



2018-19 TRACK & FIELD SEASON HANDBOOK

INTRODUCTION

Welcome to the 2018-19 Go for 2 & 5 Track & Field Season!

This handbook contains key information for members, parents, coaches and officials for the 2018-19 season, including:

1. Season Calendar Dates
2. Event Grid
3. Competition Draft Timetables
 - a. Evening competitions
 - b. Saturday afternoon competitions
 - c. Morning competitions
4. Competition Rules and Regulations

This season competitions will be held on either Friday evenings, Saturday afternoon/evening or Sunday morning, with the occasional Wednesday or Thursday evening competition where a conflicting event is scheduled for the following weekend. As such, there are multiple timetables for different days.

The Season Calendar will give you an indication of the dates on which competition will be held and the draft timetables (Programs A, B, C and D) will provide the schedule and approximate start times of events. The Event Grid details the competition opportunities available for each event.

Athletics WA encourage everyone to read the Competition Rules and Regulations for the 2018-19 Season. Notably:

- Online registration closes before 12pm (midday);
 - Weekday competitions two (2) days before - Program published 4pm on the day before competition
 - Weekend competitions three (3) days before - Program published 4pm on Friday
- No late entries will be permitted in the 2018-19 Season, with the exception of State Championships
- For field event athletes, please note changes to the rules and regulations concerning starting heights and qualifications for further rounds

Please feel free to download the competition brochure for the 2018-19 Track and Field Season Calendar at <http://waathletics.org.au/Participate/Competitions/Track-Field-Competition> or collect a copy at competition from the Technical Information Centre (TIC), which is located underneath the grandstand at the finish line end of the stadium.

Good luck for the 2018-19 Track & Field Season!

Athletics WA

2018-19 GO FOR 2 & 5 TRACK & FIELD SEASON CALENDAR

2018		
DATE	DAY	EVENT
OCT 28	SUN / AM	Track & Field Program A + 10km Race Walk
NOV 2-4	FRI - SUN	Go for 2&5 WA All School Championships
NOV 9	FRI / PM	Track & Field Program B (Douglas Memorial Shield Series 1)
NOV 16	FRI / PM	Track & Field Program C (Douglas Memorial Shield Series 2) Athletics WA 10,000m State Championships
NOV 18	SUN / AM	LAWA Junior Athletics Carnival (WAAS)
NOV 25	SUN / AM	Track & Field Program D (Douglas Memorial Shield Series 3)
NOV 30	FRI / PM	Track & Field Program A
DEC 1	SAT	AWA Open State Relay Championships (held at LAWA State Track & Field Relay Championships)
DEC 2	SUN	Australian 50km Race Walking Championships (Melbourne VIC)
DEC 9	SUN / AM	Track & Field Reduced Program B
DEC 7-9	FRI - SUN	Australian All Schools Championships (Cairns QLD)
DEC 10	MON	National Nitro School Challenge (Cairns QLD)
DEC 13	THUR	2018 Australian 10,000m Championships - Zatopek:10 (Melbourne VIC)
DEC 14	FRI / PM	Track & Field Program C
DEC 20	THUR / PM	Track & Field Reduced Program D
2019		
JAN 5	SAT PM	Track & Field Program A (Douglas Memorial Shield Series 4)
JAN12	SAT AM	Track & Field Program B Athletics WA State Combined Events Championships (Under 15 - Open) Day 1
JAN 13	SUN / AM	Athletics WA State Combined Events Championships (Under 15 - Open) Day 2
JAN 18-20	FRI - SUN	LAWA Country Championships (Albany WA)
JAN 18	FRI / PM	Track & Field Program C
JAN 23	WEDS / PM	Track & Field Program D
JAN 25	FRI / PM	Hunter Track Classic (Newcastle NSW)
JAN 27-28	SAT - SUN	Canberra Festival of Athletics (Canberra ACT)
JAN 27	SUN	IAAF World Cross Country Selection Trials (Stromlo Forrest ACT)
JAN 28	MON	Canberra High Performance Meet (Canberra ACT)
FEB 1	FRI / PM	Track & Field Program A Athletics WA 5,000m State Championships
FEB 8	FRI / PM	Track & Field Program B + 10km State Championship walk
FEB 10	SUN	Australian 20km Race Walking Championships (Adelaide SA)
FEB 15-17	FRI - SUN	Athletics WA State Championships
FEB 23-24	SAT - SUN	LAWA Zones Championships (Various Locations)
FEB 23	SAT	Sydney Track Classic (Sydney NSW)
FEB 23	SAT / PM	Track & Field Reduced Program C Multi Events Competition - Day 1
FEB 24	SUN / AM	Multi Events Competition - Day 2
MAR 2-3	SAT - SUN	Bunbury Geographe Gift
MAR 7	THURS / PM	Track & Field Reduced Program D
MAR 8-10	FRI - SUN	LAWA State Track and Field Championships
MAR 13	WEDS / PM	Track & Field Reduced Program A
MAR 15-17	FRI - SUN	Australian Junior Combined Event Championships Under 15 - Under 18 (Hobart, TAS)
MAR 16	SAT / PM	Perth Track Classic
MAR 22	FRI / PM	Track & Field Program B
MAR 23	SAT	Queensland International Track Classic
MAR 30 - APR 7	SAT - SUN	Australian Track & Field Championships - Junior and Open (Sydney NSW)
APR 22-28	MON - SUN	Coles Australian Little Athletics Championships (Hobart, TAS)
APR 26-29	FRI - MON	Australian Masters Track & Field Championships (Melbourne VIC)
JUN 25-28	TUES - FRI	Oceania Area Championships (Townsville QLD)

2018-19 GO FOR 2 & 5 SEASON EVENT GRID

As at 10 October 2018

AWA 2018-19 SEASON EVENT GRID																											
Date	Day	Program	100m	200m	400m	800m	1500m	3000m	5000m	10km	80/90/100/110mH	200mH	400mH	2km SC	3km SC	Walks	Shot Put	Discus	Javelin	Hammer Throw	Seated Throw	Long Jump	Triple Jump	High Jump	Pole Vault	Heptathlon	Decathlon
28-Oct	Sun	A + 10km walk		X		X		X				X	X			10km	X		X		X	X		x*			
2-4-Nov		All Schools																									
9-Nov	Fri	B	X		X		X				X				X	1500m		X		X			X	x*	X		
16-Nov	Fri	C + SC 10km	X	X		X				X		X	X				X		X		X	X		x*	X		
25-Nov	Sun	D	X		X		X				X			X				X		X			X	x*	X		
30-Nov	Fri	A		X		X		X				X	X				X		X		X	X		x*			
9-Dec	Sun	B	X		X		X				X				X	3km		X		X			X	x*	X		
14-Dec	Fri	C	X	X		X			X			X	X				X		X		X	X		x*	X		
20-Dec	Thurs	D	X		X		X				X			X				X		X			X	x*	X		
5-Jan	Sat	A		X		X		X				X	X				X		X		X	X	X	x*			
12-Jan	Sat	B + SC Multis D1	X		X		X				X				X	5km		X		X			X	x*		X	X
13-Jan	Sun	SC Multis D2																								X	X
18-Jan	Fri	C	X	X		X			X			X	X	X			X		X		X	X		x*	X		
23-Jan	Weds	D	X		X		X				X							X		X			X	x*	X		
1-Feb	Fri	A		X		X		X				X	X				X		X		X	X		x*	X		
8-Feb	Fri	B + SC 10km Walk	X		X		X				X				X	10km		X		X			X	x*			
15-17 Feb	Fri-Sun	WA State Champs																									
23-Feb	Sat	C+ Multis D1	X	X		X			X			X	X		X		X		X		X	X		x*	X	X	X
24-Feb	Sun	Multis D2																								X	X
7-Mar	Thurs	D	X		X		X				X			X				X		X			X	x*	X		
13-Mar	Weds	A		X		X		X				X	X				X		X		X	X		x*	X		
22-Mar	Fri	B	X		X		X				X				X	5km		X		X				x*			
Competition opportunities			13	9	9	9	9	5	3	1	9	9	9	5	6	6	9	9	9	9	9	9	9	9	12	2	2

*High Jump - select division restrictions apply - see the 2018-19 Track & Field Programs for further details

See AWA Competition Rules and Regulations for special event conditions.

2018-19 GO FOR 2 & 5 SEASON TIMETABLES

WEDNESDAY / THURSDAY / FRIDAY EVENING COMPETITIONS

Program A – Week Night					
Track			Field		
6.20pm	400m hurdles	Both	6.15pm	Seated Throws	Mixed
6.35pm	200m hurdles	Both	6.30pm	Shot Put	Women
6.50pm	800m	Women	6.30pm	Javelin	Men
7.05pm	800m	Men	6.30pm	High Jump	Women - Div A
7.20pm	3000m or 5000m	Women	6.30pm	Long Jump	Women
7.40pm	3000m or 5000m	Men	7.30pm	Shot Put	Men
8.00pm	200m	Women	7.30pm	High Jump	Mixed – Div B
8.15pm	200m	Men	7.40pm	Javelin	Women
8.30pm	4 x 100m Relays	Teams/Clubs	7.40pm	Long Jump	Men

Program B – Week Night					
Track			Field		
6.20pm	Walk	Mixed	6.00pm	Pole Vault	Div A or B
6.25pm	80/90m hurdles	Both	6.15pm	Triple Jump	Women
6.40pm	100m hurdles	Both	6.15pm	Discus	Men
6.50pm	110m hurdles	Men	6.30pm	High Jump	Men
7.05pm	400m	Women	7.30pm	Discus	Women
7.20pm	400m	Men	7.40pm	Pole Vault	Div A or B
7.35pm	1500m	Women	7.40pm	Triple Jump	Men
7.50pm	1500m	Men	8.30pm	Hammer Throw	Mixed
8.10pm	100m	Women			
8.35pm	100m	Men			
8.50pm	3000m Steeplechase (91cm)	Men			
9.05pm	3000m Steeplechase (76cm)	Both			

WEDNESDAY / THURSDAY / FRIDAY EVENING COMPETITIONS (CONT.)

Program C – Week Night					
Track			Field		
6.20pm	200m	Women	6.00pm	Pole Vault	Div A or B
6.45pm	200m	Men	6.15pm	Seated Throws	Mixed
7.00pm	3000m or 5000m	Women	6.30pm	Shot Put	Men
7.20pm	3000m or 5000m	Men	6.30pm	Javelin	Women
7.40pm	200m Hurdles	Both	6.30pm	High Jump	Women
7.55pm	400m Hurdles	Both	6.30pm	Long Jump	Men
8.10pm	800m	Women	7.30pm	Shot Put	Women
8.25pm	800m	Men	7.40pm	Javelin	Men
8.40pm	100m	Men	7.40pm	Long Jump	Women
8.55pm	100m	Women	7.40pm	Pole Vault	Div A or B

Program D – Week Night					
Track			Field		
6.20pm	2000m Steeplechase (91cm)	Men	6.00pm	Pole Vault	Div B or A
6.20pm	2000m Steeplechase (76cm)	Women	6.15pm	Triple Jump	Men
6.40pm	100m	Women	6.15pm	Hammer Throw	Mixed
6.55pm	100m	Men	6.30pm	High Jump	Men – Div A
7.15pm	1500m	Women	7.10pm	Discuss	Men
7.30pm	1500m	Men	7.40pm	Pole Vault	Div A or B
7.50pm	80/90m hurdles	Both	7.40pm	Triple Jump	Women
8.05pm	100m hurdles	Both	8.15pm	Discus	Women
8.20pm	110m hurdles	Men			
8.30pm	400m	Women			
8.45pm	400m	Men			

Please note timetables are subject to change and athletes should check the final timetable prior to competition.

2018-19 GO FOR 2 & 5 SEASON TIMETABLES

SATURDAY AFTERNOON COMPETITIONS

Program A – Saturday Afternoon					
Track			Field		
3.30pm	400m hurdles	Both	3.30pm	Seated Throws	Mixed
3.45pm	200m hurdles	Both	3.45pm	Shot Put	Women
4.00pm	800m	Women	3.45pm	Javelin	Men
4.15pm	800m	Men	3.45pm	High Jump	Women – Div A
4.30pm	3000m or 5000m	Women	3.45pm	Long Jump	Women
4.50pm	3000m or 5000m	Men	4.45pm	Shot Put	Men
5.10pm	200m	Women	4.45pm	High Jump	Mixed – Div B
5.55pm	200m	Men	4.50pm	Javelin	Women
6.10pm	4 X 100m Relays	Teams/Clubs	4.50pm	Long Jump	Men

Program B – Saturday Afternoon					
Track			Field		
4.20pm	Walk	Both	4.00pm	Pole Vault	Div A or B
4.25pm	80/90m hurdles	Both	4.15pm	Triple Jump	Women
4.40pm	100m hurdles	Both	4.15pm	Discus	Men
4.50pm	110m hurdles	Men	4.30pm	High Jump	Men
5.05pm	400m	Women	5.30pm	Discus	Women
5.20pm	400m	Men	5.40pm	Pole Vault	Div A or B
5.35pm	1500m	Women	5.40pm	Triple Jump	Men
5.50pm	1500m	Men	6.30pm	Hammer Throw	Mixed
6.10pm	100m	Women			
6.35pm	100m	Men			
6.50pm	3000m Steeplechase (91cm)	Men			
7.05pm	3000m Steeplechase (76cm)	Both			

SATURDAY AFTERNOON COMPETITIONS (CONT.)

Program C – Saturday Afternoon					
Track			Field		
3.30pm	200m	Women	3.30pm	Pole vault	Div A or B
4.45pm	200m	Men	3.30pm	Seated Throws	Mixed
5.00pm	3000m or 5000m	Women	3.45pm	Shot Put	Men
5.20pm	3000m or 5000m	Men	3.45pm	Javelin	Women
5.40pm	200m Hurdles	Both	3.45pm	High Jump	Women
5.55pm	400m Hurdles	Both	3.45pm	Long Jump	Men
6.10pm	800m	Women	4.45pm	Shot Put	Women
6.25pm	800m	Men	4.45pm	Javelin	Men
6.40pm	100m	Men	4.50pm	Long Jump	Women
7.15pm	100m	Women	4.50pm	Pole Vault	Div A or B

Program D – Saturday Afternoon					
Track			Field		
4.20pm	2000m Steeplechase (91cm)	Men	4.00pm	Pole Vault	Div A or B
4.20pm	2000m Steeplechase (76cm)	Women	4.15pm	Triple Jump	Men
4.40pm	100m	Women	4.15pm	Hammer Throw	Mixed
4.55pm	100m	Men	4.30pm	High Jump	Men – Div A
5.15pm	1500m	Women	5.30pm	Discus	Men
5.30pm	1500m	Men	5.40pm	Pole Vault	Div A or B
5.50pm	80/90m hurdles	Both	5.40pm	Triple Jump	Women
6.05pm	100m hurdles	Both	6.30pm	Discus	Women
6.20pm	110m hurdles	Men			
6.30pm	400m	Women			
6.45pm	400m	Men			

Please note timetables are subject to change and athletes should check the final timetable prior to competition.

2018-19 GO FOR 2 & 5 SEASON TIMETABLES

SATURDAY / SUNDAY MORNING COMPETITIONS

Program A – Weekend Morning					
Track			Field		
9.20am	400m hurdles	Both	9.15am	Seated Throws	Mixed
9.35am	200m hurdles	Both	9.30am	Shot Put	Women
9.50am	800m	Women	9.30am	Javelin	Men
10.05am	800m	Men	9.30am	High Jump	Women-Div A
10.20am	3000m or 5000m	Women	9.30am	Long Jump	Women
10.20am	3000m or 5000m	Men	10.30am	Shot Put	Men
11.00am	200m	Women	10.30am	High Jump	Mixed-Div B
11.15am	200m	Men	10.40am	Javelin	Women
11.30am	4 x 100m relay	Teams/Clubs	10.40am	Long Jump	Men

Program B – Weekend Morning					
Track			Field		
9.20am	Walk	Mixed	9.00am	Pole Vault	Div A or B
9.25am	80/90m hurdles	Both	9.15am	Triple Jump	Women
9.40am	100m hurdles	Both	9.15am	Discus	Men
9.50am	110m hurdles	Men	9.30am	High Jump	Men
10.05am	400m	Women	10.30am	Discus	Women
10.20am	400m	Men	10.40am	Pole Vault	Div A or B
10.35am	1500m	Women	10.40am	Triple Jump	Men
10.50am	1500m	Men	10.30am	Hammer Throw	Mixed
11.10am	100m	Women			
11.35am	100m	Men			
11.50am	3000m Steeplechase (91cm)	Men			
12.05pm	3000m Steeplechase (76cm)	Both			

SATURDAY / SUNDAY MORNING COMPETITIONS (CONT.)

Program C – Weekend Morning					
Track			Field		
9.00am	200m	Women	9.00am	Pole Vault	Div A or B
9.15am	200m	Men	9.15am	Seated Throws	Mixed
9.30am	3000m or 5000m	Women	9.30am	Shot Put	Men
9.50am	3000m or 5000m	Men	9.30am	Javelin	Women
10.10am	400m Hurdles	Both	9.30am	High Jump	Women
10.25am	200m Hurdles	Both	9.30am	Long Jump	Men
10.40am	800m	Women	10.30am	Shot Put	Women
10.55am	800m	Men	10.40am	Javelin	Men
11.10am	100m	Men	10.40am	Long Jump	Women
11.25am	100m	Women	10.40am	Pole Vault	Div A or B

Program D – Weekend Morning					
Track			Field		
9.20am	2000m Steeplechase (91cm)	Men	9.00am	Pole Vault	Div B or A
9.20am	2000m Steeplechase (76cm)	Women	9.15am	Triple Jump	Men
9.40am	100m	Women	9.15am	Hammer Throw	Mixed
9.55am	100m	Men	9.30am	High Jump	Men – Div A
10.15am	1500m	Women	10.10am	Discus	Men
10.30am	1500m	Men	10.40am	Pole Vault	Div A or B
10.50am	80/90m hurdles	Both	10.40am	Triple Jump	Women
10.05am	100m hurdles	Both	11.15am	Discus	Women
11.20am	110m hurdles	Men			
11.30am	400m	Women			
11.45am	400m	Men			

Please note timetables are subject to change and athletes should check the final timetable prior to competition.

2018-19 GO FOR 2 & 5 TRACK AND FIELD SEASON COMPETITION RULES & REGULATIONS

Athletics WA staff and officials are responsible for the programming and conduct of the Go for 2 & 5 Track & Field Season Competitions 2018 -19 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 2018 – 2019 Track & Field 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.

It is important to note, that **NO late entries** will be accepted during the 2018-19 season, other than for State Championships events.

COMPETITION ENTRY PROCESS

The competition entry process is:

- Competitors must be members of Athletics WA to compete;
- Enter online before 12pm (midday);
 - Weekday competitions two (2) days before - Program published 4pm on the day before competition
 - Weekend competitions three (3) days before - Program published 4pm on Friday
- 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 your first competition 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.

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.

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.

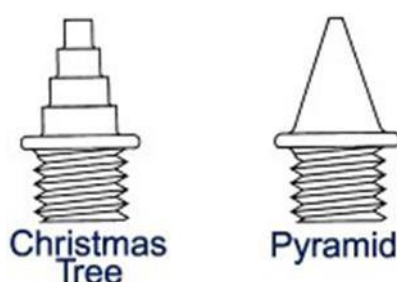
Athletes must wear both their current registration numbers (Bib – front and back) to compete except in the 'jumping' events where one bib may be worn on the front or back only. An athlete shall not deface or cut off any advertisement material printed on the issued registration number, the whole of which 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 maximise performance and prevent damage to the Mondo surface, athletes must not use sharp spikes. 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



ANY ATHLETE MARKING THE TRACK SURFACE BY SCRATCHING THE TRACK WITH THEIR SPIKES MAY BE DISQUALIFIED FROM THE COMPETITION.

FIELD EVENTS

The 2018/19 Track & Field Season Calendar has changed from previous years and athletes are requested to check the A, B, C and D published programs.

The competition programs can be found at:

<http://waathletics.org.au/Participate/Competitions/Track-Field-Competition>

The major change to the program is some events are now divided into women and men, regardless of ability. As such the top eight (8) competitors will be awarded the additional three (3) jumps/throws. That is, the top eight (8) who have achieved the furthest distance regardless of implement weight or age.

The awarding of the extra three (3) jumps/throws for mixed events will again be based on the furthest distance regardless, gender, age or implement weight.

The implement weights for competition under Athletics Australia Rules can be found at the end of this document or at <http://athletics.com.au/Compete/Rules-Technical-Information/Implement-Weights-and-Specifications>

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 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. 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.

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 will then 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.

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.

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.

The hurdle specifications for competition under Athletics Australia Rules can be found at the end of this document or at: <http://athletics.com.au/Compete/Rules-Technical-Information/Implement-Weights-and-Specifications>

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.

With exception for events restricted to under 14 athletes one (1) false start will be allowed. The next athlete to false start will be disqualified.

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

RECORDS

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

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). With special consideration given to the U14's, para athletes and masters athletes.

MIXED EVENTS

Athletics WA reserves the right to conduct mixed races for longer middle distance events. (Athletes must advise Athletics WA after publication of the starting list if a qualification standard attempt is being attempted.)

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.

The 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

WA ATHLETIC STADIUM – TRAINING

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