

SOUTH-WEST SCHOOLS' ATHLETIC ASSOCIATION

RULES OF COMPETITION

The rules for competition shall be as for the ESAA National Championships, with the following specific regulations :

1.-ALL COMPETITORS MUST WEAR TWO NUMBERS, WITH THE EXCEPTION OF HIGH JUMP AND POLE VAULT WHERE ONLY ONE IS WORN.

2.- COMPETITORS SHOULD REPORT TO THEIR EVENT MARSHALL AT THE APPROPRIATE MARSHALLING AREA 20 MINUTES BEFORE THE STARTING TIME FOR THEIR EVENT. POLE VAULT COMPETITORS SHOULD REPORT 30 MINUTES BEFORE.

Track events take priority over field events, so that in the event of a competitor being required at two events at the same time, athletes or their team managers must inform the field judges of their other commitments and follow the instructions given.

3.- Competitors are warned against leaving valuables unattended, especially in the changing rooms. No responsibility can be accepted for any loss by the South West Schools A.A.

TRACK

4.- Athletes should warm up outside the competition area.

5.- If heats are not required for any event, the FINAL will take place at the HEATS time.

6.- The final of any event in which heats are held, up to and including the 400 metres will comprise of the WINNER of each heat, plus the REQUISITE NUMBER of FASTEST LOSERS. When two or more athletes achieve equal times, the one who obtained the higher heat placing will qualify for the final. If two or more athletes are still equal, and lanes do not allow both to compete in the final, then neither will qualify. With this exception, there will be EIGHT qualifiers in each final for which heats are held, irrespective of the number of lanes on the track.

In the 800 metres races — there will be no heats. Where necessary, graded races will be held.

7.- Starting blocks may only be used by Senior age groups athletes, or by finalists in other age groups.

FIELD

8.- Practice throws may only be taken under the supervision of a field judge or referee.

9.- In all events, except the high jump, pole vault, and hammer, each competitor will be allowed 3 trials, with the top four competitors allowed a further three trials. In the hammer, all competitors will have only 4 trials.

10.-Starting heights for high jump will be 21cm below the National Entry Standards, followed by three increments of 5cm, then by 3cm. intervals.

11.-The Pole Vault competitions will be held concurrently. Starting heights for each age group will be the height given below or decided by the Field Referee adjusted due to weather conditions.

The bar will be raised in increments of 10cm throughout the competitions.

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| Junior Girls: | no lower than 1.80m |
| Intermediate Girls: | 2.00m |
| Senior Girls: | 2.00m |
| Junior Boys: | 2.00m |
| Intermediate Boys: | 2.60m |
| Senior Boys: | 2.90m |

PRESENTATIONS

Certificates and medals for 1st, 2nd and 3rd places will be presented as soon as possible after the completion of each event. Team Managers are asked to ensure athletes are aware of these presentations.