



## Athletics NZ 3,000m Junior Championships

### Held In Conjunction with the Cooks Classic

### Cooks Gardens, Wanganui

Tuesday 20th January 2015

#### COMPETITION RULES & COMPETITOR INFORMATION

**All athletes must be registered with Athletics New Zealand, and compete in their club or centre uniform.**

**Stadium Entry & Parking:** Athletes and Officials should enter the ground from the Cooks Street entrance. There is no parking permitted inside the ground.

**Athlete Information area:** Athletes must check in at the Gear Shed located inside the Cooks Street entrance. They will have to check off their name to indicate their presence. Athletes will collect their pre-allocated race numbers. This will be set up from 5pm.

**Recommended Spike Type and Length:** Cooks Gardens is constructed of a Synthetic surface and the preferred spike type is therefore cone or needle spikes – 6mill all track events.

**Reporting Times:** Athletes should report to the start line or the field event position no later than 5 minutes prior to the start time. Athletes need to co-ordinate their warm up accordingly to meet the event reporting expectations. Athletes should familiarise themselves with the final revised programme in regard to start times.

**Field/Track Clashes:** If in the situation where an athlete is involved in a field competition, but required for a track event, the athlete must liaise with the field event officials at that event before leaving to go and compete in the track event.

**Programmes:** Programmes will be available, and a donation is expected to cover the cost.

**Scratchings:** Event scratchings should be advised to Mike Dwyer [miked@infoegen.net.nz](mailto:miked@infoegen.net.nz) or 021 119 0127.

**Finalised Programme:** The finalised programme has now been announced and includes some subtle timetabling changes to the draft one issued in December 2014.

Start times:

NZ Junior Womens 3,000m	7.35pm
NZ Junior Mens 3,000m	8.20pm

**Warm Up:** Athletes shall be permitted to warm up on the back straight if there is no event in progress that needs the back straight to enable the event to run. Athletes may also warm up on the mondo Pole Vault runway. Grassed areas at City College are also available a short distance out the Cooks Street gate.

**Post Event Media:** All Athletes should make themselves available for post race interviews with the news media. It is likely some winning athletes would be sought after post race.

**Medal Presentations:** All Medal winning athletes should make themselves available for post race presentations immediately after their event. Quick presentations are anticipated so athletes can then warm down.

All queries should be directed to the Meeting Director:

Alec McNab      021 421 145