

NSW COUNTRY CHAMPIONSHIPS

1. ENTRIES

- 1.1 Athletes competing in the senior component of the Championships must be registered as on Open, Concession, Dual or Regional Member with Athletics NSW for the 2021/22 season;
 - i. through membership of a Country Athletics Club. A Country Club is an ANSW affiliated club, with its main training or competition venue more than 75km by road from the Sydney GPO.
 - ii. as an independent athlete from country areas, as defined above.
 - iii. as a masters athlete from country areas currently registered with NSW Masters Athletics.
- 1.2 Athletes competing in the Little Athletics component of the Championships must be registered with a Little Athletics NSW country centre for the 2021/22 season.
- 1.3 All athletes must wear their relevant club uniform.
- 1.4 Age groups for the senior component of the Championships are;

• Under 13	• 30-39 years
• Under 14	• 40-49 years
• Under 15	• 50-59 years
• Under16	• 60-69 years
• Under 17	• 70-79 years
• Under 18	• 80-89 years
• Under 20	• 90+ years
• Opens	
- 1.5 Age for all senior divisions is determined by the age you will be by December 31, 2022.
- 1.6 Age groups for the Little Athletics NSW component of the Championships are;
 - Under 9
 - Under 10
 - Under 11
- 1.7 The age group is determined by the age you will be by December 31, 2021.
- 1.8 Entry for the NSW Country Championships will be available online only. Individual entry costs \$20 for the first event and \$10 each subsequent event, capped at \$100.
- 1.9 Entries close at **10am Wednesday, 12th January 2022**. Late entries will be considered on a case by case basis and at the discretion of the Competition Manager. Late entries will attract a fee of \$35 per event.

- 1.10 Entry fees and merchandise payments are non-refundable. In the event attendance is affected by a change to the Public Health Order, refunds will be considered on a case by case basis.
- 1.11 Athletes are not permitted to compete in more than one age group in the same event. Athletes who wish to compete up an age group may do so (providing they are eligible, see rules 1.4 & 1.6), but cannot also compete in their own age group. Example: a 17 year old boy may compete in the U20 shot put but cannot also compete in the U18 shot put. For the purpose of this rule the following events are considered to be the same event: 3000m & 5000m; straight hurdles; 200m H & 400m H; 3000m Walk & 5000m Walk.
- 1.12 Athletes 12 years and younger must not compete in the 200m hurdles. Athletes 13 years and younger are not permitted to compete in the 5000m and 400m hurdles. Athletes 15 years and younger are not permitted to compete in the 400m hurdles.
- 1.13 All Athletes must check the entry lists and final timetable which will be posted on the ANSW website after the close of entries. It is each athlete's responsibility to check the start time of their event ahead of the competition date.

2. RULES AND PROCEDURES

Please refer to the Athletics NSW State Championship procedures and the amendments/additions as printed below.

- 2.1 All athletes in TRACK events must report to athlete check in to advise of their intention to compete at least sixty (60) minutes before the scheduled starting time of the event. Failure to check in may result in the athlete being scratched from the event by the Technical Delegate.
- 2.2 Heat allocations and lane draws for track events will be conducted 60 minutes before the scheduled starting time of an event. When it is found that heats are not required, the final will be run at the heat time.
- 2.3 Once checked in, TRACK athletes must report to the start of their event at least ten (10) minutes prior to the scheduled start time of the event.
- 2.4 Athletes in FIELD EVENTS are to report to the start of their event at least twenty (20) minutes prior to the scheduled start time of the event, to allow warm-ups to be completed. Athletes who report later may get fewer warm up attempts.
- 2.5 Starting blocks must be used for all events up to and including 400m except as provided for in the IPC and WMA Rules, and for athletes in the U9, U10 and U11 age groups. Only blocks provided by the venue may be used.
- 2.6 Spikes must be no longer than 9mm for High Jump and Javelin, or 7mm for other events. Athletes are reminded of World Athletics Technical Rule 5 in relation to approved competition shoes. The World Athletics Shoe Compliance

List can be found [here](#). It is the athletes responsibility to ensure their shoes are compliant. Athletes competing in illegal shoes may be disqualified.

- 2.7 In all FIELD events (except for the high jump and pole vault) where there are more than eight athletes, each athlete will be allowed three attempts. The eight athletes with the best valid performances will be allowed one further attempt. Athletes in the U9, U10, and U11 age groups are only allowed three attempts each.
- 2.8 A DRAFT timetable is available on the ANSW website, however events may be held earlier than programmed at the discretion of the Meeting Manager.
- 2.9 Relay entries will be accepted from Club or Regional teams. Entries must be submitted no later than 90 minutes prior to the scheduled start time. Relay entry forms will be available from athlete check- in.
- 2.10 The increments for both High Jump and Pole Vault are to be determined by the referee and communicated online in advance of the event.
- 2.11 The minimum triple jump take off board is 5 metres and the minimum long jump board is 2 metres.
- 2.12 Lane draws and qualification in track events:
 - 2.12.1 In events where heats are held, as far as possible, not less than eight (8) athletes will advance to the finals.
 - i. If there are two (2) heats - then 1st, 2nd, & 3rd from each heat and fastest others qualify.
 - ii. If there are three (3) heats - then 1st & 2nd from each heat and fastest others qualify.
 - iii. If there are four (4) or more heats, winners from each heat and fastest others qualify.
 - 2.12.2 For events between 100m to 800m inclusive, using 8 lanes, lanes will be drawn as follows:
 - i. In the first round, athletes will be allocated to heats based on advice of best times this season. A draw by lot will be made for the order of heats and the lane of each athlete.
 - ii. For the final, athletes will be ranked according to their positions and times in the previous round.
 - iii. Then three draws will be made:
 - one for the four highest ranked athletes or teams to determine placings in lanes 3, 4, 5 and 6.
 - another for the fifth & sixth ranked athletes or teams to determine placings in lane 7 and 8, and
 - another for the two lowest ranked athletes or teams to determine placings in lanes 1 or 2.

- 2.13 Country Championship medals will be available for collection at the conclusion of each event. Medals not collected during the weekend will not be forwarded to clubs or individuals.
- 2.14 If an athlete is entered in both a track and field event held at the same time (or two field events), the athlete may move between the two events. An athlete may be allowed to take a trial in field events in a different order in all except the final round of competition. If an athlete misses their attempt and the competition continues into the next round, the athlete will be deemed to have passed that attempt. **Please note, the Little Athletics rule of track taking precedent over field does not apply. Athletes will need to manage their own events and liaise with event officials.**
- 2.15 The false start rule, which is now in place internationally, will be adhered to at the NSW Country Championships. Athletics Australia has introduced a dispensation for athletes under 14 and for athletes in masters events. To dispel confusion, the false start rule will be as follows;
- i. U14 age groups: any athlete responsible for a false start shall be warned. Only one false start per race shall be allowed. Any athlete that causes the second false start in the race will be disqualified.
 - ii. U20, U18, U16 age groups: immediate disqualification of any athlete causing a false start (one false start incurs disqualification).
 - iii. Masters age groups: if competing in a masters event, each athlete will be permitted one false start per race and an athlete will be disqualified if they false start on a second occasion.

Please note: if an athlete competes up an age group, they will compete under the rule for that particular age group.

3. AWARDS

Points to be allocated as follows; seven (7) points for first, five (5) points for second, four (4) points for third, three (3) points for fourth, two (2) points for fifth, one (1) point for sixth.

THE HOOPER CUP

Shall be awarded to the Club gaining the most points in the Masters, Open, Under 20, Under 18, Under 17, Under 16, Under 15, Under 14, and Under 13 male and female events at the NSW Country Championships.