

ATHLETICS

Venue

Highfields Sports Field

Organising Table

Derby Merlin 998

Registration

12:00 Noon

Start Time

13:00



Rules

There will be three events to the Athletics Competition - 100 metres sprint, 400 metres and Shot Putt. Each Area must enter a competitor in each event to score entry points and be eligible to score points in the overall competition. A Team is therefore three people.

Dependent on the number of entrants, heats will be held for each event. The first and second in each heat and a number of best qualifiers from the heats will go forward to contest the finals depending on numbers entering.

100 Metres & 400 Metres

Semi-finals of 8 contestants each will be run and the first 3 from each semi-final and the next two fastest runners will contest the final. If eight or fewer entries are received, the event will become a straight final. Athletes will be disqualified from the competition if they have two false starts, leave their designated lane (unless due to a fall) or trip an opponent. If an athlete is tripped, he will be offered a place in a subsequent heat. If the incident occurs in the final heat, he will be offered the opportunity of running against the clock. If an athlete is tripped in the Final, he will have no recourse to further action.

Shot Putt

The shot putt circle is 7 feet in diameter. The landing area is a 40 degree sector. The thrower must begin the throw from a stationary position within the circle and leave it under control after the implement has landed. The thrower must leave from the rear half of the circle.

The shot must be "Putt" (or pushed) from the shoulder with only one hand. In order to ensure that it is putt, it must be kept close to the throwers neck and not taken from behind the line of the shoulders.

The Event Convenor will act as referee and settle any disputes that may arise. Mitch Robinson, NSW 2008 Sports Convenor, will perform final arbitration