



# **COMPETITION RULES AND OTHER INFORMATION**

## **COMPETITION CATEGORIES - 2018:**

Bantam (12-13yrs), Midget (14-15yrs), Youth (16-17yrs), Junior (18-19yrs), Senior (20-34yrs), Master (35yrs+).

## **MARSHALLING:**

Check-in for all field events is at the event site. All athletes must check-in a minimum of 30 minutes prior to the scheduled start time.

## **EVENT REGISTRATION:**

Team and athletic meeting at 10:30am for roll call and COVID health confirmation. Please do not come if you are not well or have any symptoms.

## **IMPLEMENTS:**

All athletes must bring (or rent) and use their own implements which must meet IAAF standards. Personal implements must be weighed-in and measured at least 30 minutes prior to the competition. The weigh-in station will be located close to the hammer/discus cage.

## **SPIKE LENGTH:**

The maximum spike length allowed is 9mm for Javelin.

## **ORDER OF EVENTS:**

All age groups will compete together starting at 11:00 am with the hammer and shot put at opposite ends of the field. Genders will compete separately. Events may start up to 30 minutes earlier than the scheduled time. Events times will be rolling. Check guidelines and schedule. Large groups will reduced to seperate smaller heats.

## **COMPETITIVE ATTIRE:**

All athletes are encouraged to wear their club uniform but not mandatory.

## **PROTESTS**

After discussion with the event referee, any further protest must be submitted in writing to the Chief of Officials and the Jury of Appeal within 30 minutes of the posting of the results of the event concerned. A \$25.00 protest fee is to accompany all protests. If the protest is upheld then the protest fee will be returned.

## **JURY OF APPEAL:**

A jury of appeal consisting of three competent and qualified persons will be available for decisions arising from protests. All Jury of Appeal decisions are final.

## **MEDICAL:**

BC Ambulance Service. Eszter Torok Nurse at Interior Health will be on staff at the event