

IMPORTANT

Information for Athletes

1. You must report to the Declaration Area at least 30 minutes before your first event where you will be issued with competition numbers.
2. Declare all of your events at the same time.
3. **All athletes are to be declared by 3pm.**
4. Track event athletes will assemble at trackside 10 minutes before their event.
5. Field events – 3 trials per event, except where stated on entry form and the High Jump, where usual rules apply.
6. Field event athletes will assemble at their event areas 10 minutes before their event.
7. Please do not obstruct competitions already in progress.
8. Do not take practice throws or jumps unless told to do so by an event official.
9. If your field event is taking place at the same time as your track event, the track event must take precedence.
10. If you have reported to the field event official before going to your track event, you will be allowed to take your trial upon your return to the field event **at the height or round reached at that point in time.**
11. Where there are 2 finals for an event, the 1st in each heat and appropriate number of fastest losers will progress to the 'A' final, the next 6 fastest losers will progress to the 'B' final.

SAFETY

Do not impede any other athlete during competition.

Take care before stepping on to the track. Look both ways.

Never walk across the grass area in the centre of the arena.

Throwing events will be taking place throughout the day.

Have a safe enjoyable day.