



TRACK & FIELD (ATHLETICS) – COMPETITOR NOTES

It is compulsory for all entrants in this event and their supporters to read this notice and comply with its stipulations. They are also responsible for familiarising themselves with the event course and all its hazards. Please inform your supporters of their responsibility to comply.

Signing your waiver or completing your online entry is an indication you agree to comply with these guidelines.

PRIMARY RESPONSIBILITY

- 🚫 You are responsible for your own health and safety during the event.
- 🚫 The Track & Field event involves an element of risk, where competitors may encounter challenging conditions.
- 🚫 You should only undertake to participate in this event if you believe that you are fit to do so.
- 🚫 At no stage during this event should you engage in activity that would threaten your own safety and the safety of other people.
- 🚫 You should obey marshal and Event Staff where they are instructing you for your safety.
- 🚫 Marshals are giving up their time to help you, please treat them with respect. If you have any issues with a marshal's conduct, please do not approach them independently – please refer to the Event Manager.
- 🚫 Whilst every effort is made to make sure the course is marked accurately, and marshals are available at key points it is your responsibility to know the course prior to starting your race.

GENERAL NOTES

- 🚫 The roads are open for all normal traffic but should not impact on the Track & Field event. The event takes place in a public area.
- 🚫 Competitors must behave in a manner that is safe, fair and demonstrates good sports conduct before, during and after their events.
- 🚫 No earphones or headsets are allowed at any time during the event.
- 🚫 Please report any accidents to the Event Director or marshal during the event.
- 🚫 If you pull out of the event for any reason, please advise the nearest marshal, timekeepers, and Event Manager when you return to Start / Finish area.
- 🚫 Please give assistance to fellow competitors in need of help.

- 🚫 If you have finished, please have consideration for others still competing.
- 🚫 Dogs must not accompany competitors, spectators, or marshals during this event.

VENUE

The venue for the Track & Field Event is Stadium 2, Rotorua International Stadium, Devon Street West, Rotorua.

Please Note: The Venue is a GRASS surface for both the Track & Field events.

PARKING

Parking is provided at the Venue. There are several parking options near to the International Stadium (shown below):



REGISTRATION

Registration for the Track & Field will be at the following times:






Wednesday 8th March 2023 – 7.30am

Thursday 9th March 2023 - 7.30am

COMPETITION RULES

Competition

The Track & Field events will be competed for in the following categories:

-  Individual Male
-  Individual Female
-  Relay – Male (4 x 200m & 4 x 100m)
-  Relay – Female (4 x 200m & 4 x 100m)
-  Relay – Mixed (NZ Relay – this team must have at least 2 females)

Age Group Divisions

Individual – 18-29 | 30-34 | 35-39 | 40-44 | 45-49 | 50-54 | 55-59 | 60-64 | 65-69 | 70-74 | 75-79 | 80+

Relay – UNDER 160 | OVER 160 (Combined Ages)




Individual Events

Track: 100m / 200m / 400m / 800m / 1500m / 5000m / 3000m Walk

Field: Discus / Shot / Javelin / High Jump / Long Jump / Triple Jump

Relay Events

The following relay events will be offered:

-  4 x 100m Relay
-  4 x 200m Relay
-  NZ Relay – 1 x 800m, 1 x 400m, 1 x 200m, 2 x 100m

Relay teams can be formed and registered at the Track & Field Event.

The NZ Relay is a new event and a slight change from the Swedish relay previously offered at the Games. The NZ Relay will start with 800m, then 400m and then 200m. It will finish with 2 x 100m. It will be a fun challenge to round off the Track & Field events.

Rules

The Track & Field event will be conducted according to the rules of Athletics NZ, World Athletics and World Masters Athletics. (Oceania Master Athletics and Special Olympic race-walking rules).

Numbers



Competitor numbers must be worn on the chest and back. With the exception of the high jump where one number shall be worn. Athletes may be disqualified if their number(s) are not displayed during the competition.

Competition Area

Only officials, authorised personnel and competitors currently involved in an event will be permitted in the competition area.

Marshalling of Competitors

All athletes in both Track & Field events must report to the Registration Tent at the following times preceding their advertised start time:

-  Track – 15 minutes
-  Field – 15 minutes

Track & Field Competitors will be escorted to their respective starts. Practice throws and jumps for field events will take place at the Field Venue prior to the competition in competition order.

Safety at Throwing Events

In all throwing events, especially Javelin and Discus, competitors are asked to take due care. Implements must only be thrown from the circle or runway and returned by hand. At all throwing events no athletes will be able to throw an implement if no official is there. Athletes should have two practice throws prior to the event starting if time permits as per World Athletics rules.

Flags

In the field events, the use of flags is as follows:

-  RED Flag indicates a failure.
-  WHITE flag indicates a fair attempt.

In track events a YELLOW flag indicates an infringement has occurred.

Field Event Attempts

In all field events, each competitor is allowed four (4) attempts, and Competitors will be credited with the best of all his / her attempts.

Throwing Implements

Personal implements may be used by competitors for throwing events provided they are checked and approved by the Event Manager prior to competition. Personal implements then become part of the pool available to all competitors in that competition. Implements may only be picked up after the competition from the Equipment Shed. They are not to be taken from the event.

Implement Specifications

Age Group	Shotput	Discus	Javelin
Women/U18	3.00kg	1.00kg	500gm
W U/20 &Senior	4.00kg	1.00kg	600gm
W30-49	4.00kg	1.00kg	600gm
W50-59	3.00kg	1.00kg	500gm
W60-74	3.00kg	1.00kg	400gm
W75+	3.00kg	750gm	400gm
Men /U18	5.00kg	1.50kg	700gm
M U/20	6.00kg	1.75kg	800gm
M Senior	7.26kg	2.00kg	800gm
M30-49	7.26kg	2.00kg	800gm
M50-59	6.00kg	1.50kg	700gm
M60-69	5.00kg	1.00kg	6.00gm
M70-79	4.00kg	1.00kg	500gm
M80+	3.00kg	1.00kg	400gm

Starting Blocks

The use of starting blocks is compulsory for all track events up to and including 400m. Competitors may use their own starting blocks.

Masters' competitors (35+yrs) are not required to use starting blocks, or a crouch start or have both hands in contact with the track for the start of any race.

Spikes

In track events, long jump and triple jump, spikes must be no longer than 6mm. High Jump and Javelin Spikes may be up to 9mm long.

The Start

The starter will give one command 'on your marks' for all events over 400m and two commands for all events up to and including 400m:

- 🚫 "On your marks" to bring competitors to their starting location.
- 🚫 "Set" to bring competitors to the set position ready to start. When all competitors are steady in the set position the gun will be fired. Any competitor who false starts (i.e. hand(s) leave the ground or foot / feet leave the blocks) either with or without the gun being fired, will be disqualified unless the Starter determines it was not the athletes fault.

Lanes

Competitors in track events up to and including 400m must remain in their lanes and return to the finish line in their lanes at the end of the event. The 800m events shall be run in lanes as far as the end of the first bend. The starts will be staggered so that distances from start to finish are the same for each competitor.

Race Walks

Judges are encouraged to use their discretion in applying the "no advantage rule" (OMA Rule) when judging senior masters athletes. The rule allows for a bending of the knee as long as no advantage is obtained. An attempt must be made to straighten the knee.

Competitors must have one foot firmly planted on the track at all times. Should a judge consider that an infringement has occurred the competitor will be shown a card indicating the infringement?

- 🚫~ Loss of contact > bent knee

Competitors will be warned that they are not complying by being shown a card with one of the above symbols.

Two cards shall lead to disqualification and the competitor will be shown a red card must leave the track immediately. The final result of the event will be made after the event when all cards are checked.

Relays

Competitors will be able to form relay teams at the event. If you have not previously registered a relay team, you will be required to provide details of your relay teams to the Registration Team **60 minutes prior** to the start of the Relay event your team are entering.

Electronic Devices

The use of cell phones and other electronic devices in the competition area is strictly prohibited. Doing so will make the athlete liable to disqualification (a phone ringing while competing is classed as using it). Either leave them with a trusted person or turned off in your bag.

Events at the Same Time

For competitors who find they are in a field and track event at the same time the **track events take precedence**. Having checked in at the track event athletes should return to the field event and

continue competing but being aware of the need to report back to the track event in sufficient time for their race. **Track events will not be delayed.**

Athletes may request the appropriate official to change their order of competition in that round to assist in doing both events. When the time comes, they should report to the field event official and excuse themselves to complete the track event, returning to the field event ASAP after the track event. Competitors cannot demand to take their attempts in succession or to take any attempt for a round that has been completed whilst they were absent.

Disputes / Protests

We have developed a Disputes / Protest Policy for the games. A Dispute / Protest is a formal complaint by a Team Manager or Competitor regarding the conduct of an athlete, team, referee, games official or the conditions of the competition.

A copy of the Disputes / Protest Policy can be found [HERE](#).

An online Official Dispute Form has been developed and can be accessed [HERE](#)

SCHEDULE

WEDNESDAY 8TH MARCH 2023					
TRACK			FIELD		
Time	Event	Age Group(s)	Time	Event	Age Group(s)
08.00am	5000m Final (W)	ALL	08.00am	Triple Jump (M)	ALL
			08.45am	High Jump (W)	ALL
08.45am	5000m Final (M)	ALL			
			09.30am	Shot Put (W)	ALL
			09.30am	Javelin (M)	18-44 / 50+
			10.45am	Triple Jump (W)	ALL
11.30am	200m Final (W)	18-29 / 35-39 / 40-44			
11.35am	200m Final (W)	45-49			
11.40am	200m Final (W)	55-59 / 60-64			
11.45am	200m Final (M)	55-59 / 60-64 / 65-69 / 75-79 / 80+	11.45pm	Javelin (W)	ALL
11.50am	200m Final (M)	50-54			
11.55am	200m Final (M)	45-49			
12.00pm	200m SF 1 (M)	45-49			
12.05pm	200m SF 2 (M)	40-44			
12.10pm	200m Final (M)	35-39			
12.15pm	200m Final (M)	18-29 / 30-34			
			12.20pm	High Jump (M)	ALL
2.00pm	800m Final (W)	ALL			
2.10pm	800m Final (M)	50+			
2.20pm	800m Final (M)	18-49			
2.30pm	3000 Walk (W)	ALL			
3.20pm	200m Final (M)	45-49			
4.00pm	4 x 200m Relays	ALL			

THURSDAY 9TH MARCH 2023					
TRACK			FIELD		
Time	Event	Age Group(s)	Time	Event	Age Group(s)
08.00am	3000 Walk (M)	ALL	08.00am	Discus (W)	ALL
			08.30am	Long Jump (M)	45-49
09.00am	1500m Final (W)	ALL			
09.25am	1500m Final (M)	50+	09.25am	Long Jump (W)	ALL
09.40am	1500m Final (M)	18-49	09.40am	Discus (M)	50+
			10.00am	Shot Put (M)	18-49
10.45am	100m Final (W)	18-29 / 35-39 / 40-44			
10.50am	100m Final (W)	45-49			
10.55am	100m Final (W)	50-54 / 55-59 / 60-64			
11.00am	100m Final (M)	55-59 / 60-64 / 65-69 / 75-79 / 80+			
11.05am	100m Final (M)	50-54			
11.10am	100m SF 1 (M)	45-49			
11.15am	100m SF 2 (M)	45-49			
11.20am	100m Final (M)	40-44			
11.25am	100m Final (M)	35-39			
11.30am	100m Final (M)	18-29 / 30-34	11.35am	Long Jump (M)	18-44 / 50+
			11.40am	Javelin (M)	45-49
1.30pm	400m Final (W)	35-39 / 40-44 / 60-64			
1.35pm	400m Final (W)	45-49			
1.40pm	400m Final (M)	45-49			
1.45pm	400m Final (M)	55-59 / 60-64 / 65-69 / 80+			
1.50pm	400m Final (M)	50-54			
1.55pm	400m Final (M)	35-39 / 40-44			
2.00pm	400m Final (M)	18-29 / 30-34	2.00pm	Shot Put (M)	50+
			2.05pm	Discus (M)	18-49
2.55pm	100m Final (M)	45-49			
3.30pm	4 x 100m Relay	ALL			
4.00pm	New Zealand Relay	ALL			

SPECTATORS

Spectators are welcome to attend the Track & Field Event. APES Games 2023 staff and the Track & Field Event Team will strive to keep all spectators safe from harm, but all spectators are responsible for their own personal safety.

Here are some pointers to help spectators stay safe while watching the event:

- 🚫 Be responsible and keep your own safety in mind.
- 🚫 Always follow and obey marshal's instructions.
- 🚫 Observe and follow all event signs.
- 🚫 Stay within designated spectator areas.
- 🚫 Do not enter any restricted areas. If you are unsure, please ask a marshal.
- 🚫 Keep off the track and always pay attention.
- 🚫 Children to be accompanied at all times.

PRIZE GIVING

Prize Giving will follow the conclusion of the Track & Field Events. These may take place throughout the competition as time allows.

This will take place at the Track & Field Venue.

KEY CONTACTS / INFORMATION

Name	Role/Organisation	Contact Number
Paul Radden	Track & Field Event Manager / Sports Co-ordinator	027 664 7891
Graham Perks	APES Games Sports Manager	021 191 3660

ADDITIONAL INFORMATION

Food and Drink will be available for purchase at the venue.

Physio & Strapping services are available through Go Physio (1221 Haupapa Street, Rotorua – Tel: 07 347 8380) who will be operating a Drop-in Clinic 7am – 5pm Monday 6th March – Friday 10th March 2023 - <https://gophysio.co.nz/>