

# **Northern Regional Open Day**

**Sunday 5th February 2012**

**To Be Hosted by  
Golden Grove Little Athletics**

Tilley Reserve,  
Corner of Yatala Vale & Handcock Roads,  
Surrey Downs

**Warm up starts at 9.15 am**



# NORTHERN REGIONAL OPEN DAY

## COMPETITION RULES

1. SALAA 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 12-17 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-U10: 5 events - 3 Field/2 Track or 2 Field/3 Track  
U11-U17: 6 events - 3 Field/3 Track
10. All athletes need to report to their event 10 minutes prior to the start of that event
11. **Only 30 nomination per time slot (groups of 10 x 3). This must be set by all centre's**
12. 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.
13. An athlete may leave a Field event once they have notified the Officials' to participate in a Track event and return.
14. High Jump will go up in 5cm increments EACH TIME, and shall start low enough to allow a recorded jump for every athlete.
15. Once a High Jump event has begun, the bar will not be lowered at any time.
16. Athletes may only do an event ONCE.
17. Warm up throws and jumps will not be conducted.
18. Changes to the programme may occur during the day due to heat/rain.  
Please listen out!
19. Please note if ahead of schedule track events only may run early.
20. If the temperature as forecast on the ABC radio news (891 on the am dial) is 36 degrees Celsius at 11.30 am on Saturday 4<sup>th</sup> February a modified program will be run. 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 programme 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.