



# ***ATHLETICS WEST***

## **2020-21 GO FOR 2 & 5 TRACK AND FIELD SEASON HANDBOOK**

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With thanks to our partners



Department of  
Local Government, Sport  
and Cultural Industries

**Go for 2&5<sup>®</sup>**  
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## INTRODUCTION

Welcome to the 2020-21 Go for 2 & 5 Track and Field Season.

This handbook contains key information for members, parents, coaches, and officials for the 2020-21 Go for 2 & 5 Track and Field Season, including:

1. Membership Options
2. Season Calendar
3. Event Grid
4. Competition Draft Timetables
5. Competition Rules and Regulations
6. Relevant Policies

Go for 2 & 5 competitions are held mostly on Friday evenings, with some Saturday afternoons and the occasional Wednesday evening competition (where a conflicting event is scheduled for the following weekend).

The Season Calendar outlines the dates on which competition will be held and the Competition Draft Timetables (Programs A, B, C and D) provide the schedule and approximate start times of events. The Draft Timetable will be available on the event registration portal when you register for each competition and the Final Timetable will be published as detailed in the Rules and Regulations.

We encourage you to visit our website for full information on membership, competition, and frequently asked questions.

We hope you enjoy the 2020-21 Go for 2 & 5 Track and Field Season.

Athletics West

## MEMBERSHIP OPTIONS

To compete in the Go for 2 & 5 Track and Field Season events, athletes must register with Athletics West as a member of an affiliated senior club, or as an independent member.

Membership is open for athletes turning 12 years of age by the 31 December 2021.

The competition entry fee is payable at the time of registering for each competition of the Go for 2 & 5 Track and Field Season. Please note competition entry is completed online and for most competitions entry closes at midnight on the Wednesday prior to the competition. No late entries are accepted for weekly competitions and late entries are only accepted for State Championship events where a lane/position is available in the event.

### CLUB MEMBERS

There are many advantages of joining a senior club, including a reduced competition entry fee (\$18 per competition for club members, \$25 for independent members). Clubs often offer a range of benefits, such as training/coaching options and facilities access along with community and social activities to become involved with.

Club members are eligible to compete in State Relay Championships and the Douglas Memorial Shield Club vs Club competition.

Browse our [Club Hub](#) to find your local club.

### INDEPENDENT MEMBERS

The Independent Membership offers athletes the opportunity to participate without joining a club. This membership provides flexibility for athletes who do not compete regularly or do not require the benefits offered by being a club member.

Independent members **MUST** compete in the Athletics West Independent uniform. You can purchase a singlet or crop top at <https://www.idathletic.com/product-category/athletics/athletics-wa/independent-uniform/>.

Please note the competition fee for independent members is \$25 per competition.

### MASTERS

Athletes registered with Masters Athletics WA are welcome to compete at Go for 2 & 5 Track and Field Season events, through our dual membership options. If you are already registered with Masters Athletics WA, you can upgrade your membership to compete at Athletics West events at <https://www.revolutionise.com.au/mawa/registration/>.

If you competed at Go for 2 & 5 Track and Field Season events in 2019-20, please select the **renew** function when upgrading your membership.

Masters Athletics WA athletes must compete in their MAWA uniform.

#### SURF LIFE SAVING WA AND TRIATHLON WA MEMBERS

Current members of Surf Life Saving WA and Triathlon WA clubs and programs can join Athletics West as dual members through the Athletics West Independents portal at <https://www.revolutionise.com.au/awai/registration/>

SLSWA and TriWA Dual Members MUST compete in the Athletics West Independent uniform. You can purchase a singlet or crop top at <https://www.idathletic.com/product-category/athletics/athletics-wa/independent-uniform/>.

#### CLUB TRANSFERS

If you would like to change clubs for the 2020-21 Season, please email [admin@athleticswest.com.au](mailto:admin@athleticswest.com.au) and detail the club you were registered with for the 2019-20 Season and the club you would like to transfer to for the 2020-21 Season.

## 2020-21 CALENDAR

<b>2020</b>		
<b>DATE</b>	<b>DAY</b>	<b>EVENT</b>
AUG 25	TUES / PM	Nitro Schools Challenge (WA)
SEP 19-20	SAT-SUN	Athletics West North West Regional Championships
OCT 3	SAT / AM	Go for 2 & 5 Warm up Meet
OCT 9	FRI / PM	Go for 2 & 5 Program A
<b>OCT 10</b>	<b>SAT AM</b>	<b>Athletics West Para Come and Try Day</b>
OCT 16	FRI	Primary School Championships
OCT 17	SAT / PM	Go for 2 & 5 Program B
OCT 23	FRI / PM	Go for 2 & 5 Program C incorporating <b>State 10,000m Championships</b>
<b>OCT 30–NOV 1</b>	<b>FRI – SUN</b>	<b>WA All Schools Championships</b>
NOV 6	FRI / PM	Go for 2 & 5 Program D
NOV 13	FRI / PM	Go for 2 & 5 Program A
NOV 18	WED / PM	Go for 2 & 5 Program B
NOV 21-22	SAT	WA Little Athletics Combined Events Championships Day 1 / Senior Combined Events
	SUN	WA Little Athletics Combined Events Championships Day 2 / Senior Combined Events
NOV 27	FRI / PM	Go for 2 & 5 Program C
DEC 4	FRI / PM	Go for 2 & 5 Program D incorporating the Douglas Memorial Shield (DMS)
DEC 11	FRI / PM	Go for 2 & 5 Program A incorporating the Douglas Memorial Shield (DMS)
DEC 12	SAT	Athletics West State Relay Championships
DEC 18	FRI / PM	Go for 2 & 5 Program B
<b>2021</b>		
JAN 8	FRI / PM	Go for 2 & 5 Program C
<b>JAN 15-17</b>	<b>FRI – SUN</b>	<b>WA Country Championships incorporating Go for 2 &amp; 5 Special Program (Bunbury)</b>
JAN 22	FRI / PM	Go for 2 & 5 Program D
<b>JAN 30-31</b>	<b>SAT PM</b>	<b>WA Combined Events Championships Day 1 incorporating Go for 2 &amp; 5 Program A</b>
	<b>SUN AM</b>	<b>WA Combined Events Championships Day 2 Little Athletics Transition Clinics</b>
FEB 5	FRI / PM	Go for 2 & 5 Program B incorporating State 5000m Championships
<b>FEB (TBC)</b>		<b>Australian Combined Events Championships</b>
FEB 10 or 12	WED or FRI	Go for 2 & 5 Program C (date TBC)
<b>FEB (TBC)</b>		<b>Perth Track Classic</b>
<b>FEB 19-21</b>	<b>FRI – SUN</b>	<b>WA State Track &amp; Field Championships</b>
FEB 24	WED / PM	Go for 2 & 5 Program D
<b>FEB 27-28</b>	<b>SAT / SUN</b>	<b>WA Little Athletics State Championship Qualifiers (formerly LAWA Zones)</b>
MAR 5	FRI / PM	Go for 2 & 5 Program A
MAR 12	FRI / PM	Go for 2 & 5 Program B
<b>MAR 19-21</b>	<b>FRI – SUN</b>	<b>WA Little Athletics State Championships</b>
MAR 26	FRI / PM	Go for 2 & 5 Program C
<b>MAR 27-28</b>	<b>SAT / SUN</b>	<b>Masters Athletics WA State Championship</b>
APR 1	THU / PM	Go for 2 & 5 Program D
<b>APR (TBC)</b>		<b>Australian Track and Field Championships – Junior and Open</b>
<b>APR (TBC)</b>		<b>Australian Little Athletics Championships (VIC)</b>

## EVENT GRID - TRACK

Date	Day	Program	60m	100m	200m	400m	800m	1500m	3000m	5000m	10000m	800/90/100 /110m H	200mH	400mH	2km SC	3km SC	WALK
OCT 3	Sat	Go for 2 & 5 Warm up Meet	X		150m		600m	Mile									
OCT 9	Fri	Go for 2 & 5 Program A		X		X		X				X			X		
OCT 17	Sat	Go for 2 & 5 Program B	X		X		X		X				X	X			5000m
OCT 23	Fri	Go for 2 & 5 Program C + State 10,000m Championship		X		X		X			X	X				X	
OCT 30 - NOV 1	Fri-Sun	Go for 2 & 5 WA All Schools Championships															
NOV 6	Fri	Go for 2 & 5 Program D			X		X		X				X	X			3000m
NOV 13	Fri	Go for 2 & 5 Program A		X		X		X				X			X		
NOV 18	Wed	Go for 2 & 5 Program B	X		X		X			X			X	X			5000m
Nov 21	Sat	LA Combined Events Championships incorporating Combined Events Competition Day 1															
Nov 22	Sun	LA Combined Events Championships incorporating Combined Events Competition Day 2															
NOV 27	Fri	Go for 2 & 5 Program C		X		X		X				X				X	
DEC 4	Fri	Go for 2 & 5 Program D + DM Shield Day 1			X		X		X				X	X			3000m
DEC 11	Fri	Go for 2 & 5 Program A + DM Shield Day 2		X		X		X				X			X		
DEC 12	Sat	Athletics West State Relay Championships															
DEC 18	Fri	Go for 2 & 5 Program B	X		X		X			X			X	X			5000m
JAN 8	Fri	Go for 2 & 5 Program C		X		X		X				X				X	
JAN 15-17	Fri-Sun	WA Country Championships incorporating Go for 2 & 5 Special Program (Bunbury)															
JAN 22	Sat	Go for 2 & 5 Program D			X		X		X				X	X			3000m
JAN 30	Sat	WA Combined Event Championships Day 1 + Go for 2 & 5 Program A		X		X		X		X		X			X		
JAN 31	Sun	WA Combined Event Championships Day 2 + Little Athletics Transition Clinics															
FEB 5	Fri	Go for 2 & 5 Program B + State 5,000m Championship	X		X		X			X			X	X			5000m
FEB 10	Wed	Go for 2 & 5 Program C		X		X		X				X				X	
FEB TBC	TBC	Perth Track Classic															
FEB 19-21	Fri-Sun	WA State Track and Field Championships (inc State 10,000m Walk)		X	X	X	X	X	X			X	X	X	X	X	10000m
FEB 24	Wed	Go for 2 & 5 Program D			X		X			X			X	X			3000m
MAR 5	Fri	Go for 2 & 5 Program A		X		X		X				X			X		
MAR 12	Fri	Go for 2 & 5 Program B	X		X		X			X			X	X			5000m
MAR 26	Fri	Go for 2 & 5 Program C		X		X		X				X				X	
APR 1	Thu	Go for 2 & 5 Program D			X		X		X				X	X			3000m

## EVENT GRID – FIELD

Date	Day	Program	SP	DT	JAV	HT	Seated Throw	Long Jump	Triple Jump	High Jump	Pole Vault	HEP	DEC
OCT 3	Sat	Go for 2 & 5 Warm up Meet	X		X			X		X			
OCT 9	Fri	Go for 2 & 5 Program A	M	M	W	W	X		X	M - Div B W - Div A			
OCT 17	Sat	Go for 2 & 5 Program B	W	W	M	M		X		M - Div A W - Div B	Div B		
OCT 23	Fri	Go for 2 & 5 Program C + State 10,000m Championship	M	M	W	W	X		X	M - Div B W - Div A			
OCT 30 - NOV 1	Fri-Sun	Go for 2 & 5 WA All Schools Championships											
NOV 6	Fri	Go for 2 & 5 Program D	W	W	M	M		X		M - Div A W - Div B	Div B		
NOV 13	Fri	Go for 2 & 5 Program A	M	M	W	W	X		X	M - Div B W - Div A			
NOV 18	Wed	Go for 2 & 5 Program B	W	W	M	M		X		M - Div A W - Div B	Div B		
Nov 21	Sat	LA Combined Events Championships incorporating Combined Events Competition Day 1										X	X
Nov 22	Sun	LA Combined Events Championships incorporating Combined Events Competition Day 2										X	X
NOV 27	Fri	Go for 2 & 5 Program C	M	M	W	W	X		X	M - Div B W - Div A			
DEC 4	Fri	Go for 2 & 5 Program D + DM Shield Day 1	W	W	M	M		X		M - Div A W - Div B	Div B		
DEC 11	Fri	Go for 2 & 5 Program A + DM Shield Day 2	M	M	W	W	X		X	M - Div B W - Div A	Div A		
DEC 12	Sat	Athletics West State Relay Championships											
DEC 18	Fri	Go for 2 & 5 Program B	W	W	M	M		X		M - Div A W - Div B	Div B		
JAN 8	Fri	Go for 2 & 5 Program C	M	M	W	W	X		X	M - Div B W - Div A	Div A		
JAN 15-17	Fri -Sun	WA Country Championships incorporating Go for 2 & 5 Special Program (Bunbury)											
JAN 22	Sat	Go for 2 & 5 Program D	W	W	M	M		X		M - Div A W - Div B	Div B		
JAN 30	Sat	WA Combined Event Championships Day 1 + Go for 2 & 5 Program A	M	M	W	W	X		X	M - Div B W - Div A	Div A	X	X
JAN 31	Sun	WA Combined Event Championships Day 2 + Little Athletics Transition Clinics										X	X
FEB 5	Fri	Go for 2 & 5 Program B + State 5,000m Championship	W	W	M	M		X		M - Div A W - Div B	Div B		
FEB 10	Wed	Go for 2 & 5 Program C	M	M	W	W	X		X	M - Div B W - Div A	Div A		
FEB TBC	TBC	Perth Track Classic											
FEB 19-21	Fri-Sun	WA State Track and Field Championships (inc State 10,000m Walk)	X	X	X	X	X	X	X	X	X		
FEB 24	Wed	Go for 2 & 5 Program D	W	W	M	M		X		M - Div A W - Div B	Div B		
MAR 5	Fri	Go for 2 & 5 Program A	M	M	W	W	X		X	M - Div B W - Div A	Div A		
MAR 12	Fri	Go for 2 & 5 Program B	W	W	M	M		X		M - Div A W - Div B	Div B		
MAR 26	Fri	Go for 2 & 5 Program C	M	M	W	W	X		X	M - Div B W - Div A	Div A		
APR 1	Thu	Go for 2 & 5 Program D	W	W	M	M		X		M - Div A W - Div B	Div B		

## DRAFT TIMETABLES

Warm up Meet – Saturday 3 October 2020					
Track			Field		
3:00pm	300m	Women	3:00pm	Javelin Throw	Women
3:15pm	300m	Men	3:00pm	High Jump	Men
3:35pm	60m U11 Only	Both	3:35pm	Shot Put	Men
3:50pm	60m	Women	3:50pm	Long Jump	Women
4:00pm	60m	Men	4:35pm	Long Jump U11 Only	Both
4:35pm	600m	Women	4:45pm	Javelin Throw	Men
4:45pm	600m	Men	4:45pm	High Jump	Women
5:00pm	150m	Women	5:10pm	Shot Put	Female
5:10pm	150m	Men	5:25pm	Shot Put U11 Only	Both
5:25pm	Mile	Women	5:25pm	Long Jump	Male
5:45pm	Mile	Men			

Program A – Friday 9 October 2020					
Track			Field		
6:15pm	2000m Steeplechase 91.4cm	Men	6:00pm	Seated Throws*	Both
6:25pm	2000m Steeplechase 84cm	Men	6:00pm	Discus	Men
6:35pm	2000m Steeplechase 76.2cm	Both	6:15pm	Triple Jump	Men
6:50pm	100m	Men	6:30pm	High Jump	Women – Div A
7:05pm	100m	Women	7:15pm	Javelin	Women
7:25pm	1500m	Women	7:30pm	Shot Put	Men
7:40pm	1500m	Men	7:30pm	Triple Jump	Women
8:10pm	110m Hurdles	Men	7:40pm	High Jump	Men Div – B
8:15pm	100m Hurdles	Men	8:30pm	Hammer Throw	Women
8:20pm	100m Hurdles	Women			
8:25pm	90m Hurdles	Men			
8:30pm	80/90m Hurdles	Women			
8:45pm	400m	Men			
8:55pm	400m	Women			

\*Seated Throw athletes can select 2 events from Discus, Shot Put or Javelin

**Program B – Saturday 17 October 2020**

Track			Field		
4:15pm	400m Hurdles	Men	4:00pm	Pole Vault	Div B
4:25pm	400m Hurdles	Women	4:00pm	Hammer Throw	Men
4:35pm	200m Hurdles	Women	4:15pm	Long Jump	Men
4:40pm	200m Hurdles	Men	4:30pm	High Jump	Women – Div B
4:50pm	800m	Men	4:30pm	Shot Put	Women
5:00pm	800m	Women	5:15pm	Javelin	Men
5:15pm	200m	Men	5:30pm	Long Jump	Women
5:25pm	200m	Women	5:40pm	High Jump	Men – Div A
5:40pm	3000m	Men	6:15pm	Discus	Women
6:05pm	3000m	Women			
6:35pm	5000m Walk	Both			
6:45pm	60m	Men			
6:55pm	60m	Women			

**Program C – Friday 23 October 2020**

Track			Field		
6:00pm	110m Hurdles	Men	6:00pm	Seated Throws*	Both
6:05pm	100m Hurdles	Men	6:00pm	Hammer Throw	Women
6:10pm	100m Hurdles	Women	6:30pm	Shot Put	Both
6:15pm	90m Hurdles	Men	6:30pm	High Jump	Men – Div B
6:20pm	80/90m Hurdles	Women	6:30pm	Triple Jump	Women
6:30pm	400m	Men	7:15pm	Javelin	Women
6:40pm	400m	Women	7:40pm	High Jump	Women – Div A
6:55pm	1500m	Men	7:40pm	Triple Jump	Men
7:05pm	1500m	Women	8:15pm	Discus	Men
7:15pm	State 10,000m Championships	Both			
7:55pm	100m	Men			
8:05pm	100m	Women			
8:15pm	3000m Steeplechase 91.4cm	Men			
8:30pm	3000m Steeplechase 76.2cm	Women			

\*Seated Throw athletes can select 2 events from Discus, Shot Put or Javelin

**Program D – Friday 6 November 2020**

Track			Field		
6:00pm	3000m Walk	Both	6:00pm	Pole Vault	Div B
6:30pm	200m	Men	6:00pm	Discus	Women
6:45pm	200m	Women	6:15pm	Long Jump	Women
7:00pm	3000m	Men	6:30pm	High Jump	Men – Div A
7:15pm	3000m	Women	7:15pm	Javelin	Men
7:30pm	400m Hurdles	Men	7:30pm	Long Jump	Men
7:40pm	400m Hurdles	Women	7:30pm	Shot Put	Women
7:55pm	200m Hurdles	Men	7:40pm	High Jump	Women – Div B
8:05pm	200m Hurdles	Women	8:30pm	Hammer Throw	Men
8:20pm	800m	Men			
8:35pm	800m	Women			

**Program A – Friday 13 November 2020**

Track			Field		
6:15pm	2000m Steeplechase 91.4cm	Men	6:00pm	Seated Throws*	Both
6:25pm	2000m Steeplechase 84cm	Men	6:00pm	Discus	Men
6:35pm	2000m Steeplechase 76.2cm	Both	6:15pm	Triple Jump	Men
6:50pm	100m	Men	6:30pm	High Jump	Women – Div A
7:05pm	100m	Women	7:15pm	Javelin	Women
7:25pm	1500m	Women	7:30pm	Shot Put	Men
7:40pm	1500m	Men	7:30pm	Triple Jump	Women
8:10pm	110m Hurdles	Men	7:40pm	High Jump	Men – Div B
8:15pm	100m Hurdles	Men	8:30pm	Hammer Throw	Women
8:20pm	100m Hurdles	Women			
8:25pm	90m Hurdles	Men			
8:30pm	80/90m Hurdles	Women			
8:45pm	400m	Men			
8:55pm	400m	Women			

\*Seated Throw athletes can select 2 events from Discus, Shot Put or Javelin

**Program B – Wednesday 18 November 2020**

Track			Field		
6:15pm	400m Hurdles	Men	6:00pm	Pole Vault	Div B
6:25pm	400m Hurdles	Women	6:00pm	Hammer Throw	Men
6:35pm	200m Hurdles	Women	6:15pm	Long Jump	Men
6:40pm	200m Hurdles	Men	6:30pm	High Jump	Women – Div B
6:50pm	800m	Men	6:30pm	Shot Put	Women – Div B
7:00pm	800m	Women	7:15pm	Javelin	Men
7:15pm	200m	Men	7:30pm	Long Jump	Women
7:25pm	200m	Women	7:40pm	High Jump	Men – Div A
7:40pm	5000m	Men	8:15pm	Discus	Women
8:05pm	5000m	Women			
8:30pm	5000m Walk	Both			
8:40pm	60m	Men			
8:50pm	60m	Women			

**Program C – Friday 27 November 2020**

Track			Field		
6:15pm	110m Hurdles	Men	6:00pm	Seated Throws*	Both
6:20pm	100m Hurdles	Men	6:00pm	Hammer Throw	Women
6:25pm	100m Hurdles	Women	6:30pm	Shot Put	Both
6:30pm	90m Hurdles	Men	6:30pm	High Jump	Men – Div B
6:35pm	80/90m Hurdles	Women	6:30pm	Triple Jump	Women
6:50pm	400m	Men	7:15pm	Javelin	Women
7:00pm	400m	Women	7:40pm	High Jump	Women – Div A
7:20pm	1500m	Men	7:40pm	Triple Jump	Men
7:35pm	1500m	Women	8:15pm	Discus	Men
7:55pm	100m	Men			
8:10pm	100m	Women			
8:30pm	3000m Steeplechase 91.4cm	Men			
8:45pm	3000m Steeplechase 76.2cm	Women			

\*Seated Throw athletes can select 2 events from Discus, Shot Put or Javelin

**Program D & Douglas Memorial Shield Series 1 – Friday 4 December 2020**

Track			Field		
6:00pm	3000m Walk	Both	6:00pm	Pole Vault	Div B
6:30pm	200m	Men	6:00pm	Discus	Women
6:45pm	200m	Women	6:15pm	Long Jump	Women
7:00pm	3000m	Men	6:30pm	High Jump	Men – Div A
7:15pm	3000m	Women	7:15pm	Javelin	Men
7:30pm	400m Hurdles	Men	7:30pm	Long Jump	Men
7:40pm	400m Hurdles	Women	7:30pm	Shot Put	Women – Div B
7:55pm	200m Hurdles	Men	7:40pm	High Jump	Women – Div B
8:05pm	200m Hurdles	Women	8:30pm	Hammer	Men
8:20pm	800m	Men			
8:35pm	800m	Women			

**Program A & Douglas Memorial Shield Series 2 – Friday 11 December 2020**

Track			Field		
6:15pm	2000m Steeplechase 91.4cm	Men	5:30pm	Pole Vault	Div A
6:25pm	2000m Steeplechase 84cm	Men	6:00pm	Seated Throws*	Both
6:35pm	2000m Steeplechase 76.2cm	Both	6:00pm	Discus	Men
6:50pm	100m	Men	6:15pm	Triple Jump	Men
7:05pm	100m	Women	6:30pm	High Jump	Women – Div A
7:25pm	1500m	Women	7:15pm	Javelin	Women
7:40pm	1500m	Men	7:30pm	Shot Put	Men
8:10pm	110m Hurdles	Men	7:30pm	Triple Jump	Women
8:15pm	100m Hurdles	Men	7:40pm	High Jump	Men – Div B
8:20pm	100m Hurdles	Women	8:30pm	Hammer Throw	Women
8:25pm	90m Hurdles	Men			
8:30pm	80/90m Hurdles	Women			
8:45pm	400m	Men			
8:55pm	400m	Women			

\*Seated Throw athletes can select 2 events from Discus, Shot Put or Javelin

**Program B – Friday 18 December 2020**

Track			Field		
6:15pm	400m Hurdles	Men	6:00pm	Pole Vault	Div B
6:25pm	400m Hurdles	Women	6:00pm	Hammer Throw	Men
6:35pm	200m Hurdles	Men	6:15pm	Long Jump	Men
6:40pm	200m Hurdles	Women	6:30pm	High Jump	Women – Div B
6:50pm	800m	Men	6:30pm	Shot Put	Women – Div B
7:00pm	800m	Women	7:15pm	Javelin	Men
7:15pm	200m	Men	7:30pm	Long Jump	Women
7:25pm	200m	Women	7:40pm	High Jump	Men – Div A
7:40pm	5000m	Men	8:15pm	Discus	Women
8:05pm	5000m	Women			
8:30pm	5000m Walk	Both			
8:40pm	60m	Men			
8:50pm	60m	Women			

**Program C – Friday 8 January 2021**

Track			Field		
6:15pm	110m Hurdles	Men	5:30pm	Pole Vault	Div A
6:20pm	100m Hurdles	Men	6:00pm	Seated Throws*	Both
6:25pm	100m Hurdles	Women	6:00pm	Hammer Throw	Women
6:30pm	90m Hurdles	Men	6:30pm	Shot Put	Men
6:35pm	80/90m Hurdles	Women	6:30pm	High Jump	Men – Div B
6:50pm	400m	Men	6:30pm	Triple Jump	Women
7:00pm	400m	Women	7:15pm	Javelin	Women
7:20pm	1500m	Men	7:40pm	High Jump	Women – Div A
7:35pm	1500m	Women	7:40pm	Triple Jump	Men
7:55pm	100m	Men	8:15pm	Discus	Men
8:10pm	100m	Women			
8:30pm	3000m Steeplechase 91.4cm	Men			
8:45pm	3000m Steeplechase 76.2cm	Women			

\*Seated Throw athletes can select 2 events from Discus, Shot Put or Javelin

**Program D – Friday 22 January 2021**

Track			Field		
6:00pm	3000m Walk	Both	6:00pm	Pole Vault	Div B
6:30pm	200m	Men	6:00pm	Discus	Women
6:45pm	200m	Women	6:15pm	Long Jump	Women
7:00pm	3000m	Men	6:30pm	High Jump	Men – Div A
7:15pm	3000m	Women	7:15pm	Javelin	Men
7:30pm	400m Hurdles	Men	7:30pm	Long Jump	Men
7:40pm	400m Hurdles	Women	7:30pm	Shot Put	Women
7:55pm	200m Hurdles	Men	7:40pm	High Jump	Women – Div B
8:05pm	200m Hurdles	Women	8:30pm	Hammer Throw	Men
8:20pm	800m	Men			
8:35pm	800m	Women			

**Program A & WA State Combined Events Championships Day 1 -  
Saturday 30 January 2021**

Track			Field		
TBC	2000m Steeplechase 91.4cm	Men	TBC	Pole Vault	Div A
	2000m Steeplechase 84cm	Men		Seated Throws*	Both
	2000m Steeplechase 76.2cm	Both		Discus	Men
	100m	Men		Triple Jump	Men
	100m	Women		High Jump	Women – Div A
	1500m	Women		Javelin	Women
	1500m	Men		Shot Put	Men
	110m Hurdles	Men		Triple Jump	Women
	100m Hurdles	Men		High Jump	Men – Div B
	100m Hurdles	Women		Hammer Throw	Women
	90m Hurdles	Men			
	80/90m Hurdles	Women			
	400m	Men			
	400m	Women			

\*Seated Throw athletes can select 2 events from Discus, Shot Put or Javelin

**Program B & State 5000m Championships –  
Friday 5 February 2021**

Track			Field		
6:15pm	400m Hurdles	Men	6:00pm	Pole Vault	Div B
6:25pm	400m Hurdles	Women	6:00pm	Hammer Throw	Men
6:35pm	200m Hurdles	Men	6:15pm	Long Jump	Men
6:40pm	200m Hurdles	Women	6:30pm	High Jump	Women – Div B
6:50pm	800m	Men	6:30pm	Shot Put	Women – Div B
7:00pm	800m	Women	7:15pm	Javelin	Men
7:15pm	200m	Men	7:30pm	Long Jump	Women
7:25pm	200m	Women	7:40pm	High Jump	Men – Div A
7:40pm	State 5000m Championships	Men	8:15pm	Discus	Women
8:05pm	State 5000m Championships	Women			
8:30pm	5000m Walk	Both			
8:40pm	60m	Men			
8:50pm	60m	Women			

**Program C – Wednesday 10 or Friday 12 February 2021 (TBC)**

Track			Field		
6:15pm	110m Hurdles	Men	5:30pm	Pole Vault	Div A
6:20pm	100m Hurdles	Men	6:00pm	Seated Throws*	Both
6:25pm	100m Hurdles	Women	6:00pm	Hammer Throw	Women
6:30pm	90m Hurdles	Men	6:30pm	Shot Put	Both
6:35pm	80/90m Hurdles	Women	6:30pm	High Jump	Men – Div B
6:50pm	400m	Men	6:30pm	Triple Jump	Women
7:00pm	400m	Women	7:15pm	Javelin	Women
7:20pm	1500m	Men	7:40pm	High Jump	Women – Div A
7:35pm	1500m	Women	7:40pm	Triple Jump	Men
7:55pm	100m	Men	8:15pm	Discus	Men
8:10pm	100m	Women			
8:30pm	3000m Steeplechase 91.4cm	Men			
8:45pm	3000m Steeplechase 76.2cm	Women			

\*Seated Throw athletes can select 2 events from Discus, Shot Put or Javelin

**Program D – Wednesday 24 February 2021**

Track			Field		
6:00pm	3000m Walk	Both	6:00pm	Pole Vault	Div B
6:30pm	200m	Men	6:00pm	Discus	Women
6:45pm	200m	Women	6:15pm	Long Jump	Women
7:00pm	5000m	Men	6:30pm	High Jump	Men – Div A
7:15pm	5000m	Women	7:15pm	Javelin	Men
7:30pm	400m Hurdles	Men	7:30pm	Long Jump	Men
7:40pm	400m Hurdles	Women	7:30pm	Shot Put	Women
7:55pm	200m Hurdles	Men	7:40pm	High Jump	Women – Div B
8:05pm	200m Hurdles	Women	8:30pm	Hammer Throw	Men
8:20pm	800m	Men			
8:35pm	800m	Women			

**Program A – Friday 5 March 2021**

Track			Field		
6:15pm	2000m Steeplechase 91.4cm	Men	5:30pm	Pole Vault	Div A
6:25pm	2000m Steeplechase 84cm	Men	6:00pm	Seated Throws*	Both
6:35pm	2000m Steeplechase 76.2cm	Both	6:00pm	Discus	Men
6:50pm	100m	Men	6:15pm	Triple Jump	Men
7:05pm	100m	Women	6:30pm	High Jump	Women – Div A
7:25pm	1500m	Women	7:15pm	Javelin	Women
7:40pm	1500m	Men	7:30pm	Shot Put	Men
8:10pm	110m Hurdles	Men	7:30pm	Triple Jump	Women
8:15pm	100m Hurdles	Men	7:40pm	High Jump	Men – Div B
8:20pm	100m Hurdles	Women	8:30pm	Hammer Throw	Women
8:25pm	90m Hurdles	Men			
8:30pm	80/90m Hurdles	Women			
8:45pm	400m	Men			
8:55pm	400m	Women			

\*Seated Throw athletes can select 2 events from Discus, Shot Put or Javelin

**Program B – Friday 12 March 2021**

Track			Field		
6:15pm	400m Hurdles	Men	6:00pm	Pole Vault	Div B
6:25pm	400m Hurdles	Women	6:00pm	Hammer Throw	Men
6:35pm	200m Hurdles	Men	6:15pm	Long Jump	Men
6:40pm	200m Hurdles	Women	6:30pm	High Jump	Women – Div B
6:50pm	800m	Men	6:30pm	Shot Put	Women – Div B
7:00pm	800m	Women	7:15pm	Javelin	Men
7:15pm	200m	Men	7:30pm	Long Jump	Women
7:25pm	200m	Women	7:40pm	High Jump	Men – Div A
7:40pm	5000m	Men	8:15pm	Discus	Women
8:05pm	5000m	Women			
8:30pm	5000m Walk	Both			
8:40pm	60m	Men			
8:50pm	60m	Women			

**Program C – Friday 26 March 2021**

Track			Field		
6:15pm	110m Hurdles	Men	5:30pm	Pole Vault	Div A
6:20pm	100m Hurdles	Men	6:00pm	Seated Throws*	Both
6:25pm	100m Hurdles	Women	6:00pm	Hammer Throw	Women
6:30pm	90m Hurdles	Men	6:30pm	Shot Put	Both
6:35pm	80/90m Hurdles	Women	6:30pm	High Jump	Men – Div B
6:50pm	400m	Men	6:30pm	Triple Jump	Women
7:00pm	400m	Women	7:15pm	Javelin	Women
7:20pm	1500m	Men	7:40pm	High Jump	Women – Div A
7:35pm	1500m	Women	7:40pm	Triple Jump	Men
7:55pm	100m	Men	8:15pm	Discus	Men
8:10pm	100m	Women			
8:30pm	3000m Steeplechase 91.4cm	Men			
8:45pm	3000m Steeplechase 76.2cm	Women			

\*Seated Throw athletes can select 2 events from Discus, Shot Put or Javelin

**Program D – Thursday 1 April 2021**

Track			Field		
6:00pm	3000m Walk	Both	6:00pm	Pole Vault	Div B
6:30pm	200m	Men	6:00pm	Discus	Women
6:45pm	200m	Women	6:15pm	Long Jump	Women
7:00pm	3000m	Men	6:30pm	High Jump	Men – Div A
7:15pm	3000m	Women	7:15pm	Javelin	Men
7:30pm	400m Hurdles	Men	7:30pm	Long Jump	Men
7:40pm	400m Hurdles	Women	7:30pm	Shot Put	Women
7:55pm	200m Hurdles	Men	7:40pm	High Jump	Women – Div B
8:05pm	200m Hurdles	Women	8:30pm	Hammer Throw	Men
8:20pm	800m	Men			
8:35pm	800m	Women			

## OFFICIATING & VOLUNTEERING

### OFFICIATING INFORMATION

Officials must be registered with Athletics West to officiate at Go for 2 & 5 Season events. Registration enables open communication and allows us to understand your interests and goals for your athletics officiating experience. Please note if you were registered for the 2019-20 Season, you do not need to register again.

Athletics West welcome new officials and volunteers who would like to become involved in athletics.

Visit the Athletics West website or contact the Athletics West office for further information.

To register as an Athletics West Official, please complete the [Officials Registration Form](#). There is no charge for registration.

### CLUB VOLUNTEER ROSTER

For the 2020-21 Season, Clubs will be designated four (4) competition nights where they will be required to provide one (1) volunteer to assist with an event site. The Club Volunteer Roster will be circulated to Clubs directly. This has been adapted from last year's requirement of four (4) volunteers for one (1) competition night, based on feedback from Clubs.

## DOUGLAS MEMORIAL SHIELD

The Douglas Memorial (DM) Shield will return in 2020-21 as the Club v Club competition for the season. The DM Shield will run over 2 competitions ('series') on the 4 December (Program D) and the 11 December (Program A), with selected events eligible for points. Further information on the DM Shield will be distributed to Clubs along with registration information in October 2020.

## STATE RELAY CHAMPIONSHIPS

The WA State Relay Championships will be contested on Saturday 12 December 2020 at the WA Athletics Stadium. Events will include:

- Open Women's 4x100m
- Open Women's 4x400m
- Open Men's 4x100m
- Open Men's 4x400m
- Open Mixed Medley (200-200-400-800)  
Comprised of 2 male athletes and 2 female athletes. Clubs can determine which athlete runs each leg.
- Open Mixed Field Relay  
Comprising of two athletes (1 male/1 female) competing in Shot Put (open weight division) and two athletes (1 male/1 female) competing in Long Jump. Minimum of two athletes per team, scoring TBC in December.

Rules and entry procedures will be communicated to Clubs in early November 2020.

## 2020-21 GO FOR 2 & 5 TRACK AND FIELD SEASON RULES & REGULATIONS

### 1. GENERAL

Athletics West staff and officials are responsible for the programming and conduct of the 2020-21 Go for 2 & 5 Track & Field Season Competitions in accordance with World Athletics and such other rules as prescribed by Athletics West.

The following rules apply to all Athletics West Competitions, except for the WA State Championships and the WA All Schools Championships, where event specific rules apply.

### 2. ELIGIBILITY TO COMPETE

Athletes must be a current registered member of Athletics West (either through an affiliated senior club or directly as an Independent Member) before being able to compete in the 2020-21 Go for 2 & 5 Track and Field Season Competitions.

### 3. MINIMUM AGE

Athletes must be turning 12 years of age by the 31 December 2021, or subject to an exemption to compete in the 2020-21 Go for 2 & 5 Track and Field Season.

***Please note, event specific rules apply for the 2020 WA All Schools Championships, including athletes must be turning 12 years of age by the 31 December 2020.***

Athletes must be turning 15 years of age by the 31 December in the year of competition to compete in the 5,000m.

Athletes must be turning 16 years of age by the 31 December in the year of competition to compete in the 10,000m or 10,000m Race Walk.

Athletes must be turning 14 years of age by the 31 December in the year of competition to compete in the 2000m or 3000m Steeplechase event.

### 4. COMPETITION ENTRY

The competition entry process includes:

- Competitors must be current financial members of Athletics West to compete;
- All competition entries are to be completed online through the Athletics West website
- Enter online before 11:59pm Wednesday;
  - Friday/Saturday competitions – entries close on Wednesday 11:59pm prior to competition. The Final Timetable and Start Lists will be published by 6pm on the day before competition

- Wednesday competitions – entries close on Monday 11:59pm prior to competition. The Final Timetable and Start Lists will be published by 6pm on the day before competition
- Agree to the terms of entry

Athletes must register to compete through the competition entry process outlined above. Entries may be rejected at the discretion of Athletics West if they do not contain all information requested or are determined by Athletics West to be illegible.

Athletes will receive a confirmation email following their online entry. Failure to receive this confirmation email means your entry may not have been processed and it is the athlete's responsibility to confirm whether the entry was received by Athletics West.

#### **SEED / PERFORMANCE MARK**

When you enter, you will need to enter a seed/performance mark. This must be your season's best or estimate of your current performance level in the case of your first competition for the season. This allows for athletes to be placed in the correct heat/division for the competition.

#### **LATE ENTRIES**

No late entries will be accepted during the 2020-21 Season, other than for State Championships events.

#### **SCRATCHING FROM EVENTS**

Athletes are asked to notify the Technical Information Centre (TIC) of their intention to scratch no later than 30 minutes prior to the start of the event.

### **5. INVITATIONAL EVENTS**

Athletics West hold invitational events on the program where there is a specific high performance requirement, such as qualification or preparation for national and international events. Requests for invitational events (events to be added to the program) will only be considered when received from the appropriate WAIS Athletics delegate. Further to this, requests will be evaluated based on:

- Consideration for the competition opportunities that have already been provided throughout the season;
- The demand on officials and volunteers and the availability of officials and volunteers to deliver the event, and;
- Qualification or performance requirements for the athletes and the purpose of the request.

All decisions are made at the discretion of Athletics West and are final.

### **6. COMPETITION NUMBER**

Athletes are issued with a competition number at the start of each season. 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.

Competing athletes must wear their current competition number at all Athletics WA competitions. Athletes who do not have their current registration numbers will not be permitted to compete unless they acquire temporary/replacement numbers. Temporary/replacement numbers can be acquired from the TIC and will incur a fee of \$10.

Competitors must wear their competition number securely attached by each corner to the front and back of their singlet/crop top. Athletes competing in Jumps events are permitted to wear one competition number on either the front or back of their singlet/crop top.

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 the officials of the event to check that athletes are wearing the current registration number correctly. Every athlete shall be provided with two bibs.

## 7. COMPETITION UNIFORM

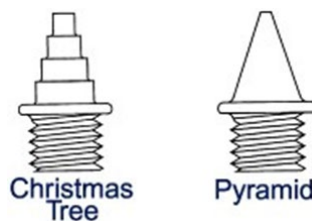
Competing athletes **MUST** wear the correct competition uniform as prescribed by their Club. If an athlete is an Independent Athletics West member they **MUST** wear the independent uniform. It is the responsibility of the officials for the athlete to be correctly attired and incorrectly attired athletes may be prevented from competing at the discretion of the officials.

## 8. FOOTWEAR / SPIKES

All athletes may have their footwear checked by any official at any time.

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. 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.

**Athletics West will be enforcing the new World Athletics shoe rules from the 1 October 2020. The rule sets a maximum sole thickness and a limit to the number of internal carbon plates and is most relevant to athletes in distance events. For further information please Refer to Rule 5 at**

<https://www.worldathletics.org/about-iaaf/documents/book-of-rules> under Book C: Competition C2.1 Technical Rules (amendment to Rule 5).

## 9. HORIZONTAL JUMPS & THROWING EVENTS

In field events (excluding High Jump and Pole Vault), all competitors will receive three (3) attempts and the top eight (8) competitors will be awarded the additional three (3) attempts. That is, the top eight who have achieved the furthest distance regardless of implement weight or age.

In the case of mixed events, the awarding of the extra three (3) throws will be based on the furthest distance regardless, sex, 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>

## 10. VERTICAL JUMPS

Initial bar increments will 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:

- 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
- 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.

### HIGH JUMP

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

**Women Starting Heights**

Division A: 1.50m (once athletes have achieved 1.60m they are restricted to A Division)

Division B: 1.20m

**Men Starting Heights**

Division A: 1.70m (once athletes have achieved 1.85m they are restricted to A Division)

Division B: 1.25m

## 11. STARTING TIME OF FIELD EVENTS

No warmup is to take place at a competition site without an Athletics West 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.

## 12. TRACK EVENTS

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

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>

## 13. STARTING

Starting blocks must be used for all races up to and including 400 metres (including 4 x 200m and 4 x 400m relays) (World Athletics TR15.1), with special consideration given to the U14's, Para athletes and Masters athletes.

For Under 14 athletes the crouch starts and starting blocks are encouraged but optional on their first competition day only.

Masters Athletics WA members are encouraged to use the crouch start from starting blocks, but may use a standing start if required.

Athletes who are physically unable to use starting blocks may contact Athletics West to seek an exemption. Wheelchair athletes are automatically exempt from this rule and do not need to apply.

#### **FALSE START RULE**

The World Athletics 'no false start' rule TR 16.6 – 16.10 will be applied to all competitions sanctioned by Athletics West, with the following exception:

For events restricted to Under 14 athletes one (1) false start will be allowed. The next athlete to false start will be disqualified.

#### 14. 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 Steeplechase, 3000m/5000m Walk, 3000m and 5000m	24 Competitors

#### 15. MIXED EVENTS

Athletics West reserves the right to conduct mixed races for middle and long distance events. Athletes must advise Athletics West 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 submit their request to Athletics West no later than one week before the competition date. Athletics West may grant permission for mixed races depending on the nature and the purpose of the request.

All decisions are made at the discretion of Athletics West and are final.

#### 16. EQUIPMENT

Athletes wishing to use private implements must have them checked and stamped by the Athletics West Technical Manager. All athletes must advise Athletics West upon event entry (through the event entry portal) if the athlete is using private implements to ensure appropriate time is allocated prior to the competition. 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 West/VenuesWest blocks can be used.

## 17. RECORDS

Competitors whose performances are close to existing State or Australian Records and who require extra watches or Officials for a record attempt, must advise Athletics West at least two days prior to the event. At Go for 2 & 5 competitions, it is the athlete's responsibility to complete the record application form and for field events, ensure their implement is measured following a record-breaking performance. For further information, visit the [Records section](#) of the Athletics West website.

## 18. 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.

## 19. SAFETY

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

World Athletics TR25.2 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

World Athletics TR32.18 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.

## 20. EXCLUSION FROM PARTICIPATION

Entry and/or participation in competition may be rejected at the discretion of the Competition Manager and/or Athletics West if an issue of eligibility or safety is identified. This decision is final and is not subject to appeal or protest.

## 21. 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 decides, 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.

## 23. WA ATHLETIC STADIUM – TRAINING

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

## RELEVANT POLICIES

Athletics West policies are currently under review. In the meantime, the existing Athletics WA policies will apply for the 2020-21 Go for 2 & 5 Track and Field Season:

- Unfavourable Weather Policy
- Refund Policy
- Athletes Code of Conduct
- Officials Code of Conduct
- AA Coaches Code of Conduct
- Member Protection Policy (adopted)
- Social Media Policy

The above documents can be found at: <https://www.athleticswest.com.au/about/awa-policies/>

Policies and related documents can be found on the Athletics West website below and any updates will be communicated directly to members: <https://www.athleticswest.com.au/about/policies-reports/>

## OFFICE CONTACT

Contact: 08 6272 0480

Email: [admin@athleticswest.com.au](mailto:admin@athleticswest.com.au)

Postal Address: PO Box 157, Floreat WA 6014

Physical Address: Aisle 8, Level 1, WA Athletics Stadium, Stephenson Ave, Mt Claremont 6010

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**Athletics Australia**  
**Implement Weights for Competition**  
**under Athletics Australia Rules (as at 1st November 2012)**

**MEN**

EVENT	OPEN	UNDER 20	UNDER 18	UNDER 17	UNDER 16	UNDER 15	UNDER 14
SHOT PUT	7.26kg	6kg	5kg	5kg	4kg	4kg	3kg
HAMMER THROW	7.26kg	6kg	5kg	5kg	4kg	4kg	3kg
DISCUS THROW	2kg	1.75kg	1.5kg	1.5kg	1kg	1kg	1kg
JAVELIN THROW	800g	800g	700g	700g	700g	700g	600g

**WOMEN**

EVENT	OPEN	UNDER 20	UNDER 18	UNDER 17	UNDER 16	UNDER 15	UNDER 14
SHOT PUT	4kg	4kg	3kg	3kg	3kg	3kg	3kg
HAMMER THROW	4kg	4kg	3kg	3kg	3kg	3kg	3kg
DISCUS THROW	1kg	1kg	1kg	1kg	1kg	1kg	1kg
JAVELIN THROW	600g	600g	500g	500g	500g	500g	400g

NP = EVENT NOT PERMITTED IN THIS AGE GROUP

# Athletics Australia

## Hurdle Specifications for Competition under Athletics Australia Rules (Updated 1 August 2019)

AGE GROUPS	DISTANCE	NUMBER & HEIGHT OF HURDLES	DISTANCE TO FIRST HURDLE (M)	DISTANCE BETWEEN HURDLES (M)	DISTANCE TO FINISH (M)
OPEN MEN	110m	10 x 106.7cm	13.72m	9.14m	14.02m
U20 MEN	110m	10 x 99.1cm	13.72m	9.14m	14.02m
U18/17 MEN	110m	10 x 91.4cm	13.72m	9.14m	14.02m
U16/15 MEN OPEN, U20 WOMEN	100m	10 x 84cm	13m	8.5m	10.5m
U18/17 WOMEN	100m	10 x 76.2cm	13m	8.5m	10.5m
U16/15 WOMEN & U14/13 MEN	90m	9 x 76.2cm	13m	8m	13m
U14/13 WOMEN	80m	9 x 76.2cm	12m	7m	12m
OPEN & U20 MEN	400m	10 x 91.4cm	45m	35m	40m
U18/17 MEN	400m	10 x 84cm	45m	35m	40m
OPEN, U20, U18/17 WOMEN	400m	10 x 76.2cm	45m	35m	40m
MEN & WOMEN	200m	10 x 76.2cm	18.29m	18.29m	17.10m

## Steeple Specifications for Competition under Athletics Australia Rules (Updated 1 August 2019)

AGE GROUPS	DISTANCE	BARRIER HEIGHTS
OPEN & U20 MEN	3000m	91.4cm
OPEN WOMEN	3000m	76.2cm
U18/17 MEN (from 1 October 2019)	2000m	84cm
U16/15 MEN & U20, U18/17, U16/15 WOMEN	2000m	76.2cm