



**2017 – 2018**

**Athletics WA  
Competition Handbook**

*This handbook will only be available electronically on Athletics WA website with direct links to relevant information and specifications to maintain currency.*

## **Athletics WA Staff list**

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## **GO FOR 2 & 5**

### **TRACK AND FIELD COMPETITION 2017 – 18**

#### **CALENDAR OF EVENTS**

<http://www.waathletics.org.au/Portals/34/1718Season/TrackFieldOct17.pdf>

Competition procedures and fees are detailed within the calendar.

#### **RULES & REGULATIONS**

Athletics WA staff and officials are responsible for the programming and conduct of the Go for 2 & 5 Track & Field Competitions 2017 -18 in accordance with the IAAF and such other rules as prescribed by Athletics WA.

Athletes must be 12 years of age, or subject to an exemption, and a registered member of Athletics WA before being able to compete in the 2017 – 2018 season.

Athletes must be registered with Athletics WA (either through their club or directly as an Independent member) prior to their first competition.

Athletes must collect their competition number prior to competing from the Technical Information Centre (TIC), which is located underneath the grandstand at the finish line end of the stadium.

#### **The competition entry and late entry process is:**

- Competitors must be current registered members of Athletics WA to compete.
- Enter online by 12pm (midday) the day before the competition day (unless otherwise specified).
- Seed/performance mark: When you enter, you will need to enter a seed/performance mark. This must be your season's best or guestimate of your current performance in the case of first competitions for the season. This will enable us to place athletes in the correct event for the competition.
- A provisional start list and final timetable will be published on the morning of the competition by 10am.
- Late entries will only be accepted subject to availability at the TIC (no later than 30 minutes before the event start time) and will cost \$25 for Under 18 and Club athletes and \$30 for Open Independent members.
- If an athlete has already entered the competition and would like to add an additional event/s after the close of entries they must pay \$10.00.
- Late entry athletes will be graded at the discretion of Athletics WA for their event.

Scratching: Athletes are asked to notify the TIC of their intention to scratch no later than 30 minutes prior to the start of the event.

## **CLOTHING & REGISTRATION NUMBERS**

All competitors must wear the approved uniform of their club and their current registration number securely attached by each corner to the back and front of the top. If an athlete is an Independent AWA member they must wear the Independent Athletics WA uniform. LAWA Independents can wear either their centre or club uniform.

In track events, the Track Marshal shall be responsible for the athlete to be correctly attired.

In field events, the Chief Judge in charge of the event is responsible for the athlete to be correctly attired, and may prevent incorrectly attired athletes from competing.

All athletes may have their footwear checked by a member of the Starting Panel or Field Referee at any time.

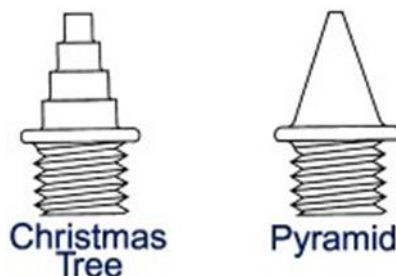
Athletes must wear both their current registration numbers (Bib – front and back) to compete except in the ‘jumping’ events where one bib may be worn on the front or back only. An athlete shall not deface or cut off any advertisement material printed on the issued registration number, the whole of which must be visible. It is the responsibility of all officials of the event to check that athletes are wearing the current registration number correctly.

Every athlete shall be provided with two bibs.

## **SPIKES**

To maximize performance and prevent damage to the Mondo surface, athletes must not use sharp spikes that will penetrate the surface. The only spikes permitted for use on the track are Christmas Tree and pyramid shape variety and must be flat topped. For all training and competition, the spikes must conform to the below rules;

- Track spikes must not exceed 7mm
- Long Jump, Triple Jump & Pole Vault spikes must not exceed 9mm
- Javelin and High jump must not exceed 12mm



## **FIELD EVENTS**

Events that are offered twice on the program are distinguished either by gender or division and athletes may only compete in one as indicated on the program. Divisions for the throws may change and athletes should check the website prior to competition.

Competitors are all entitled to three trials and the top eight (time permitting) an extra three trials in Division A events only if they achieve the A Division qualifying distance in the event.

Division B athletes are only permitted 3 trial attempts – timing permitting any athlete exceeding the A standards will be allowed an additional throw.

Qualifying distances for Division A:

Discus – 30 metres

Javelin – 35 metres

Shot Put – 10 metres

Hammer Throw – 30 metres\*

\*A and B Divisions for Hammer Throw will compete together, however the top 8 male and female athletes, that compete in Division A will receive a further 3 attempts (time permitting) only if they achieve the A Division qualifying distance in that competition.

Age and implement weights specifications can be found at the following sites:

Able body athletes throwing implement weights

<http://athletics.com.au/Portals/56/Competition/Documents/AA%20Specifications%20as%20at%20July%202013%20.pdf>

Para athletes throwing implement weights

<http://athletics.com.au/LinkClick.aspx?fileticket=UAvxrnoBC-g%3d&portalid=56>

(Athletics Australia website reference compete/rules-technical information)

## **HIGH JUMP**

The division indicated on the program is to be determined by the athletes starting height as indicated below:

**Division A:** 1.55m (once this height is achieved athletes are restricted to A Division.)

**Division B:** 1.20m (Depending on numbers this division may be split into two separate competitions)

## **FOR BOTH VERTICAL JUMPS (HIGH JUMP / POLE VAULT)**

Initial bar increments to be 10cm for pole vault and 5cm for high jump and thereafter determined by the Chief Judge or Referee.

An athlete is entitled to continue jumping until they have forfeited their right to compete further.

Unless there is only one athlete remaining, who has won the competition:

- (a) the bar shall never be raised by less than 2cm in the high jump and 5 cm in the pole vault after each round of trials; and
- (b) the increment of the raising of the bar shall never increase; these Rules (IAAF Rules 181.4(a) and (b)) shall not apply once the athletes still competing agree to raise it to a World Record height directly. After an athlete has won the competition, the height or heights to which the bar is raised shall be decided by the athlete, in consultation with the relevant Judge or Referee. IAAF Rules 181 & 200.

Measurement of a new height shall be made before athletes attempt such height.

In all cases of records, the Judges shall also recheck the measurement before each subsequent record attempt if the bar has been touched since last measured.

### **Exceptions**

In both pole vault and high jump, when a competitor is within 5cm of a Western Australian state record or a qualifying standard for Australian Championships or International competition, for which he/she has not already qualified, the competitor may request a rise of a smaller increment and the event then to continue to completion.

### **STARTING TIME OF FIELD EVENTS**

No warm up is to take place at a competition site without an Athletics WA official present to supervise the athletes.

All competitors shall report to the site 15 minutes before the declared start of the event, during which time a warm up will be permitted.

If a competitor has entered a field and track event that are being conducted simultaneously the track event must take precedence. The athlete must seek leave from the field site and once competed in the track event return directly back to the field site.

The officials will make every effort to accommodate the athlete's trials within the confines of the rules.

### **TRACK EVENTS**

Athletes will be selected for heats based on their rankings. Divisions may be filled at the discretion of the Track Marshal.

Lane draws will be released the morning of the competition. Lane draws for a massed start are subject to the Track Marshal's discretion.

Athletes are not permitted to warm up on the main straight or grass infield without approval from the Track Referee or Marshall.

No trials shall be permitted after the Starter or Official in charge has called the competitors to move to their position approximately 3m behind the start line.

Athletes are to marshal at least 10 minutes prior to the start time of their event at the appropriate starting area.

## **STARTING**

Under **16, 18, Under 20 & Open**: Crouch start and blocks must be used for all events up to and including 400m.

Under **14**: Crouch start and blocks are encouraged but optional on their first competition day only.

## **False Start Rule**

Any athlete responsible for a false start shall be disqualified.

If a heat of any event consists entirely of Under 14 athletes the second athlete responsible for the false start will be disqualified – if a mixed age event the first false start will result in disqualification.

## **Field Sizes**

The following are the recommended maximum number of competitors allowed in each track event:

**100m** – 10 Competitors

**200m & 400m** – 9 Competitors

**800m** – 12 Competitors

**1500m** – 16 Competitors

**2000m/3000m Steeple, 3000m/5000m Walk, 3000m & 5000m** – 24 Competitors

Athletics WA reserves the right to decline entry for athletes under the age of 16 years in events over 5000 metres.

## **Hurdle Specification**

Age and hurdles specification can be found at the following Athletics Australia website:

<http://athletics.com.au/Portals/56/Competition/Documents/AA%20Specifications%20as%20at%20July%202013%20.pdf>

## **SPECIAL EVENTS**

Athletes seeking a special event must submit the request at least one week prior to the scheduled competition. Special event approvals are at the sole discretion of Athletics WA.

## **EQUIPMENT**

Athletes wishing to use private implements must have them checked and stamped by the Athletics WA Technical Manager. Implements must be handed in to be weighed no later than one hour before the event. This must be done before every competition.

No other private implements may be taken on to the field until checked.

No private blocks are to be used during the competition, only Athletics WA / Venueswest blocks can be used.

Starting blocks must be used for all races up to and including 400 metres (including 4 x 200m and 4 x 400m relays). (IAAF Rule 162.9). Special consideration given to the U14's, para athletes and masters athletes.

No competition equipment is permitted to be taken away from the designated competition site without approval from an official.

## **MIXED EVENTS**

Athletics WA reserves the right to conduct mixed races for longer middle distance events. (Athletes must advise Athletics WA at least two days prior to the publication of the starting list if a qualification standard attempt is being attempted and a mixed race is not permissible.)

Female athletes wishing to participate in mixed races with the men must firstly gain permission from the Athletics WA no later than one week before the competition date. Athletics WA may grant permission for mixed races depending on the nature of the request.

## **COACHING**

Coaches are not permitted at any time in the competition arena. They must remain outside the competition area or in the prescribed area, unless they are officiating / helping on the event or authorised by an official at that site.

The competition arena is any part of the stadium that is covered by the blue track.

Coaches are allowed on the grassed areas around the stadium but not on the infield.



## **SAFETY**

Competitors and Officials must respect IAAF Rules specifically concerned with safety issues especially in Throwing Events:

**IAAF Rule 180.2** Once a competition has begun, competitors are not permitted to use, for practice purposes:

- The runway or take-off area
- Implements
- The circles or the ground within the sector with or without implements

**IAAF Rule 187.18** After each throw, implements shall be carried back to the circle or runway and never thrown back.

Competitors must not cross the infield area during any athletic competition.

Specifications for all events are detailed separately within this folder.

## **PROTESTS**

Protests relating to matters which develop during the conduct of the program should be made within thirty (30) minutes after the event concludes. In the case of track results, half an hour after the result is posted. The time of the original verbal appeal must be noted.

Any protest shall, in the first instance, be made verbally to the referee by the athlete or by someone acting on their behalf. The referee may decide on the protest or may refer the matter to the Jury. If the referee makes a decision, there shall be the right to appeal to the Jury within 30 minutes.

An application to the Jury of Appeal **MUST** be made in writing and signed by a responsible club official on behalf of the athlete or by the athlete and accompanied by a deposit of \$50.00 before the appeal is heard. The deposit will be forfeited if the appeal is considered to be frivolous or not allowed.

## **RECORDS**

Competitors whose performances are close to existing Records and who require extra watches or Officials for a record attempt, must advise Athletics WA at least two days prior to the event.

Athletics WA has two recognised classifications for State records:

1. State records, which only registered Athletics WA athletes may claim at any sanctioned competition (world-wide).
2. All Comers records, which any athlete who competes at any sanctioned Athletics WA competition is eligible.

Any athlete wishing to claim a State record or State title must have been a permanent resident in Western Australia for 6 months.

Athletics WA State records are updated regularly and found at:

<http://www.waathletics.org.au/Portals/34/Rankings/Records/AWA%20State%20and%20Allcomers%20Records%20updated%20April%202017.pdf>

## **WA ATHLETIC STADIUM**

### **TRAINING**

No training for any event will be permitted prior or during any Athletics WA competition unless special approval is granted.

### **ETIQUETTE**

Athletics WA expects all athletes, coaches and officials to embrace their relevant codes of conduct, which documents the minimum standard of good behaviour. Athletics WA is responsible, and takes this responsibility seriously, for investigating and enforcing our Members Protection Policy.

Training at the WA Athletics Stadium is managed and governed by Venueswest's staff and the following key items are currently of concern during public training sessions. (Athletes and coaches are reminded that our Members Protection Policy standards of behaviour are enforceable at these training sessions.)

Co-operation by all athletes and coaches in the following areas is expected to minimise any potential disruption to their services:

1. Athletes must enter via the reception area and pay the requisite fee;
2. Any equipment borrowed **MUST** be returned to reception area and all hurdles stacked away and away from the competition area;
3. Dogs are **NOT** permitted in the stadium or competition arena; and
4. Comply with all directions given by venue staff.