

# STATE RELAYS

**21st – 22nd November 2009**  
**Blacktown Olympic Park**

## **AGE GROUPS**

Masters teams: Men – 120 years, 160 years, 200+ years, 240+years Women – 120 years, 160+ years, 200+ years

• The age is obtained by adding together the ages of each team member in whole years. All team members must be over 30 years as at 21st November 2009. All other age groups are determined by age of the athlete on the 31 December 2009.

1. Entries must be submitted on the official entry form and forwarded to Athletics NSW with payment. Entry fee for this event is \$32 per team per event. Please note, faxed entries will not be accepted.
2. Entries close 12pm Friday 13th November 2009. Late entry costs \$42 per event, if spaces exist.

## **PROCEDURES**

1. Registration with Athletics NSW will not be available at the competition.
2. Entries
  - a) Athletes may compete in more than one age group and women can compete in men's teams.
  - b) Athletes from non-metropolitan clubs may, with the approval of Athletics NSW, combine with Athletes from other clubs in their geographical area to form teams.
  - c) If Clubs/Regions have more than one team in a race, either in the same age group or where age groups are combined in one race, each team must wear a distinctive uniform or wear the distinctive mark that will be provided at check in. When two or more teams from a club are competing in a race or field event, athletes may only compete for one team in that race or field event. Athletes may compete in two or more teams, if those teams are in different age groups.
  - d) Clubs/Regions entering teams in the 4 x 1500m and 4 x 1500m walk events must provide a lapscorer who is a registered member of ANSW. Lapscorers are to report to the Chief Umpire in the start area 10 minutes prior to the event start time.
  - e) Athletes must compete with their club if selected in their club's teams. Masters athletes may compete for the NSW Masters Athletics Club if their first claim club does not have a team in an event. A master's athlete may not compete in an event against their own first claim club, unless in the opinion of the ANSW Competition Manager, the athlete would not be selected in their first claim club team(s), or for other compassionate reasons. Such requests must be made in writing prior to the competition.
  - f) Late entries for Track events will be accepted at a cost of \$42 per team event at the discretion of the Technical Delegate/ANSW Competition Manager and only if extra heats are not required. Late entries must be lodged 90 minutes prior to the start of the event on the official entry form.
  - g) Late entries for Field events will only be accepted if another team withdraws from the event. If a team withdraws, the first application will be accepted.

## **3. Check-in**

A representative of each track relay team and each field relay team must report to Athlete Check-in to advise of their intention to compete at least sixty (60) minutes before the scheduled starting time of the event. Failure to check-in may result in the team being scratched from the event by the Technical Delegate.

- a) The athletes' names and running order do not need to be declared except in the 4 x 1500m and 4 x 1500m walk; to allow lap-scoring sheets to be prepared. The competing order must be provided 60 minutes before the event start time.

b) Field event relay teams must declare their competing order to the event judges prior to the commencement of the event.

4. When it is found that heats are not required, the final will be run at heat time.

5. Heats in Underage and Overage events will only be conducted in the 4x100 metres. Any Underage and Overage events where more teams enter than can be accommodated in a straight final, two timed finals will be conducted. Heats will be conducted in all open track events between 4x100 and 4x400 (inclusive) if required.

6. Track teams must report at least ten (10) minutes prior to the scheduled start time of

the event. The first runner reports to the start area and other runners to their respective changes where assembly is on the outside of the track.

7. Teams in FIELD EVENTS are to report to the start of their event at least twenty (20)

minutes prior to the scheduled start time of the event, so that warm ups can be completed before the scheduled start time. Athletes who report later may get fewer warm up attempts.

8. In field events, each team has four athletes from a Club/Region. Except for the

High Jump, each athlete will be allowed three trials. The winning team is determined by adding together the best performances recorded by each **athlete in the team.**

**9. In field events, all ties that cannot be resolved on a countback will stand, including first place.**

**10. The starting heights for High Jump will be as follows;**

**- U18 Women = 1.25m**

**- U18 Men & Open Women = 1.35m**

#### **Saturday 21st November**

|          |   |        |
|----------|---|--------|
| 9:30 AM  | Men 4x1500 metre Relay Race Walk Open   | Finals |
| 9:30 AM  | Men 4x1500 metre Relay Race Walk U18    | Finals |
| 9:30 AM  | Men 4x1500 metre Relay Race Walk U14    | Finals |
| 9:30 AM  | Women 4x1500 metre Relay Race Walk Open | Finals |
| 9:30 AM  | Women 4x1500 metre Relay Race Walk U18  | Finals |
| 9:30 AM  | Women 4x1500 metre Relay Race Walk U14  | Finals |
| 10:00 AM | Men Discus Throw Relay U18              | Finals |
| 10:00 AM | Men Shot Put Relay Open                 | Finals |
| 10:00 AM | Women Shot Put Masters                  | Finals |
| 10:00 AM | Women Long Jump Relay Open              | Finals |
| 10:15 AM | Men 4x1500 metre Relay 160+             | Finals |
| 10:45 AM | Women 4x800 metre Relay Open            | Finals |
| 10:45 AM | Women 4x800 metre Relay 160+            | Finals |
| 11:05 AM | Men 4x400 metre Relay U18               | Finals |
| 11:20 AM | Men 4x400 metre Relay Open              | Finals |
| 11:30 AM | Men Shot Put Relay U18                  | Finals |
| 11:35 AM | Women 4x400 metre Relay U16             | Finals |
| 11:45 AM | Women 4x400 metre Relay U20             | Final  |
| 11:45 AM | Women 4x400 metre Relay 120+            | Finals |
| 11:50 AM | Men Discus Throw Relay Open             | Finals |

|                             |   |        |
|-----------------------------|---|--------|
| 11:55 AM                    | Men 4x400 metre Relay 160+              | Finals |
| 12:00 PM                    | Women High Jump Relay U18               | Finals |
| 12:05 PM                    | Men 4x200 metre Relay U16               | Finals |
| 12:15 PM                    | Women 4x200 metre Relay U14             | Finals |
| 12:25 PM                    | Women 4x200 metre Relay U18             | Finals |
| 12:35 PM                    | Men 4x200 metre Relay U20               | Finals |
| 12:45 PM                    | Women Shot Put Relay U14                | Finals |
| 12:45 PM                    | Men Shot Put Relay U14                  | Finals |
| 12:45 PM                    | Women 4x200 metre Relay Open            | Heats  |
| 1:00 PM                     | Men 4x200 metre Relay 120+              | Finals |
| 1:15 PM                     | Women 4x200 metre Relay 160+            | Finals |
| 1:23 PM                     | Men 4x200 metre Relay 200+              | Finals |
| 1:30 PM                     | Women Javelin Throw U18                 | Finals |
| 1:30 PM                     | Men 4x100 metre Relay U14               | Finals |
| 1:37 PM                     | Women 4x100 metre Relay U16             | Heats  |
| 1:46 PM                     | Men 4x100 metre Relay U18               | Heats  |
| 1:57 PM                     | Men 4x100 metre Relay Open              | Heats  |
| 2:00 PM                     | Women High Jump Relay Open              | Finals |
| 2:12 PM                     | Women 4x100 metre Relay U20             | Finals |
| 2:20 PM                     | Men 4x100 metre Relay 160+              | Finals |
| 2:27 PM                     | Women 4x100 metre Relay 120+            | Finals |
| 2:30 PM                     | Women Long Jump Relay U14               | Finals |
| 2:40 PM                     | Men 4x800 metre Relay U20               | Finals |
| 2:40 PM                     | Men 4x800 metre Relay U16               | Finals |
| 2:55 PM                     | Men 4x800 metre Relay 120+              | Finals |
| 2:55 PM                     | Men 4x800 metre Relay 200+              | Finals |
| 3:00 PM                     | Men Javelin Throw Relay Open            | Finals |
| 3:00 PM                     | Women Long Jump Relay U18               | Finals |
| 3:10 PM                     | Women 4x800 metre Relay U14             | Finals |
| 3:10 PM                     | Women 4x800 metre Relay U18             | Finals |
| 3:25 PM                     | Women 1600 Sprint Medley (8,4,2,2) Open | Finals |
| 3:30 PM                     | Men High Jump Relay U18                 | Finals |
| 3:40 PM                     | Women 4x100 200+                        | Finals |
| 3:47 PM                     | Men 4x100 metre Relay 240+              | Finals |
| 3:53 PM                     | Women 4x100 metre Relay U16             | Finals |
| 4:00 PM                     | Men 4x100 metre Relay Open              | Finals |
| 4:07 PM                     | Men 4x100 metre Relay U18               | Finals |
| 4:15 PM                     | Women 4x200 metre Relay Open            | Finals |
| 4:25 PM                     | Men 4x1500 metre Relay Open             | Finals |
| 4:50 PM                     | Women 4x1500 metre Relay U16            | Finals |
| 4:50 PM                     | Women 4x1500 metre Relay 120+           | Finals |
| 4:50 PM                     | Women 4x1500 metre Relay U20            | Finals |
| 5:20 PM                     | Men 4x1500 metre Relay U18              | Finals |
| 5:20 PM                     | Men 4x1500 metre Relay U14              | Finals |
| <b>Sunday 22nd November</b> |   |        |
| 9:30 AM                     | Men Long Jump Relay Open                | Finals |
| 9:30 AM                     | Women Discus Throw Relay Open           | Finals |
| 9:30 AM                     | Women Shot Put Relay U18                | Finals |
| 9:30 AM                     | Women 4x400 metre Relay Open            | Finals |

|          |                                       |        |
|----------|---------------------------------------|--------|
| 9:38 AM  | Men 4x400 metre Relay U16             | Finals |
| 9:45 AM  | Men 4x400 metre Relay U20             | Finals |
| 9:52 AM  | Women 4x400 metre Relay U18           | Finals |
| 10:00 AM | Men 4x200 metre Relay Open            | Heats  |
| 10:15 AM | Men 4x200 metre Relay U14             | Finals |
| 10:22 AM | Men 4x200 metre Relay 160+            | Finals |
| 10:35 AM | Men 4x200 metre Relay U18             | Finals |
| 10:47 AM | Women 4x200 metre Relay U20           | Finals |
| 10:55 AM | Women 4x800 metre Relay U16           | Finals |
| 11:07 AM | Men 4x800 metre Relay Open            | Finals |
| 11:15 AM | Men Javelin Throw U18                 | Finals |
| 11:18 AM | Men 4x800 metre Relay U14             | Finals |
| 11:30 AM | Men Long Jump Relay U14               | Finals |
| 11:30 AM | Men 4x800 metre Relay U18             | Finals |
| 11:40 AM | Women Discus Throw Relay U18          | Finals |
| 11:40 AM | Men 4x400 metre Relay 200+            | Finals |
| 11:55 AM | Women 4x100 metre Relay U18           | Finals |
| 12:04 PM | Women 4x100 metre Relay Open          | Heats  |
| 12:14 PM | Men 4x100 metre Relay U16             | Heats  |
| 12:26 PM | Men 4x100 metre Relay U20             | Heats  |
| 12:36 PM | Men 4x100 metre Relay 120+            | Finals |
| 12:42 PM | Men 4x100 metre Relay 200+            | Finals |
| 12:45 PM | Women Shot Put Relay Open             | Finals |
| 12:50 PM | Women 4x800 metre Relay 120+          | Finals |
| 12:50 PM | Women 4x800 metre Relay U20           | Finals |
| 1:00 PM  | Men High Jump Relay Open              | Finals |
| 1:02 PM  | Men 4x800 metre Relay 160+            | Finals |
| 1:15 PM  | Women 4x100 metre Relay 160+          | Finals |
| 1:22 PM  | Women 4x100 metre Relay U14           | Heats  |
| 1:30 PM  | Women Discus Throw Relay U14          | Finals |
| 1:30 PM  | Men Discus Throw Relay U14            | Finals |
| 1:32 PM  | Men 4x200 metre Relay Open            | Finals |
| 1:40 PM  | Women 4x200 metre Relay 120+          | Finals |
| 1:53 PM  | Men 4x400 metre Relay 120+            | Finals |
| 2:00 PM  | Women 4x400 metre Relay 160+          | Final  |
| 2:10 PM  | Men 4x1500 metre Relay 200+           | Finals |
| 2:10 PM  | Men 4x1500 metre Relay U20            | Finals |
| 2:42 PM  | Men 1600 Sprint Medley (8,4,2,2) Open | Finals |
| 2:52 PM  | Women 4x1500 metre Relay Open         | Finals |
| 3:00 PM  | Men Masters Shot Put                  | Finals |
| 3:00 PM  | Men Long Jump Relay U18               | Finals |
| 3:00 PM  | Women Javelin Throw Relay Open        | Finals |
| 3:25 PM  | Men 4x1500 metre Relay U16            | Finals |
| 3:25 PM  | Men 4x1500 metre Relay 120+           | Finals |
| 3:47 PM  | Women 4x1500 metre Relay U18          | Finals |
| 3:47 PM  | Women 4x1500 metre Relay U14          | Finals |
| 3:47 PM  | Women 4x1500 metre Relay 160+         | Finals |
| 4:20 PM  | Men 4x100 metre Relay U16             | Finals |
| 4:25 PM  | Women 4x100 metre Relay Open          | Finals |
| 4:30 PM  | Women 4x100 metre Relay U14           | Finals |
| 4:35 PM  | Men 4x100 metre Relay U20             | Finals |