

IMPORTANT ATHLETE INFORMATION

Declarations

- Declarations will open at 8.30am
- You must report to the Declaration Area (in the wooden gym room) at least one hour before your first event where you will be issued with competition numbers.
- Declare all your events at the same time.
- **Declarations will close at 12:30pm.**
- Meeting Managers will make final decisions on late declarations.

Track

- Track event athletes will go to the call room 10min before the race.
- All athletes will go to the call room ready to race.
- If you have any disputes on finals, please raise this with the Meeting Manager.
- Track events take precedence over field events
- Progression from Heats to Finals will be as follows:
 - Sprints (up to 400m) & Hurdles:
 - 2 heats – first two and two fastest losers
 - 3 heats – first and three fastest losers
 - 4 heats – six fastest times
 - 800m (U15 & U17) - where there are two heats, first two and four fastest losers will make the final.
 - 600m and 800m (U11 & U13) – athletes are not allowed to compete in heats and finals in the same day. Instead of heats, each race will be run as a final and trophies will be awarded to the top three in each race (so multiple “winners” of the 600m and 800m if numbers allow).
- Athletes must arrive at the call room time or will not be allowed to run in the track event.
- If you have any disputes on finals please raise this with the Meeting Manager
- Track events take precedence over field events
- Athletes who qualify for a final and do not run cannot take part in subsequent events in the timetable.

Field

- Field event athletes will assemble at the event areas at the time stated on the timetable.
- Three trials per event, except in the following cases:
 - High Jump and Pole Vault where usually rules apply.
- Please do not obstruct competitions already in progress
- Do not take practice throws or jumps unless told to do so by an event official.
- If your Field event is taking place at the same time as your Track event, the Track event must take precedence.

- If you have reported to the Field event official before going to your Track Event, the official will allow you to return to the field event and reenter **at the height, or round of competition reached at that point in time** (you may therefore have missed a jump/height).