



**NORTH HARBOUR ZONE &
POLE VAULT
ATHLETICS**



Wednesday 6th March 2024
AUT Millennium Stadium

CONTENTS

- Tournament Personnel
- Track & Field Schedules
- Duty Roster
- Meet Programme
- Entry & Competition Information

Tournament Personnel

Tournament Director:	Vicky Mailei College Sport	Tel: 845 8496 Mob: 021 188 2536
Venue Controllers:	Auckland Athletics & College Sport Auckland	
Administration:	College Sport: Vicky Mailei (Sport Manager) Olivia Cundy (Sport Administrator)	Mob: 021 188 2536
Meet Manager:	Auckland Athletics – Murray Free	
Results:	Auckland Athletics - Fiona Free	

College Sport Auckland Athletics

North Harbour Zone Field Schedule 2024

8.30am Compulsory Managers Meeting - a representative from each school must be present

MORNING SESSION			AFTERNOON SESSION		
9.00am	SG	Discus	12.35pm	JB	Discus
	IB	High Jump		JG	High Jump
	SB	Javelin		JG	Javelin
	JB	Long Jump		SG	Long Jump
	IG	Shot Put		IB	Shot Put
	JG	Triple Jump		JB	Triple Jump
	IG	Triple Jump		IB	Triple Jump
	SG	Triple Jump		SB	Triple Jump
10.00am	IB	Discus	1.35pm	SB	Discus
	JB	High Jump		IG	High Jump
	IG	Javelin		JB	Javelin
	SG	Javelin		JG	Long Jump
	SB	Long Jump		SG	Shot Put
	JG	Shot Put			
11.00am	IG	Discus	2.00pm	OG	Pole Vault
	SB	High Jump		OB	Pole Vault
	IB	Javelin	2.30pm	JG	Discus
	IB	Long Jump		SG	High Jump
	SB	Shot Put		IG	Long Jump
				JB	Shot Put

College Sport Auckland Athletics

North Harbour Zone Track Schedule 2024

8.30am Compulsory Managers Meeting - a representative from each school must be present

MORNING SESSION				AFTERNOON SESSION			
8.30am	JG*	3000m	Timed Final	12.25pm	JG	4 x 100m Relay	Timed Final
	IG*	3000m	Timed Final		JB	4 x 100m Relay	Timed Final
	SG*	3000m	Timed Final		IG	4 x 100m Relay	Timed Final
8.45am	JB*	3000m	Timed Final		IB	4 x 100m Relay	Timed Final
	IB*	3000m	Timed Final		SG	4 x 100m Relay	Timed Final
	SB*	3000m	Timed Final		SB	4 x 100m Relay	Timed Final
9.00am	JG	200m	Heats	1.35pm	JG	200m	Final
	JB	200m	Heats		JB	200m	Final
	IG	200m	Heats		IG	200m	Final
	IB	200m	Heats		IB	200m	Final
	SG	200m	Heats		SG	200m	Final
	SB	200m	Heats		SB	200m	Final
10.00am	JG	100m	Heats	1.53pm	JG	800m	Timed Final
	JB	100m	Heats		JB	800m	Timed Final
	IG	100m	Heats		IG	800m	Timed Final
	IB	100m	Heats		IB	800m	Timed Final
	SG	100m	Heats		SG	800m	Timed Final
	SB	100m	Heats		SB	800m	Timed Final
11.05am	JG	1500m	Timed Final	2.15pm	JG	100m	Final
	JB	1500m	Timed Final		JB	100m	Final
	IG*	1500m	Timed Final		IG	100m	Final
	SG*	1500m	Timed Final		IB	100m	Final
	IB*	1500m	Timed Final		SG	100m	Final
	SB*	1500m	Timed Final		SB	100m	Final
				2.32pm	JG	300m	Timed Final
					JB	300m	Timed Final
					IG	400m	Timed Final
					IB	400m	Timed Final
					SG	400m	Timed Final
					SB	400m	Timed Final

*Age groups will be combined

North Harbour Zone Duty Roster 2024

Duty	Requirement	Start	Finish (approx)	School
Announcer	Adult	7.50am	3.30pm	Westlake Girls – Will Lacey
Marshal	Adult	8.15am	3.00pm	Westlake Boys
Wind timer	Adult	8.15am	3.00pm	Westlake Boys
Manual Timing	Adult	8.15am	3.00pm	Northcote
Place Judging	Student	8.15am	3.00pm	Glenfield
Place Judging	Student	8.15am	3.00pm	Glenfield
Place Judging	Student	8.15am	3.00pm	Westlake Boys
Runner	Student	8.15am	3.30pm	Westlake Boys
Starting Blocks	Student	8.15am	3.00pm	Rangitoto
Starting Blocks	Student	8.15am	3.00pm	Wentworth
Downstairs Results	Adult	8.15am	3.00pm	Pinehurst
Downstairs Results	Student	8.15am	3.00pm	Westlake Girls
High Jump	Adult	8.45am	3.30pm	Westlake Boys
High Jump	Student	8.45am	3.30pm	Westlake Boys
High Jump	Student	8.45am	3.30pm	Westlake Boys
Discus	Adult	8.45am	12.15pm	Rangitoto
Discus	Student	8.45am	12.15pm	Rangitoto
Discus	Student	8.45am	12.15pm	Rangitoto
Discus	Student	8.45am	12.15pm	Rangitoto
Discus	Adult	12.15pm	3.30pm	Hobsonville
Discus	Student	12.15pm	3.30pm	Hobsonville
Discus	Student	12.15pm	3.30pm	Rangitoto
Discus	Student	12.15pm	3.30pm	Rangitoto
Javelin	Adult	8.45am	2.30pm	Rosmini
Javelin	Student	8.45am	2.30pm	Rosmini
Javelin	Student	8.45am	2.30pm	Kaipara
Javelin	Student	8.45am	2.30pm	Kaipara
Javelin	Student	8.45am	2.30pm	Orewa
Long Jump	Adult	8.45am	12.15pm	Long Bay
Long Jump	Student	8.45am	12.15pm	Long Bay

Long Jump	Student	8.45am	12.15pm	Albany Junior
Long Jump	Student	8.45am	12.15pm	Birkenhead
Long Jump	Student	8.45am	12.15pm	Carmel
Long Jump	Adult	12.15pm	3.30pm	Orewa
Long Jump	Student	12.15pm	3.30pm	Orewa
Long Jump	Student	12.15pm	3.30pm	Orewa
Long Jump	Student	12.15pm	3.30pm	Long Bay
Long Jump	Student	12.15pm	3.30pm	Long Bay
Triple Jump	Adult	8.45am	1.30pm	Takapuna Grammar
Triple Jump	Student	8.45am	1.30pm	Takapuna Grammar
Triple Jump	Student	8.45am	1.30pm	Takapuna Grammar
Triple Jump	Student	8.45am	1.30pm	Takapuna Grammar
Triple Jump	Student	8.45am	1.30pm	Takapuna Grammar
Shot Put	Adult	8.45am	12.15pm	Kristin
Shot Put	Student	8.45am	12.15pm	Kristin
Shot Put	Student	8.45am	12.15pm	Kristin
Shot Put	Student	8.45am	12.15pm	Kristin
Shot Put	Adult	12.15pm	3.30pm	Westlake Boys
Shot Put	Student	12.15pm	3.30pm	Mahurangi
Shot Put	Student	12.15pm	3.30pm	Albany Junior
Shot Put	Student	12.15pm	3.30pm	Birkenhead
Pole Vault	Adult	2pm	4pm	Parents/College Sport



College Sport Auckland Athletics Entry & Competition Information 2024

Dates & Venues

Competition	Date	Entries Close	Venue
Counties Manukau Zone	Thursday 29 th February	22 nd February	Massey Park, Papakura
Central East & West Zone	Tuesday 5 th March	27 th February	Mount Smart Stadium
North Harbour Zone & Pole Vault	Wednesday 6 th March	28 th February	AUT Millennium Stadium, Mairangi Bay
College Sport Auckland Championships	Tuesday 26 th March	Qualifiers only* 15 th March	Mount Smart Stadium

*Entries close **Friday 15th March** for Hammer Throw, 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.

If athletes are withdrawn after the entry closing date, entry fees will still apply.

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 2024
- Intermediate U16 as at 1st January 2024
- Senior U19 as at 1st January 2024

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 **Friday 15th March 2024**.

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			2.10m		
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

College Sport Auckland - End of Event Feedback



*Please scan the QR to complete the feedback form so we can
ensure we are delivering quality events.*