



## 2023 North Island Secondary School Athletics Track & Field Championships

Manawatu Community Athletics Track, Palmerston North.

**Saturday 1<sup>st</sup> & Sunday 2<sup>nd</sup> April,**

Hosted by Manawatu SSAA

### GENERAL INFORMATION

#### MANAGERS MEETING followed by the NISS AGM

This will be held at St Peter's College, Rennie Ave entrance at 7 00 pm Friday 31 March.

#### Stadium Entry and Parking:

Everyone will be able to enter the stadium via walkway that links the Massey University Car Park off Albany Drive, to the Athletics Track. Athletes must use their **Competition singlet or Athlete Pass** available from Team Managers. Managers can obtain Athletes passes at the Managers Meeting or from the Competitors Gate officials.

#### Gate charges are:

Saturday and Sunday: Adults \$5, Secondary School students \$2.00 under 12 years old free - cash only

#### Parking:

The main carpark of the University is off Albany Drive. Both buses and cars can use this parking space. Directions from the Square PN, head down Fitzherbert Ave and cross the Fitzherbert Bridge. Stay in the left lane and continue straight up Summerhill Drive. Turn right into Turitea Drive, SHW 57 and continue on this road to the University entrance of Albany Drive. Continue along Albany Drive, past the Rugby Institute to the Car Park entrance on the right near the hockey turf. There is a 300m walkway along the fields of the Rugby Institute to the Athletics Track.

### ENTRY INFORMATION

Online entries open on **Monday 6 March** and athletes must be entered by **5.00 pm on Friday 24 March**.

Online entries are to be made via [www.nzssaa.org.nz](http://www.nzssaa.org.nz). **Full instructions for the filling in of entries are on the website** and will not be repeated here. But the following points need to be reinforced.

**Entries are done ONLY by each Regional Team Coordinator only (not teachers in charge of athletics/sports coordinators or individual athletes).** The Entry link is available at <https://nzssaa.org.nz/Information/nitf2023>  
**Late entries will not be accepted.**

#### Dates of Birth:

Date of Birth must be provided for every entered athlete. Please check that each date of birth is correct, and that an athlete qualifies by age for the nominated grade. **Athletes nominated without a date of birth or who do not qualify for the nominated age group will not be accepted.**

#### Grades:

Please note and understand that, for this event, an athlete's age is as at 1 January 2023.

An athlete actually born on the date below goes into the younger age group.

- |                        |                       |                                   |
|------------------------|-----------------------|-----------------------------------|
| • Junior               | Under 14 on 1 January | (ie. born 2009 or 2010)           |
| • Intermediate         | Under 16 on 1 January | (ie. born 2007 or 2008)           |
| • Senior               | Under 19 on 1 January | (ie. born 2004 or 2005 or 2006)   |
| • Junior Para Athletes | Under 16 on 1 January | (ie. born 2007 to 2010)           |
| • Senior Para Athletes | Under 19 on 1 January | (ie. born 2004 or 2005 or 2006) * |
| • *ORS funded athletes | Under 21 on 1 January | (ie. born 2002 or 2003)           |

#### Entry Regulations:

- **Athletes may enter a maximum of 4 individual events plus relays.**
- **Athletes may enter no more than 2 individual track events over 200m.** These events are: 300m, 400m, 800m, 1500m, 3000m, Steeplechase, 3000/2000m Walk, 300m Hurdles.
- **Junior athletes entering in the sprints can do any 2 of 100m, 200m or 300m.**
- **No more than 3 competitors from the same region may compete in any event (excluding relays) unless dispensation is sought for an extra very well performed athlete who has met the standard.** This will only be granted where it does not increase the number of heats required.
- **Associations may enter only one relay team per grade.**



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### Rules:

This meeting is conducted under the rules of World Athletics, World Para Athletics and Athletics NZ, except as provided for below and in the by-laws.

### INSTRUCTIONS FOR ATHLETES

#### Uniform:

**Competitors** must compete in the uniform of their **Regional representative team**, not that of their individual school.

#### Competition Area:

Only competitors currently involved in an event or under the control of a specific event marshal will be permitted into the competition area.

#### Warming-up for Events:

Warming-up for track events must be carried out in the warm-up fields above the track. Please stay well clear of the Hammer area at all times. Warming-up on the main arena is not permitted except for final preparations under the control of the officials.

#### Starting:

- Starting blocks must be used in all events up to and including 400m.
- Athletes must use the blocks as supplied. No personal blocks will be permitted to be used. All questions concerning the start will be at the absolute discretion of the Starter and Starts Referee. If in their opinion, the start is not a fair one, the start will be recalled.
- If a competitor false starts they will be disqualified but if an athlete or advocate for the athlete considers there **are genuine** grounds for a protest the athlete may be allowed by the Starts Referee to run under protest. The protest will then be considered by the Starts Referee and if necessary, can proceed to the Jury of Appeal (see below).

### REPORTING

**Track Events:** All Competitors must report to their event location **15 minutes** before the scheduled time of the race for **Heats** and **10 minutes for Finals**. If an athlete has a clash with a field Event please notify the Track Marshal of this prior to going to the Field event.

**Field Events:** All Competitors must report to their event site 30 minutes before the scheduled start of their event so that they have time for final preparations and practice. They will be advised when they can commence supervised warm up.

On completion of the competition all athletes must leave the competition arena. Warm-downs must be done outside the competition arena.

#### Equipment:

Personal throwing implements may be used by competitors provided they are approved by the Technical Team.

Senior and Intermediate Boys Hammer must bring implements to the Managers Meeting on Friday 7pm. Other throwing implements can also be brought to the Managers Meeting, or by 8.30am at the equipment room located at the track on Saturday 1 April and Sunday 2 April.

All personal implements may be used by any competitor for the duration of that event. Implements can be collected from the Equipment Shed after competition. No athlete is to take their implement from the event site after competition concludes.

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### Qualifying:

For laned track events there will be heats for events with entries of more than 8 athletes.

- 100m, 200m, all Hurdle events - **Please note that 300m/400m and 300m hurdles are seeded timed finals.**
- 4 heats: First athlete in each heat plus the next 4 fastest.
- 3 heats: First 2 athletes in each heat plus the next 2 fastest.
- 2 heats: First 3 athletes in each heat plus the next 2 fastest

800m:

- Fields of up to 12 will be allowed but for 13+ entries heats will take place: (2 heats: First 3 athletes plus the next 2 fastest).
- Track events of 1500m and longer will be straight finals

Field events:

Except Pole Vault and High Jump, the top eight competitors after three rounds will receive three more attempts **unless this is reduced by the Competition Director because of time constraints.**

### Athletes Qualifying for a Final:

- If an athlete who qualifies for a track final does not compete in the final, the athlete is automatically disqualified from competing again in the championships (see **scratchings** below), including in relays.

### Relays:

- Depending on the number of associations entered the 4x100m may consist of two races with graded fields and with final placings decided on times across the two races.
- The 4x 400m events will be a single races.

### Entry Confirmation Times:

**4x100 relays must be confirmed by team managers by noon on Saturday,**

**4x400 relays must be confirmed by team managers by 10.00 am on Sunday**

### Protests:

Protests must be made in the first instance by the athlete or his/her manager to the relevant referee. If the protest is turned down an appeal to the jury of appeal can be lodged within 30 minutes of the official result of any event being posted on the results board (rule 146) along with a deposit of \$50 which may be forfeited if the appeal is unsuccessful.

### Spikes:

- Must not be more than 6mm in length except for Javelin and High Jump competitors who may use 9mm.

### Scratchings/Replacements:

These should be submitted on the appropriate form signed by athletes or their managers at the **Managers Meeting** or to the **Technical Information Centre** as soon as possible, but at least **90 minutes** before the event start time. Athletes who have been scratched can be replaced by another member of that team. No athlete who has retired from competition due to ill health will be able to re-enter competition (relay teams included) unless the athlete supplies a medical certificate and clearance has been obtained from the Competition Director.

### PARA ATHLETES

(Athletes with Physical, Visual and Intellectual Impairments)

- Events offered are **100m, 200m, 400m, 800m, 1500m, 3000m, 4x100m Relay (mixed classification/age/gender), discus, shot put, javelin, triple jump, high jump and long jump.**

### Para Athlete Classification

Athletes with Physical, Visual and Intellectual Impairments competing at the 2023 North Island Secondary Schools Athletics Championships in Palmerston North **are required** to have a Provisional or National Classification. Classification ensures that athletes meet impairment eligibility and have an activity limitation.

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Athletes who **do not have** a Provisional or National Classification will need to have completed one of the Provisional Classification forms (Physical, Intellectual or Visual Impairment, whichever is the most appropriate one) available on the Athletics NZ website [www.athletics.org.nz](http://www.athletics.org.nz) or the NZSSAA website [www.nzssaa.org.nz](http://www.nzssaa.org.nz) in the North Island Championships information.

**This form needs to be forwarded to [rebecca@athletics.org.nz](mailto:rebecca@athletics.org.nz) as soon as possible and no later than 17 March.**

### Classifications and Competition

Para Athletes will have a track classification (T) and a field classification (F). The following track and field classifications relate to the following impairments

✓ T11 – T13 and F11 – F13	Visual Impairment (VI)
✓ T20 and F20	Intellectual Impairment (II)
✓ T32 – T38 and F31 – F38	Cerebral Palsy and Neurological Impairments (CP)
✓ T40 – T41 and F40 – F41	Short Stature (SS)
✓ T42 – T47 and F42 – F46	Amputees and Other Impairments (AO)
✓ T51 – T54 and F51 – F57	Wheelchair and throwing frame user (WC)
✓ T61 – T64 and F61 – 64	Athletes who compete using prosthetic lower limbs (PL)

There will be two competition divisions, Para Athletes with Intellectual Impairment (**II**) and Para Athletes with Physical Impairment, including Para Athletes with Visual Impairment (**PI**). Within the Para Athletes with Physical Impairment division will be the 6 groups above (excluding II T20 and F20)

For the PI classification the results and placings will be calculated on a percentage of the world record for each classification. It will enable athletes with different impairments, cerebral palsy, vision, stature etc., to be fairly compared and compete for the PI medal and national title in their event/s.

The **II** classification will be for athletes with an intellectual impairment (cognitive impairment) rather than athletes with specific learning impairments eg. difficulty with reading. These athletes are likely to be ORS funded or be potentially eligible for ORS funding.

The following events will be included: 100 m, 200 m, 400 m, shot put, discus, javelin, long jump (metre mat will not be used) and high jump.

#### Please Note:

- Students with specific learning disabilities may not be eligible for classification.
- Hearing Impaired athletes are not eligible for classification as physical abilities are comparable to that of their peers. However adequate provision should be made to ensure starting mechanisms are in place to allow for equal competition.
- Athletes with adequate residual vision to compete evenly with fully sighted peers will be encouraged to do so. Athletes with behavioural problems and without intellectual or physical impairment do not have a physical functional limitation compared to their peers and will be ineligible for classification. Some athletes may have multiple disabilities therefore teachers are to register students into the classification where the functional limitation is the greatest. For example a student may have an intellectual disability as well having di-plegic cerebral palsy severely affecting his balance and coordination – this pupil will be placed in the CP Classification. A student may also have ADHD and also an Intellectual disability - this student would be eligible for **II** classification.

#### Ages

There will be two age groups for each classification, junior (below 16) and senior (16 and above) on 1 January 2023. It is important to note that students with a disability who are ORS funded are entitled to stay at secondary school until the age of 21. If you require any further information on classification for Para Athletes please email: [rebecca@athleticsnz.org.nz](mailto:rebecca@athleticsnz.org.nz) or [oe@nzssaa.org.nz](mailto:oe@nzssaa.org.nz)

George McConachy  
Chairman of Manawatu SSAA  
and LOC of NISS 2023