

NORTHERN REGIONAL OPEN DAY

GENERAL COMPETITION RULES

1. Registered athletes **ONLY** are eligible to compete.
2. All age groups may compete.
3. Footwear is compulsory. Spikes (7mm) are permitted in laned track events, Javelin & Jumps events for under 11-17 age groups.
4. Correct Centre uniform **MUST** be worn.
5. The onus is on the athlete to make sure they compete in their respective events.
6. **ATHLETES ARE TO REPORT DIRECTLY TO THEIR EVENT.**
7. **NO STATE RECORDS CAN BE CLAIMED.**
8. **NO PROTESTS WILL BE ACCEPTED.**
9. Athletes may choose any event with a maximum as follows:
U6-U8: 5 events
U9-U17: 6 events
10. All athletes need to report to their event 10 minutes prior to the start of that event
11. All field events will be run throughout the day not at time slots as in previous years where there were 4 times for field.
12. Only 10 nomination per session, sessions will run throughout the day (this way it should only be around 15min per groups).
13. If an athlete writes his/her name on the sheet and are not present at the start of that event they forfeit their spot they then can nominate on the next available time slot.
14. An athlete may leave a Field event once they have notified the Officials' to participate in a Track event and return.
15. High Jump will go up in 5cm increments **EACH TIME**, and shall start low enough to allow a recorded jump for every athlete.
16. Once a High Jump event has begun, the bar will not be lowered until next event.
17. Athletes may only do an event **ONCE**.
18. Warm up throws and jumps will not be conducted.
19. Changes to the program may occur during the day due to heat/rain. Please listen out!
20. Please note if ahead of schedule track events may run early.
21. If the temperature as forecast on the ABC radio news (891 on the am dial) or www.bom.com.au is 37C-40C at 4.00 pm on Friday 18 January a modified program will be run. As per SALAA @ 41C and above, the program will be cancelled and rescheduled.
22. If rain the hosting club will call cancelation.
23. Modified or rescheduling will be the following week or negotiation of all clubs. All athletes will be restricted to 4 events (2 track and 2 field). The 1500m will only be available at 9.30am and the 800m will only be available at 9.45am. Other program changes may need to be made on the day in relation to the Temperature at the time and will be advised by the ground announcer.