

ENTRY FORM

TARANAKI SECONDARY SCHOOLS' SPORTS ASSOCIATION



TSSSA ATHLETICS CHAMPIONSHIPS

DATE: Thursday 19th March 2020

VENUE: TET Stadium, Inglewood

OFFICIALS: To all schools, please inform Karen Gillum-Green at hurdleandwalk@gmail.com of at least 4 competent officials/volunteers from each school, who will be available to help out on this day and the events they prefer. Can be either staff members or parents.

INFORMATION FOR MANAGERS AND ATHLETES

***Only experienced and competent athletes will be permitted to take part in the hurdles, pole vault, hammer and walking events.

***NISS T & F selections – the first 3 finishers ARE NOT automatically selected. Athletes will be chosen by the selectors depending on qualifying performances

CATEGORIES:

Junior Under 14 on 1 January 2020 (ie. born 2006 or 2007)
Intermediate Under 16 on 1 January 2020 (ie. born 2004 or 2005)
Senior Over 16 on 1 January 2020 (ie. born 2001, 2002 or 2003)

The Meeting Manager may alter the following information:

- 1 9.30am - Managers' and Officials' Meeting
- 2 9.30am – Hammer and Pole Vault begin if required
10am – Track events start
- 3 Athletes in Hurdles, 100m, 200m, 300m and 400m events must use a crouch start and starting blocks
- 4 Athletes in track events must know if they are number 1,2, etc. this being in order of best athlete.
- 5 Lane draws for track events will be made as follows –
Heats by event organisers, Finals by photo-finish
- 6 In all non-laned events (800m+), ALL finishers must report to recorders tent.
- 7 For laned track events there will be heats for events with entries of more than 8 athletes
 - 400m, hurdles and under:
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 16 will be allowed but for 17+ entries heats will take place: (2 heats: first 3 athletes plus the next 2 fastest)
 - Track events of 1500 and above will be straight finals
 - In field events (except pole vault and high jump), the top eight competitors after three rounds will receive three more attempts.

If there are not sufficient athletes to hold heats in a grade, then the final will be run at the heat time.

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, including the relays.

- 8 In walking races, the following groups will race together – JG, IG, JB, IB and SG, SB
- 9 The 3000m – There will be two separate races Boys & Girls but age groups will be combined. If there are few entries, both boys and girls will run together
- 10 Relays will be run in two heats and placed on times

- 11 The meeting will be run under normal IAAF and NISS T&F rules. Please ensure that athletes are aware of the basic rules affecting their events. Officials will be fair, but firm, so that high standards of competition are maintained
- 12 UNIFORM – athletes must compete in correct school uniform. Officials will be notified what these are, and will exclude any athlete not in uniform. If you have recently changed your athletic uniform, please let the Meeting Manager know.

ATTENTION: SPORTS COORDINATORS/ATHLETICS STAFF

TSSSA ATHLETICS 2020

* This meeting is not a coaching or teaching meeting. Please ensure that all your athletes know

- i. how to crouch start
- ii. how to use blocks
- iii. when to stay in lanes
- iv. the rule in discus and shot circles
- v. the correct take off procedure for long and high jumps
- vi. how to treat the track and equipment.

* Could all nominations for the NISS Track & Field Championships be faxed or emailed as soon as possible. You can send these names, ages, events and performances to: Jason Cressingham

Email jason.cressingham@gmail.com

PLEASE WATCH THIS LINK for starting block tutorial: <https://www.youtube.com/watch?v=9ZH3OIHhcng>

Nomination forms are attached, and must be received by Friday 13th March 2020

HEALTH & SAFETY

TSSSA always have a first aid kit present at events & TSSSA staff are first aid trained.

All SMS forms are sent to sports coordinators/TIC and are uploaded to the TSSSA website at least two weeks prior to the event.

Health & Safety is a shared responsibility; therefore, it is important that at TSSSA events:

- School representatives are present, supervising their students at the event from start to finish. Ultimately the students are the responsibility of the school, and in the event of an emergency, it will be the responsibility of the school representative to head count their own students.
- School representatives carry a list of participants who are present at the event & also a record of any participant medical conditions.
- Students come prepared in suitable clothing & with sufficient food & water for the activity's duration.

ENTRIES DUE FRIDAY 13TH MARCH

SEND ENTRIES TO:

Olly Jowsey – Athletics Taranaki

olly@athleticstaranaki.org.nz

** Entry into a TSSSA event grants TSSSA permission to take photographs and/or video footage of those students/teams entered. TSSSA has the right to distribute these images/videos for promotional purposes. Please inform TSSSA in writing in advance of the event if a participant wishes not to be photographed/videoed.

