

MANAWATU-WANGANUI CHILDREN'S ATHLETICS



NORTH ISLAND COLGATE GAMES WANGANUI

9th, 10th & 11th JANUARY 2009

Manawatu-Wanganui Children's Athletics cordially invites you to participate in the North Island Colgate Games which are to be held at Cook's Gardens in Wanganui. It is open to all registered athletes Grades 7 to 14.

Location maps are included.

Wanganui is well set up for accommodation, being regular host to the New Zealand Masters Games. The following web-site is probably the best for finding accommodation in Wanganui. Please advertise this to your club members.

<http://www.finda.co.nz/business/ac/wanganui/accommodation/>

Cook's Gardens will be open on Thursday 8th January from 1pm – 4pm for sales of Colgate Games t-shirts, souvenirs, entry passes and programmes. Passes will be available for single days or for the three days.

Cook's Gardens has two large, covered stands and some grass embankments and terraces. The grounds are not suitable for tents, but shade umbrellas and gazebos might be permissible – this will be confirmed after consultation with Cook's Gardens Management. The main warm-up area will be a short walk from the stadium and announcements will be linked.

Maximum spike length is 7mm for track and long jump and 9mm for high jump. No Xmas trees.

Parking: There should be ample parking for the weekend around and nearby the stadium. Friday might be a bit more difficult as this is a central city location and we are endeavouring to get off-road parking nearby. The organising committee will not be responsible for any parking infringement notices incurred during the meeting.

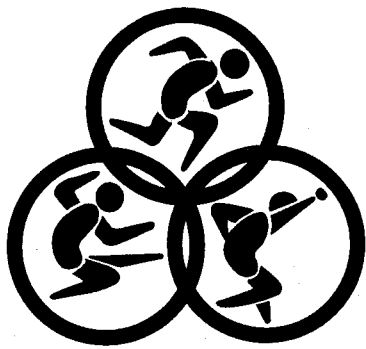
Officials: An invitation to officials will be available shortly. As we are a very small Centre we rely very much on help from other Centres.

Communications: At this point in time I will send all information to the Club Secretary as currently listed (Centre Secretaries for the South Island). Please advise me of any change. Although it is a Club's responsibility to pass on information to its members, we will endeavour to post information on the Athletics New Zealand web-site.

If you require any further information please contact:

Robyn Wills
The Secretary
North Island Colgate Games Organising Committee
28 Stanley St
LEVIN, 5510.

Phone (06) 367 9242
Email russrob@actrix.co.nz



N.Z.C.A.A. Inc



**NORTH ISLAND GAMES
WANGANUI 2009**

CLUB RETURN

Please complete all the information requested, and return this form with all your Athletes Individual Entry Forms, your Club Relay Form and the appropriate Entry Fees to reach:

The Secretary, Colgate North Island Games, Robyn Wills, 28 Stanley Street, Levin 5510 **by 16 November 2008**

Club Centre

Secretary

Address

Phone Area Code.....

Fax (if possible) e-mail (if possible)

Uniform Description: Top: Colour.....

Name Yes/No Colour.....

or Logo Yes/No Colour.....

or Trim Yes/No Colour.....

Shorts: Colour.....

Trim.....

Manager's Name(s):

1. (for up to 10 athletes) Mr/Mrs/Miss
2. (for 11 athletes or more) Mr/Mrs/Miss

Senior Manager's Contact Address:

Home.....

Phone Area Code.....

During Games (if possible)

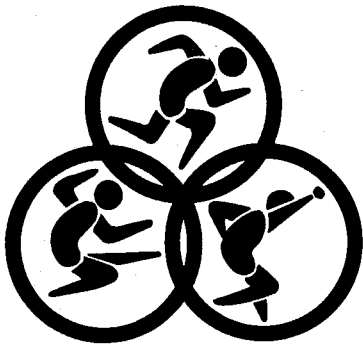
Phone (if known).....

Club Programme Order @ \$10 each: Number required = \$..... To be enclosed with Entry Fees

Relay Entry Form Enclosed	Yes/No	No of Individual Athletes Entry Forms
Total Individual Entry Fees enclosed		\$.....
Total Relay Entry Fees enclosed		\$.....
Total Programme Money enclosed		\$.....
Total Money enclosed		\$.....

NOTE:
Please make all payments on one Club cheque.
Cheques to be made out to:
Colgate Games

Club Secretary or Senior Team Manager's Signature Date



N.Z.C.A.A. Inc



**NORTH ISLAND GAMES
WANGANUI 2009**

RELAY ENTRY FORM

CLUB.....

Grade 7, 8, 9 athletes are NOT permitted to compete in Grade 10 and above Relays.

4 x 100m RELAYS (Place tick in appropriate space)

7 Girls		7 Boys	
8 Girls		8 Boys	
9 Girls		9 Boys	
10 Girls		10 Boys	
11 Girls		11 Boys	
12 Girls		12 Boys	
13 Girls		13 Boys	
14 Girls		14 Boys	

Entry Fees: \$4 per relay - maximum \$64.00

\$

Please Note: Teams must consist of 2 Boys and 3 Girls, or 3 Boys and 2 Girls, with a Girl Athlete running either the 400m or 800m leg

MEDLEY RELAYS (Place tick in appropriate space)

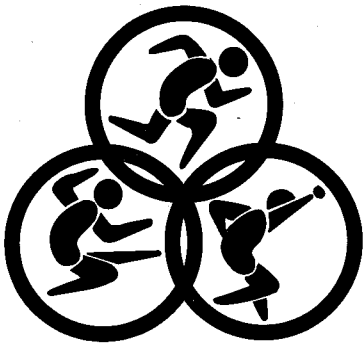
Grade 10		Grade 13	
Grade 11		Grade 14	
Grade 12			

Entry Fees: \$4 per relay - maximum \$20.00

\$

Club Official

Position.....



N.Z.C.A.A. Inc



NORTH ISLAND GAMES WANGANUI 2009

OFFICIAL ENTRY FORM

VENUE..... Cooks Gardens, Wanganui.
 DATES Friday 9th, Saturday 10th, Sunday 11th January 2009
 ELIGIBILITY All children who are financial members of Athletic Clubs in New Zealand
 AGE GRADES..... 7-14 inclusive, age as at 31 December 2008
 ENTRY CLOSING DATE With your Club Secretary, 9th November 2008
 EVENTS..... See below. Plus Relays
 ENTRIES..... ALL forms to be sent in through your Club Secretary to be with the: Games Organising Secretary, Robyn Wills, 28 Stanley Street, Levin 5510 by 16 November 2008
 By entering these Games, you agree that the organisers can publish your name in results

NOTE: PLEASE PRINT ALL INFORMATION CLEARLY IN BLOCK LETTERS

FOR GAMES SECRETARY'S USE ONLY		DO NOT WRITE IN THESE SPACES
NUMBER		
CLUB ABBREV.		

SURNAME
INITIALS
PREFERRED GIVEN NAME

MALE	FEMALE	PLACE AN 'X' IN THE APPROPRIATE BOX

CLUB	
AGE ON COLGATE PATCH	
DATE OF BIRTH / /

GRADE

	7	8	9	10	11	12	13	14
60								
100								
200								
400								
800								
1500								
LJ								
HJ								
SP								
DISC								
HUR								
WALK								

PLACE AN 'X' IN THE APPROPRIATE BOX RELATED TO THE EVENTS TO BE ENTERED

(MAXIMUM OF 4 EXCLUDING RELAYS)

ALSO PRINT CLEARLY BELOW THE EVENTS TO BE ENTERED

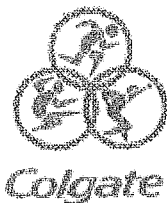
EVENTS	1		ENTRY FEES
	2		
	3		
	4		

ENTRY FEES are \$4 per event (including GST)

NOTE:
 Entries will not be accepted for the following combinations of events:
 100m and 1500m • 200m and 800m

ADDRESS	
TELEPHONE No:	AREA CODE
EMAIL ADD:	CONTACT NAME

CHECKED
.....
CLUB SECRETARY



**MANAWATU-WANGANUI
CHILDREN'S ATHLETICS**



**2009 NORTH ISLAND COLGATE GAMES,
COOKS GARDENS, WANGANUI
9th, 10th & 11th JANUARY, 2009**

OFFICIALS & "GREEN TEAM" APPLICATION FORM

NAME: _____

ADDRESS: _____

CITY/TOWN: _____ POST CODE: _____

PHONE: _____ EMAIL _____

CLUB: _____ CENTRE: _____

EVENTS: (In order of preference)

(1) _____

(2) _____

(3) _____

AVAILABILITY: (Please tick)

FRIDAY: SATURDAY SUNDAY

ATHLETICS N. Z. OFFICIALS GRADING: _____

POLO SHIRT SIZES FOR OFFICIALS: (Tick size)

S: M: L: XL: 2XL: 3XL:
5XL:

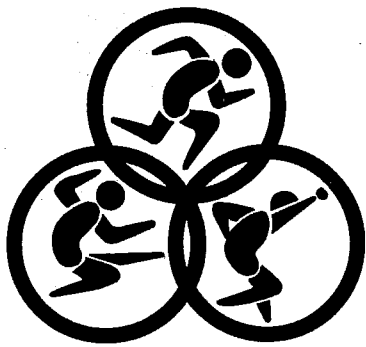
PLEASE NOTE: Officials are entitled to one free collared Polo Shirt.

TEE SHIRTS SIZES FOR "GREEN TEAM": (Tick Size)

XS: S: M: L:

PLEASE NOTE: "Green" Team members entitled to one free Tee Shirt.

PLEASE POST THIS APPLICATION BEFORE 20th NOVEMBER, 2008 TO:
The 2009 N. I. Colgate Games Secretary, Robyn Wills, 28 Stanley Street, LEVIN 5510



N.Z.C.A.A. Inc



NORTH ISLAND GAMES WANGANUI 2009

CONDITIONS OF ENTRY

1. **MEETING DATES:** 9th, 10th, 11th January 2009
2. **MEETING TIMES:**

9th	Team Managers Meeting.....	7.45am
	Athletes Assemble by.....	8.00am
	March Past	8.15am
	Opening.....	8.35am
	Competition begins	9.00am
10th	Competition begins	9.00am
11th	Competition begins	9.00am
3. **VENUE:** Cooks Garden, Wanganui.
4. **ELIGIBILITY**
 - (a) Any financial (2008/09 season) boy or girl athlete who is a member of an Athletic Club in New Zealand and is registered with Athletics New Zealand.
 - (b) An athlete may compete for one Club only at any one Meeting.
 - (c) No entry (Individual or Relay) will be accepted from athletes from 'Umbrella Clubs' or District/Area Composite Groups.
5. **GRADES**
7 to 14 inclusive. Age as at 31st December 2008.
Athletes may only compete in events in their own grade, with the exception of relays where clubs can promote competitors from a younger grade if they are not already in a relay team. However, Grades 7, 8, and 9 athletes are NOT permitted to compete in Grade 10 and above 4 x 100m Relays and Medley Relays.
6. **MAXIMUM NUMBER OF EVENTS**
An athlete may enter a maximum of four individual events. As well, he/she may be entered in one relay of each type (4 x 100m and Medley).
7. **PROGRAMME**
The draft programme is set out below - this gives events only - the order and timing will be finalised once entries are known .

FRIDAY 9th JANUARY 2009

GIRLS	TRACK	200m	7,8,9
		200m Heats, Semi-Finals, Finals	10,11
		400m Heats, Finals	12,13,14
		800m Heats, Finals	10,11
		Hurdles, Heats, Finals	12,13,14
		4 x 100m Relays Heats	10,11
		1600m Track Walk	13
	FIELD	Long Jump	8,12,13,14
		High Jump	10,11
		Shot Put	9,11,12,14
Discus		7,13	
BOYS	TRACK	60m	7,8,9
		100m Heats, Semi-Finals, Finals	10,11
		400m Heats, Finals	12,13,14
		1500m Heats, Finals	10,11
		Hurdles, Heats, Finals	12,13,14

		4 x 100m Relays	7,8,9
		4 x 100m Relay Heats	10,11
		1600m Track Walk	13
		Medley Relays	12,13,14
FIELD		Long Jump	8,14
		High Jump	12,13
		Shot Put	9,14
		Discus	7,10,11,12

SATURDAY 10TH JANUARY 2009

GIRLS	TRACK	100m	7,8,9
		100m Heats, Semi-Finals, Finals	10,11,12,13,14
		1500m Heats, Finals	10,11,12,13,14
		4 x 100m Relays	7,8,9
		4 x 100m Relay Heats	12,13,14
		4 x 100m Relay Finals	10,11
		1200m Track Walk	12
	FIELD	Long Jump	9,10
		High Jump	13,14
		Shot Put	7
Discus		8,10,11,12	
BOYS	TRACK	200m	7,8,9
		200m Heats, Semi-Finals, Finals	10,11,12,13,14
		800m Heats, Finals	10,11,12,13,14
		4 x 100m Relay Heats	12,13,14
		4 x 100m Relay Finals	10,11
		1200m Track Walk	12
		FIELD	Long Jump
	High Jump		11
	Shot Put		7,12,13
	Discus		8,14

SUNDAY 11TH JANUARY 2009

GIRLS	TRACK	60m	7,8,9
		200m Heats, Semi-Finals, Finals	12,13,14
		400m Heats, Finals	10,11
		800m Heats, Finals	12,13,14
		4 x 100m Relay Finals	12,13,14
		Medley Relays	10,11
		2000m Track Walk	14
	FIELD	Long Jump	7,11
		High Jump	12
		Shot Put	8,10,13
Discus		9,14	
BOYS	TRACK	100m	7,8,9
		100m Heats, Semi-Finals, Finals	12,13,14
		400m Heats, Finals	10,11
		1500m Heats, Finals	12,13,14
		4 x 100m Relay Finals	12,13,14
		Medley Relays	10,11
		2000m Track Walk	14
	FIELD	Long Jump	7,11,12
		High Jump	10,14
		Shot Put	8,10,11
Discus		9,13	

8. METHOD OF ENTRY

Entries must be made on the official entry form - extra copies can be photocopied locally if necessary. Completed entry forms and entry fees must be forwarded through Club Secretaries, using the 'Club Return Form'. Club Secretaries are asked to check the date of birth, and age on each Entry Form, and sign each form as correct before forwarding to the Organising Secretary.

Relay entries must also be on the official entry form.

9. ATHLETES WISHING TO COMPETE IN RELAYS ONLY

From previous experience a small number of athletes may wish to compete in relays only. If an athlete is in this category, he/she should complete an Individual Entry Form and write 'Relay Only' across the 'Events' section - there would be no individual entry to pay.

This will ensure that these children receive identification cards/wristbands giving free entry to the park and a competitors ribbon.

10. CLUB RETURN

- (a) Club Secretaries are asked to make sure all details requested on this form are completed.
- (b) Please return the Athletes' Individual Entry Forms, the Club's Relay Entry Form and Club Return Form to the Organising Committee Secretary - Robyn Wills, 28 Stanley Street, Levin 5510.
- (c) INCOMPLETE FORMS WILL NOT BE ACCEPTED.

11. ENTRY CLOSING DATE

Entries close with the Secretary, Colgate Games Organising Committee - Robyn Wills, 28 Stanley Street, Levin 5510.

It is essential that entries are received by 16 November 2008 to allow time for processing and to meet the printers deadline. No late entries will be accepted.

12. ENTRY FEES

\$4.00 per Individual Event.

\$4.00 per Relay Team (Club Entry)

Payment of all entry fees (plus programme orders) to be by CLUB CHEQUE made out to North Island Colgate Games.

13. AGE GRADE NUMBERS

Colgate Age Grade Numbers must be worn and they must be securely fastened to the front of the athlete's top. Failure to do so will mean an athlete will not be able to compete. The athlete's name to be printed clearly on the patch under the number with a permanent marker pen.

14. UNIFORMS

All athletes must compete in their official Club Uniform.

If bike shorts are worn, they should preferably be the predominant colour of the uniform shorts, otherwise black must be worn. The bike shorts must be no longer than just above the knee.

Details are to be provided by Clubs on the 'Club Return'.

15. IDENTIFICATION CARDS/WRISTBANDS

Each athlete will be issued with an identification card/wristband. This will have the athlete's name, grade and the events for which he or she has entered. It will also act as the athletes pass into TET Stadium for the duration of the Games. Athletes are required to wear the card pinned to their uniform front, or the wristband, at all times during the Meeting.

Non compliance with this rule may mean disqualification.

Identification cards/wristbands will be posted in bulk to the Team Managers prior to Christmas 2008.

16. TEAM MANAGERS

Clubs are asked to appoint one Manager for up to 10 athletes, two Managers for 11 athletes or more. One Manager is to be designated the Senior Manager - see the 'Club Return' - this person will be the contact for the Organising Committee.

17. TEAM MANAGERS' MEETING

This will be held upstairs in the Community Stadium at 7.45am on Friday 9th January 2009. The Meeting Manager will address the Meeting and issue any relevant information. This will NOT be a question and answer session. Any queries should be addressed to the Secretary at the Secretary's Office afterwards. Pre-ordered programmes will be available from the Secretary's Office.

18. RELAY TEAM SHEETS

These will be issued in the Team Packs (two copies of each). They are to be filled out and one copy of each handed to the Meeting Secretary at the times specified. The second copy is to be retained by Team Managers for their use. These forms are necessary for officials to check that the named athletes go to the mark and for the correct spelling of names for typing of certificates.

Medley Relay Running Order Forms will also be issued - these are to be filled out and handed in at the same time as the corresponding Relay Team Sheets.

19. OPENING CEREMONY

An Opening Ceremony will be held, beginning with a March Past at 8.15am SHARP, Friday 9th January 2009.

It will be necessary to have all athletes in Club Uniform assembled Outside Cooks Gardens - exit through South Gate to the left of the South Stand, into Maria Place (South) and into a small street on left by 8.00am. All athletes and Managers are requested to march. Athletes competing in the first events are at liberty to leave their teams just prior to the Opening Ceremony Speeches to warm up.

20. AWARDS

Grades 7, 8, 9

The first, second and third placegetters in each race and field event division will receive a Gold, Silver and Bronze pennant respectively. Consolation ribbons will be awarded to all other competitors. The pennants and ribbons will be presented as soon as possible after the event.

Grades 10, 11, 12, 13, 14

The first, second and third placegetters will be presented with Gold, Silver and Bronze medals respectively and also a certificate. The presentation will be made by a VIP, a Senior Official, or a Member of the Organising Committee.

Team Managers are asked to assist Meeting Officials by getting first, second and third place getters to the Presentation Official when requested by the Meeting Announcer. Athletes placed 1st to 8th inclusive in a track and field event will receive a "finalist" ribbon, except for 800m and 1500m where heats have been run, all athletes in the final will receive a finalist ribbon.

Track finalists, except for the Medley Relays, will receive their finalist ribbons at the end of the event. Certificates, medley relay and field event ribbons will be made available to Team Managers during the meeting.

21. PROTESTS

Problems and queries in the first instance, should be discussed by Team Managers with the appropriate referee or the Meeting Manager. If the explanation given or action taken does not satisfy the Team Manager, then he or she may lodge a formal protest.

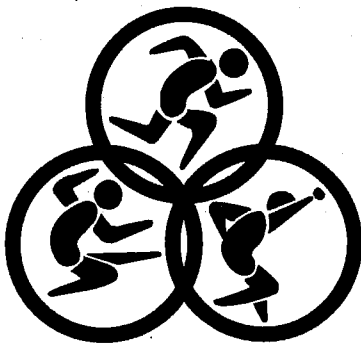
Protests will only be accepted from Team Managers.

Protests must be in writing, setting out the details and grounds for the protest and must be accompanied by a \$10 fee. A written protest must be conveyed to the Control Room Manager within 15 minutes of the official result being posted or announced.

22. SECURITY

The Organising Committee accepts no responsibility.

23. SENIOR MANAGERS SHOULD BRING THIS DOCUMENT TO THE GAMES.



N.Z.C.A.A. Inc



NORTH ISLAND GAMES WANGANUI 2009

MEETING RULES

GENERAL

- 1 Where not specifically set out in these rules, the NZCAA By-Laws will apply.
- 2 Only Meeting Officials should be in the centre of the Arena.
- 3 Every effort will be made to ensure the programme runs to time and in the order laid down. However, the Organising Committee reserves the right to make any alterations it deems necessary. The Organising Committee also reserves the right to allow the programme to run up to 30 minutes early if the situation arises.
- 4 **AGE GRADE NUMBERS**
Colgate Age Grade Numbers must be worn and they must be securely fastened to the front of athlete's top. Failure to do so will mean an athlete will not be able to compete. The athlete's name to be printed clearly on the patch under the number with a permanent marker pen.
- 5 **UNIFORMS**
All athletes must compete in their official Club Uniform. If bike shorts are worn, they should preferably be the predominant colour of the uniform shorts, otherwise black must be worn. The bike shorts must be no longer than just above the knee.
- 6 **IDENTIFICATION CARDS/WRISTBANDS**
Each athlete will be issued with an identification card/wristband. This will have the athlete's name, grade, and the events for which he or she has entered. It will also act as the athletes pass into Cooks Gardens for the duration of the Games.
Athletes are required to wear the card pinned to their uniform front, or the wristband, at all times during the Meeting. Non compliance with this rule may mean disqualification.
- 7 **PROTESTS**
Problems and queries, in the first instance, should be discussed by Team Managers with the appropriate Referee or the Meeting Manager. If the explanation given or action taken does not satisfy the Team Manager, then he or she may lodge a formal protest.
Protests will only be accepted from Team Managers.
Protests must be in writing, setting out the details and grounds for the protest and must be accompanied by a \$10 fee. A written protest must be conveyed to the Control Room Manager within 15 minutes of the official result being posted or announced.
- 8 **SECURITY**
The Organising Committee accepts no responsibility.

TRACK

- 1 Cooks Garden, Wanganui.
- 2 All weather.

Spiked shoes may only be worn during competition by athletes in Grades 10, 11, 12, 13 and 14.
Spike length allowed: 7mm on Track
7mm at Long Jump
9mm at High Jump

No Xmas Tree spikes permitted.
Spiked shoes must be removed at the immediate completion of the athletes event and before leaving the arena.

Blocks will be supplied. Athletes own blocks will be permitted if fitted with 12mm cone spikes and checked by officials at least one hour prior to the event.

3 ASSEMBLY

Athletes must not go to the assembly area until called by the Meeting Announcer.

4 HURDLES

Age Grade and Sex	Distance of Race	Height of Hurdle	Distance from Startline to first Hurdle	Distance between Hurdles	Distance from last Hurdle to Finish Line
G12 Girls	80m	0.762m	12m	8m	12m
G13 Girls	80m	0.762m	12m	8m	12m
G14 Girls	80m	0.762m	12m	8m	12m
G12 Boys	80m	0.762m	12m	8m	12m
G13 Boys	80m	0.762m	12m	8m	12m
G14 Boys	100m	0.840m	13m	8.5m	10.5m

5 METHOD OF FINDING FINALISTS (Grade 10-14 inclusive)

100m, 200m, 400m, 80m Hurdles, 100m Hurdles and 4 x 100m Relays will be determined by times. 800m and 1500m will be determined by placings and fastest losers in the qualifying heats.

100m, 200m, 80m/100m Hurdles, 4 x 100m Relays

Up to 8 confirmed starters

Final

9 to 24 confirmed starters

Heats, Final

25 to 64 confirmed starters

Heats, 2 Semi-finals, Final

65 or more confirmed starters

Heats, 3 Semi-finals, Final

400m

Up to 8 confirmed starters

Final

More than 8 confirmed starters

Heats, Final

(Fastest 8 to the Final)

800m & 1500m

Up to 16 confirmed starters

Final

(This number may be increased after consultation with Team Managers, Meeting Manager, Track Manager (if appointed) and Track Referee, to avoid running heats to eliminate a few athletes.)

Over 16 confirmed starters

Heats, Final

2 Heats - First 6 in each Heat, plus the 4 fastest losers to qualify for the Final

3 Heats - First 4 in each Heat, plus the 4 fastest losers to qualify for the Final

4 Heats - First 3 in each Heat, plus the 4 fastest losers to qualify for the Final

6 NOTIFICATION OF QUALIFIERS AND RESERVES

Qualifiers for semi-finals and finals will be notified in the following way:

(a) Semi-final and final sheets will be posted on noticeboards.

(b) Qualifiers' names will also be broadcast over the public address system prior to the call to go to the Track Marshals.

(c) Two reserve athletes shall be named and ranked for each semi-final and final. These reserves should report to the Track Marshals when the qualifiers are called.

In the event of a withdrawal or non-appearance of a semi-finalist or finalist, the Track Marshals shall place a reserve in rank order in the semi-final or the final and that decision cannot be reversed.

7 LANE DRAWS

All lanes in heats, and finals when no preliminary races are necessary, shall be predrawn and printed in the programme. Lane draws for all semi-finals and finals will be drawn by ballot, posted on noticeboards and announced.

If there is an excessive number of withdrawals in any event, heats may be redrawn by the Track Marshals.

Athletes competing in laned events must remain in their lanes and return to the finish line at the completion of events until dismissed by the appropriate official.

8 QUALIFIERS FOR FURTHER ROUNDS

Any athlete having qualified for a semi-final or final who fails to compete in that semi-final or final becomes ineligible for further competition on that day. Likewise, any competitor starting in a semi-final or final and making no significant effort, could also face disqualification. These decisions will be the sole responsibility of the Track Referee.

9 GRADES 7, 8, 9

There will be no semi-finals or finals for these grades.

Each race will be judged and the first, second and third placegetters awarded Gold, Silver and Bronze pennants respectively.

All other competitors will be awarded consolation ribbons.

10 STARTING PROCEDURE

A competitor in Grades 7 to 9 may use a crouch or standing start for races. A competitor in Grades 10 & 11 must use a crouch start for races up to 400m, however, crouch starts with spiked shoes WITHOUT blocks will NOT BE ALLOWED.

A competitor in Grades 12 to 14 must use crouch starts off blocks for races up to 400m.

For 800m and 1500m a standing start will be used.

Standing starts will be used by athletes running 800m as the first leg in medley relays.

The first false start will be called on the field and the athlete(s) responsible shall be warned. Any athlete(s) making further false starts shall be disqualified.

Any matters relating to the start will be at the absolute discretion of the Referee or delegated official. It will be his or her responsibility to ensure all competitors receive a fair start.

An explanation of starting procedures will be printed in the programme.

RELAYS

1 Athletes may be entered in only one relay of each type (4 x 100m and Medley). All athletes in a relay team must:

- (a) be a member of the Club that enters the Team.
- (b) wear that Club's uniform.
- (c) Grade 7, 8 & 9 athletes are NOT permitted to compete in Grade 10 and above 4 x 100m Relays and Medley Relays.

2 4 x 100m RELAYS

- (a) Team members names must be entered onto the Relay Team Sheets by the Team Manager. These sheets are provided by the Meeting Secretary in the Team Pack. Please complete these correctly and hand in to the Secretary by the specified times. Print information required and ensure the given (first) names, surnames and Colgate Age Patch of the athletes are provided and correct.
- (b) Relay teams may include athletes from a younger age grade except as restricted by Clause 1(c) above. Grade 10 or 11 athletes competing in Grade 12 or above 4 x 100m Relays, if running the first leg, must comply with the starting rules for those Grades.
- (c) Entries are restricted to one team per Club in each grade.
- (d) All team members must be of the same sex except in Grades 7, 8 and 9 where clubs may enter composite teams of boys and girls. The following conditions apply:
 - (1) 1 boy, 3 girls - Girls Team
 - (2) 2 boys, 2 girls - Boys or Girls Team
(Clubs choice, but may compete in only one event)
 - (3) 3 boys, 1 girl - Boys Team
- (e) For Grade 10, clubs may enter a composite team in Boys 10, only if there are insufficient numbers of one sex.

3 MEDLEY RELAYS

- (a) Team members names must be entered onto the Relay Team Sheets by the Team Manager. These sheets are provided by the Meeting Secretary in the Team Pack. Please complete these correctly and hand in to the Secretary by the specified times. Print information required and ensure the given (first) name, surname and Colgate Age Patch of the athletes are provided and correct.
- (b) Medley relays are open to Grades 10, 11, 12, 13 and 14.
- (c) Athletes from a younger grade may be used in a Medley Relay except as restricted by Clause 1 (c) above. Grade 10 or 11 athletes competing in Grade 12 or above Medley Relays, if running the first leg, must comply with the starting rules for those Grades.
- (d) Entries are restricted to one team per Club in each grade.
- (e) Teams must comprise either two girls and three boys or vice versa, with one girl running either the 400m leg or the 800m leg.
- (f) There is no stipulation as to the order in which a team runs their relay - each team must run the prescribed legs.
eg; 2 x 100m, 1 x 200m, 1 x 400m, 1 x 800m
- (g) Team Managers will be issued with Medley Relay Running Order Forms in the Team Pack. These are to be filled out and handed in with the corresponding Medley Relay Team Sheets.

- (h) Medley relays start from the 400m stagger, and all teams may break lanes at the completion of the second curve (where the athletes enter the home straight on the first lap).
- (i) Runners are to be marshalled on the outside of the track at each change zone. Lane 1 is to be kept clear for runners not changing the baton at that zone to pass through unimpeded. The baton is to be changed in Lane 2, except for simultaneous changes where outer lanes are to be used as required.
- (j) Following the point where the athletes break from lanes, subsequent team members at change zones shall, under the direction of a designated Official, place themselves in the same order (inside to out) as their respective incoming team members. This is the order their respective team members leave the area of the previous change (i.e 80m out). The waiting athletes shall maintain this order, and shall not exchange positions at the beginning of the take-over zone.
- (k) Teams entered in all Medley Relays will be listed in the Programme. Once all the Medley Running Order Sheets are received by the Meeting Secretary, the Meeting Manager will supervise heat draws. The Meeting Manager may double up Teams in lanes where the lead off runners are racing 800m. The draws will be posted as soon as possible after they have been completed.
- (l) There will be no finals for Medley Relays. 1st, 2nd and 3rd places will be determined from the three fastest times in the heats.

FIELD

1 ORDER OF COMPETITION

Competitors will be balloted into an order of competition and this will be printed in the programme.

2 NUMBER OF ATTEMPTS

Three Throws, Puts and Jumps will apply to the Discus, Shot and Long Jump respectively and if valid, each must be measured.

Three attempts at each height will be allowed at the High Jump but three consecutive failures means elimination.

The Referee has the right to determine the size of lifts depending on the numbers entered in the event and the weather conditions.

3 LONG JUMP

Metre boards will be used up to and including Grade 11.

Grades 12, 13 and 14 will use the standard take off board.

The standard take off board is 3.00m from the leading edge of the pit, however a 2.00m mark will be available for Grade 12 athletes.

4 GRADES 7, 8, 9

All field events will be run in divisions of up to 8 with the first three placegetters in each division being awarded similar pennants to the track events, and all other competitors receiving a consolation ribbon. Pennants and ribbons will be presented immediately after the event.

5 HIGH JUMP STARTING HEIGHTS

Grade	Girls	Boys
10	1.05m	1.10m
11	1.10m	1.15m
12	1.15m	1.20m
13	1.20m	1.25m
14	1.25m	1.30m

6 DISCUS WEIGHTS

Grade	Girls	Boys
7, 8, 9	500gms	500gms
10, 11	750gms	750gms
12	750gms	1.000kg
13	1.000kg	1.000kg
14	1.000kg	1.250kg

7 SHOT WEIGHTS

Grade	Girls	Boys
7	1.000kg	1.000kg
8, 9	1.500kg	1.500kg
10	2.000kg	2.000kg
11	2.000kg	3.000kg
12	3.000kg	3.000kg
13	3.000kg	4.000kg
14	3.000kg	5.000kg

8 Only implements supplied by the Meeting Organising Committee will be allowed in the competition.