

Relay entries at zone meets must be submitted to the help desk on the day before 10.00am. Athletes may run up in another age group (not down) but may only compete in one grade e.g. if they participate in the intermediate relay they can't also compete in the senior relay.

Age Groups

- Junior U14 as at 1st January 2023
- Intermediate U16 as at 1st January 2023
- Senior U19 as at 1st January 2023

Team Management

All schools are to appoint a team manager irrespective of the number of students entered.

Duties

All schools must provide adequate adult and student officials at their zone meet and the College Sport Auckland Championships, as per the duty rosters on the College Sport Auckland website.

Any school that does not provide adequate officials for their zone meet and the College Sport Auckland Championships will be charged \$200.00 per meet on top of their entry fees.

Advancement

Track

- At zone meets for 100m & 200m, advancement is based on time. The fastest 8 will advance to the finals
- At the College Sport Auckland Championships for 100m & 200m, advancement from semi-finals to finals will be according to World Athletics Rules – the first three athletes across the line, then the next two fastest from both semi-finals will qualify for the final
- 300m, 400m, 800m, 1500m, 3000m, hurdles & relays will be timed finals

Discus, Shot, Javelin, Long Jump, Triple Jump

- Each athlete has 3 attempts, top 6 to get one further attempt
- All attempts count for placings

High Jump

- Each athlete has a maximum of 3 attempts at any given height
- After three consecutive failures, an athlete will be eliminated from the competition

Qualification for the College Sport Auckland Championships

Individual Events (except for hurdles)

Two athletes per zone will automatically qualify for the College Sport Auckland Championships. The remaining eight places will be decided by selection panel through dispensation and next best qualifiers over all other zones. A maximum of two reserves may be named.

Hurdles

One athlete per zone (Central East, Central West & Counties Manukau) will automatically qualify for the CSA Championships. The remaining five places will be decided by selection panel through dispensation and next best qualifiers over all other zones. A maximum of two reserves may be named.

Relays

One team per zone will automatically qualify for the College Sport Auckland Championships. The remaining four places will be based on the next fastest times over all zones. One reserve team may be named. Relay teams that qualify for the College Sport Auckland Championships do not have to have the same team members in it that ran at zones.

Dispensation

Athletes must compete at a zone meet to qualify for the College Sport Auckland Championships. If an athlete is unable to attend their zone meet, their school may apply for dispensation for the athlete to compete at another zone meet. Athletes competing out of zone cannot automatically qualify for the College Sport Auckland Championships, but they will be considered with the 'next best qualifiers'. Dispensation applications for students who could not compete at any zone meet will only be considered in reasonable and unavoidable circumstances. Applicants could miss selection if spaces are restricted.

Confirming Qualifiers

Zone results will be available on the College Sport Auckland website shortly after each zone meet for schools to check their automatic qualifiers. The selection panel will meet after the final zone meet to discuss dispensation requests and confirm all qualifiers and reserves. If any automatic qualifiers do not wish to compete at the College Sport Auckland Championships, the school must notify College Sport Auckland by email ASAP. Schools must confirm all their qualifiers with College Sport Auckland by **Wednesday 29 March 2023**. Late scratchings will be accepted up until midday Monday 3 April 2023.

Rules

Starting blocks

Crouch start must be used up to and including 400m. Starting blocks are optional unless the athlete is wearing spikes. The track referee has the final call on all starts. Spikes can be 7mm maximum.

Appeals procedure (WA Rule TR8)

Appeals must be made within 30 minutes of the posting of the result. This must be done in writing by the school manager and delivered to the help desk. The appeal then is considered by the Jury of Appeal. The "Running Under Protest" rule is available only in exceptional circumstances, and at the discretion of the Referee, where there are circumstances that cannot reasonably be decided on at the time. Where it is allowed, the athlete concerned must finish the event and immediately make an appeal to the jury immediately following the race or be ignored from the result. This does not mean that an athlete disqualified for a false start has any automatic right to run under protest.

Assistance to athletes (WA Rule TR6)

- Communication between the athletes and their coaches placed in the competition area constitutes assistance and is not allowed.
- Intermediate times or preliminary winning times communicated to athletes by persons in the competition area without the prior approval of the appropriate Referee constitutes assistance and is not allowed.
- Pacing in races by persons not participating in the race, by athletes lapped or about to be lapped or by any kind of technical device constitutes assistance and is not allowed.
- Possession or use of video, iPod, radios, mobile phone or similar devices by an athlete in the Field of Play constitutes assistance and is not allowed. However, the use of electronic equipment as a coaching aid, is allowed outside the Field of Play only.

- Any athlete giving or receiving assistance from within the competition area during an event renders himself liable to disqualification from that event.

False start (WA Rule TR16.8)

- An athlete, after assuming a full and final set position, shall not commence his start until after receiving the report of the gun. If, in the judgment of the Starter, an athlete does so any earlier, it shall be deemed a false start. Any athlete responsible for a false start shall be disqualified.
- At the Zone Meets, the Starter will have discretion on this rule.

Failure to participate (WA Rule TR4.4)

- An athlete shall be excluded from participation in all further events in the competition, including relays, in cases where:
 - (a) A final confirmation was given that the athlete would start in an event but then failed to participate.
 - (b) The athlete has qualified in preliminaries or heats for further participation in an event but then failed to participate further.
- A fixed time for the final confirmation of participation shall be published in advance.
- Failure to participate includes failure to compete honestly with bona fide effort. This means – In the opinion of the referee an athlete does not try to compete to the best of their ability (usually done to save themselves for a final or a relay) the athlete may be disqualified from all further events under rule T4.4.3. An example is an athlete jogging around the track, mucking around or deliberately causing a false start.

Disqualification (WA Rule CR18.5)

- A competitor acting in an unsporting manner renders him/herself liable to disqualification from the competition.

Health & Safety

- Please be aware of all events in progress. Do not cross the track without looking both ways first and never cross the track near the finish line or in the home straight as this will interfere with photo finish operations. Only enter the competition area when you are called to your event, or when it is in progress. All athletes are to respect the directions given by officials – they are only looking out for your safety.
- The Throws areas are the most hazardous events, please ensure you walk around these events not through them; safety tape will be in place around these areas to ensure your safety.
- When field events are running while the relays are in progress, all athletes must walk around the perimeter of the field area to get to their relay position.

Entry Standards for Zone Meets

All athletes should have met these entry standards. In field events, any attempts that are not above (or close to) the entry standard may not be measured.

	JB	IB	SB	JG	IG	SG
100m	13.30	12.40	11.90	14.30	14.10	13.80
200m	29.00	27.00	26.00	31.00	30.00	30.00
300m	46.00			50.00		
400m		58.00	55.00		1:10.00	1:10.00
800m	2:20.00	2:12.00	2:10.00	2:40.00	2:35.00	2:35.00
1500m	5:10.00	4:45.00	4:40.00	5:40.00	5:35.00	5:30.00
3000m	12:00.00	11:30.00	11:00.00	13:30.00	13:20.00	13:10.00
70m Hurdles				13.90		
80m Hurdles	14.50				16.00	
100m Hurdles		17.00				17.00
110m Hurdles			18.00			
High Jump	1.35m	1.40m	1.50m	1.25m	1.30m	1.35m
Long Jump	4.75m	5.25m	5.50m	3.75m	4.00m	4.00m
Triple Jump	9.00m	10.00m	11.00m	8.00m	8.00m	9.00m
Shot Put	10.00m	11.00m	12.00m	8.00m	9.00m	9.00m
Discus	25.00m	30.00m	33.00m	22.00m	25.00m	25.00m
Javelin	25.00m	30.00m	35.00m	20.00m	25.00m	25.00m

Implement Weights

	JB	IB	SB	JG	IG	SG
Shot Put	4.00kg	5.00kg	5.00kg	3.00kg	3.00kg	3.00kg
Discus	1.00kg	1.25kg	1.50kg	1.00kg	1.00kg	1.00kg
Javelin	600g	700g	700g	500g	500g	500g
Hammer	4.00kg	4.00kg	5.00kg	3.00kg	3.00kg	3.00kg

Starting Heights for High Jump

	JB	IB	SB	JG	IG	SG
Zone Meets	1.35m	1.40m	1.50m	1.25m	1.30m	1.35m
CSA Championships	1.35m	1.40m	1.50m	1.25m	1.30m	1.35m

High jump heights will go up in 5cm increments.

Hurdle Measurements

	Height (mm)	No. of hurdles	To first hurdle	Btwn hurdles
Junior Girls (70m)	762	8	11.00m	7.00m
Junior Boys (80m)	762	8	12.00m	8.00m
Intermediate Girls (80m)	762	8	12.00m	8.00m
Intermediate Boys (100m)	838	10	13.00m	8.50m
Senior Girls (100m)	762	10	13.00m	8.50m
Senior Boys (110m)	914	10	13.72m	9.14m
Jnr, Int & Snr Girls & Jnr/Int Boys (300m)	762	7	50.00m	35.00m
Senior Boys (300m)	838	7	50.00m	35.00m

Entry Criteria for College Sport Auckland Championships

All athletes must have met these criteria before entering.

	JB	IB	SB	JG	IG	SG
2000m Walk				14:00.00		
3000m Walk	18:00.00					
300m Hurdles	55.00	48.00	46.00	60.00	57.00	55.00
Hammer	30.00m	35.00m	40.00m	30.00m	35.00m	35.00m
Pole Vault	3.20m			2.80m		
2000m Steeplechase	8:10.00	7:35.00	7:15.00	8:45.00	8:45.00	8:45.00

Hurdle Heights for 2000m Steeplechase

Junior Girls, Junior Boys, Intermediate Girls, Intermediate Boys, Senior Girls: 762mm

Senior Boys: 838mm