



2024 North Zone Athletics

Date: Tuesday 5 November 2024
Postponement: Thursday 7 November 2024
Venue: Caledonian Ground, Dunedin

General Information

Meet Information

1. The North Zone Athletics Meet begins at 9:00am Tuesday 5 November 2024.
2. The postponement date is Thursday 7 November 2024 and if required a notice will be posted on the OPSSA website and broadcast over the radio from 6am.
3. Venue is the Caledonian Grounds, Dunedin.

Entry Information

4. Competitor ages are as of 1 October 2024.
5. Competitors may be entered in a maximum of 3 individual events across the sprint, hurdle, 800m and field events.
6. Entries open Monday 21 October and are submitted via the OPSSA website.
7. Entries close 10pm Friday 1 November.
8. \$5.00 per competitor entry fee.

Relays

9. Competitors may also be entered in 1 relay event, either at or above their age group but not below their age group.
10. Relay teams and runner names are submitted via the OPSSA website.
11. Relay teams must run as per the finalised names submitted by the beginning of the Meet.

Race Information

12. All running events will take place on the all weather running track.
13. Spike shoes and starting blocks are not permitted in any running event.
14. Running shoes are recommended but competitors may also run in bare feet or running socks.
15. Starting for the Sprint and Hurdle Events is a 3-stage operation.
 - On your marks *front foot up to the line, facing forward down the lane, body upright*
 - Set *bend forward at hips and knees, opposite arm to front foot is forward*
 - Go
16. Starting for the 800m Events is a 2-stage operation.
 - Set *front foot up to the line, body ready to push off, must not move*
 - Go
17. 800m races will have a split lane start to accommodate the large fields. (Lanes 1-4 and 5-8)

Sub Base Locations

18. The 100m track start area is the Subbase location for all Girls and Boys Sprint and Hurdle races.
19. The 200m track start area is the Subbase location for all Girls and Boys Relay races.

Finals Progression

20. All heat competitors will be timed with the fastest 8 across all the heats in the event, selected to race in the Final.
21. Therefore, competitors need to run hard through the finish line, even if they are winning comfortably or further back in the race, as progression to Finals is solely based on the 8 fastest times across all heats in the event, not their finishing position in a Heat.
22. There are no Semi Final races and the 800m races are straight final events.

High Jump

23. High Jump Officials may request a competitor use the Scissors technique if they have safety concerns.
24. 3 baulks will be recorded as 1 competition jump.
25. Competitors can elect to enter the competition at a height above the nominated starting height.
26. Competitors can opt to pass the next height once successfully clearing a height.
27. Competitors may jump in spike shoes if they have been checked and passed by the High Jump Official prior to the start of the Event. (Up to 9mm Cone or Pyramid only)
28. Competitors wishing to jump in spike shoes, must carry them to and from the event and have alternative shoes to jump in or be prepared to jump in bare feet if their spike shoes are not authorised by the High Jump Official.

Long Jump

29. 3 baulks will be recorded as 1 competition jump.
30. A metre-board will be used in all long jump events.
31. Spike shoes cannot be worn for this event.

General Information

32. Competitors are to wear correct school sports uniforms in events. ie jeans and coats are not suitable.
33. Schools are to highlight the OPSSA Code of Conduct behaviour expectations with competitors.
34. Schools are to provide a teacher or manager who will be responsible for active supervision of their students throughout the day. They need to have the authority to remove a student from the ground if requested by OPSSA.
35. Only the manager for your school's team can enter the Control Room and/or challenge a result at an OPSSA meet.
36. Competitors must remain inside the Caledonian Grounds perimeter fence line throughout the day.
37. First Aid staff have treated competitors with dehydration symptoms. Ensure all competitors are drinking water throughout the day.
38. Rubbish bags will be provided and schools are responsible for picking up rubbish in their area of the Grandstand.
39. Event Officials will have Event Protocols including information on how an event will be run.
40. Please note there will be no canteen in operation at the Caledonian Grounds.

For further information schools should email northzone@opssa.org.nz