

Local Competition Rules

Last update: 1 November 2014

A 1. General [A 1.1]

- A 1.1. These rules apply to local competitions conducted by NDLC. For the purpose of this definition, local competitions usually take place at Foxglove Oval, Mt Colah, on Saturday mornings from September to March but may be held from time to time on different days (e.g. Fridays), times (e.g. evenings) and venues (when Foxglove is unavailable).
- A 1.2. The rules should be read in conjunction with the most recent editions of the *LANSW Rules of Competition (RoC)*, *Little Athletics Australia Standard Rules* and the *IAAF Handbook*, where applicable.
- A 1.3. Key Officials are responsible for making initial decisions on the ground in accordance with these rules. They are encouraged to confer with the Track & Field Officer for guidance about the application of these rules in particular circumstances.
- A 1.4. Disputes and misunderstandings about any aspect of local competitions will be adjudicated by the Track & Field Officer, who may seek opinions from Key Officials, Age Managers, Committee members and other knowledgeable people.
- A 1.5. Rules may be added, modified or deleted by a majority of the NDLC committee members at a meeting for which a quorum exists.
- A 1.6. The Track & Field Officer may add or modify rules to deal with particular circumstances where the existing rules are unclear or where no rule exists.
- A 1.7. References in [square brackets] relate to the *LANSW RoC* document, **September 2014** edition.
- A 1.8. Rules relating to Centre Records are shown in red.

A 2. Eligibility [A 1.2]

- A 2.1. Visiting athletes registered with other little athletics centres or senior athletics clubs may only compete in their own age group.
- A 2.2. Trialling athletes may only compete in their own age group. Performances recorded during a trial period will not be recognised for Personal Bests and Achievement Awards even if the triallist subsequently becomes a fully registered athlete.
- A 2.3. Note that returning athletes are considered to be triallists until a new season registration number has been issued. Performances will not be recorded in the Centre's official database unless athletes can demonstrate that they are registered for the current season, for example, by wearing a current season registration number.
- A 2.4. **Centre Records** and Season Best performances **will only be recognised by athletes registered with NDLC at the time of performance.**
- A 2.5. Performances will only be recorded in events scheduled on the official program for the day or in events that have been substituted by the Track & Field Officer due to extreme weather or poor ground conditions, etc. The event schedule will not be changed to give athletes additional opportunities to record performances in unscheduled events. Subject to the availability of facilities, equipment and officials, this rule does not prevent athletes from requesting special events to be arranged on competition days for practice only, so long as all athletes in the same age group are given the same opportunity to participate.
- A 2.6. Performances will not be recognised by athletes who decide to run, jump or throw at a different time of day and/or station to the rest of their age group. *(This ensures that conditions — temperature, wind strength and direction, choice of implements, number of trials, rest between trials, judgement of officials — are similar for all athletes.)*

A 3. Uniforms [A 1.3]

- A 3.1. Athletes are encouraged to compete in their full Centre uniform every week. The full uniform is described in the NDLAC website and also in the *NDLAC Information Handbook* distributed to each family upon registration each season. **Centre Record performances will not be ratified unless athletes are wearing the full Centre uniform at the time of performance. (See also local rule A 7.3.)**
- A 3.2. During competition, athletes may not be allowed to compete if they fail to remove, when requested, items of clothing that obscure parts of the approved Centre uniform.
- A 3.3. Athletes are not required to wear a Centre number whilst competing in local competitions. *(The Centre number is worn on an athlete's back when competing in championship events and trials conducted by LANSW. Northern Districts' Centre number is "157".)*

A 4. Lanes [A 1.6]

- A 4.1. **400m races:** As a time-saving device, no more than two seeded 400m heats will be offered in any age group. If more than two heats would be required to enable each athlete to run in their own lane, the following process should be applied:
- A 4.1.1. The fastest ranked runners should run in a traditional heat using all available lanes and where each competitor has their own lane. The remaining athletes will be combined into a single heat using a pack start formation behind a curved line provided for this purpose. The inner most lane into which the pack start runners may run (currently lane 4) should be clearly marked with small cones or flags.
- A 4.1.2. Alternatively, if there are only one, two or three extra athletes preventing a single heat from being held with each competitor having their own lane, the Key Official, Age Manager and athletes may agree to hold a single heat using a pack start formation described in the previous rule.
- A 4.1.3. Note that the LANSW rule on wearing spikes [A 1.4 iv-v] means that no athletes in the U12 and younger age groups may wear spikes when a pack start formation is used for 400m heats.
- A 4.2. **800m races [A1.6 ii, B 5 v]:** More than two athletes may occupy each lane in 800m events to ensure that only one heat is necessary for an age group. Common sense should ensure that the faster athletes are mixed with slower athletes in the same lane.

A 5. Competition area [A 1.9]

- A 5.1. Persons not competing or acting as an official on the day may move within the competition area as long as they do not interfere with any competing athlete and comply with all requests from officials. Note that only registered athletes and signed-on officials are covered by the Centre's insurance policy in the event of accident or injury within the competition area.
- A 5.2. Non-competitors are permitted to offer encouragement to athletes from within the competition area as long as they do not stray onto the actual running tracks, timekeeper buffer zones or safety zones set up for throwing events. *(Please also refer to local rule A 6.1 about 'pacing'.)*

A 6. Assistance to athletes [A 1.13]

- A 6.1. Non-competitors must not pace athletes along the long jump runways or the straight or circular running tracks. *(The purpose of this rule is to discourage parents, siblings and friends from running alongside an athlete for the whole or part of a race, thereby assisting the athlete to a better performance than they could achieve without being paced. Personal Best performances achieved by athletes during the season should reflect their respective levels of ability, technique and fitness — not whose mum or dad can run the fastest.)*

NDLAC Competition Rules

A 6.2. An exception to the previous rule may apply in respect of the absolute last athlete in 300m, 500m, 700m, 800m or 1500m running events where that athlete has previously demonstrated difficulty completing the distance on their own. All pacing should cease when that athlete can complete the distance without stopping or walking.

A 7. Records [A 1.17]

A 7.1. Centre Records may only be achieved at local competitions defined in local rule A 1.1.

A 7.2. New Centre Record measurements must be checked and verified by the relevant Key Official and Track & Field Officer or approved delegate. (See also local rule C 10.4 recommending prior checking of apparatus for attempts on any high jump record.)

A 7.3. Records will only be ratified if the athlete is wearing the correct Centre uniform, including current registration number, age and sponsor patches. An exception will be granted if an athlete is waiting for a uniform order which has not yet arrived. However, no exception is available for missing registration numbers, age or sponsor patches (which may be attached with pins).

A 7.4. Where a legal performance is not allowed as a Centre Record due to reasons described in these rules, the performance may still be considered a Season Best and Personal Best by an eligible athlete.

A 7.5. Athletes are not eligible to break Zone, Region or State records at local competitions.

B 1. Track events [B]

B 1.1. To protect the relative integrity of athletes' track performances during the season, athletes should compete in their own age group. Generally, Centre Records, Season Bests & Personal Bests will not be recognised for ANY athlete where more than one age group (including boys v girls) have participated. The ONLY exceptions are:

- **All walking events:** U9G, U9B (700m); U10G, U10B, U11G, U11B (1100m); U12G, U12B, U13G, U13B, U14G, U14B, U15G, U15B, U17G & U17B (1500m).
- **3000m run:** U13G, U13B, U14G, U14B, U15G, U15B, U17G & U17B.
- **1500m girls-only run:** U13G, U14G, U15G & U17G.
- **1500m boys-only run:** U13B, U14B, U15B & U17B.
- **800m girls-only run:** U14G, U15G & U17G.
- **800m boys-only run:** U14B, U15B & U17B.
- **U17 girls** may run with U15 girls in any event providing there are no more than two U17 girls competing that day, not necessarily in the same heat.
- **U17 boys** may run with U15 boys in any event providing there are no more than two U17 boys competing that day, not necessarily in the same heat.
- **U15 girls** may run with U17 girls in any event providing there are no more than two U15 girls competing that day, not necessarily in the same heat.
- **U15 boys** may run with U17 boys in any event providing there are no more than two U15 boys competing that day, not necessarily in the same heat.
- **U14 girls** may run with **U15 girls** in any event providing there is a saving in the number of heats required (This is a temporary rule for the 2014-15 season due to low registrations in these age groups.)
- **U14 boys** may run with **U15 boys** in any event providing there is a saving in the number of heats required (This is a temporary rule for the 2014-15 season due to low registrations in these age groups.)

B 1.2. Athletes who commence but fail to complete a track event due to injury or distress will have their result recorded as 'ATTEMPTED'.

NDLAC Competition Rules

- B 1.3. Programs may be designated as **GIRLS' DAY** or **BOYS' DAY**. On GIRLS' DAYS, girls have priority over boys in the same age group for all track events, unless otherwise specified. A boys' group may only start before the girls' group if the girls are not ready when the track becomes available. In this case, the boys' group may finish all their heats before the girls' group can start. Similarly, on BOYS' DAYS, boys have priority over girls in the same age group for all track events, unless otherwise specified.
- B 1.4. For the purpose of the previous rule, the U14/U15/U17 girls and U14/U15/U17 boys are considered to be two age groups — not six. That is, on **GIRLS' DAY** all waiting U14-17 girls' heats should be allowed to start before the first of the U14-U17 boys heats, unless otherwise specified in the program. On **BOYS' DAY** the U14-17 boys have priority over the U14-17 girls, unless otherwise specified.

B 2. Disqualification [B 1.2]

- B 2.1. Athletes may be disqualified from an event if they are performing well below their level of ability. This is defined as walking or running so slow as to delay the time at which the event could be completed if they had performed to their ability. Athletes should be warned and given an opportunity to move more quickly before being disqualified under this rule. Athletes disqualified under this rule should NOT be issued with an 'ATTEMPTED' result as it is assumed they were not making a genuine attempt at the distance.
- B 2.2. The previous rule should not be used to disqualify athletes competing with an injury or under mild distress or while pacing a less credentialed athlete to the finish.

B 3. Walks [B 1.9]

- B 3.1. To maximise the efficiency of judges, all walking events at Centre level are usually held concurrently for all age groups. If qualified walk judges are unavailable, parents of walkers will be expected to provide the minimum number of four judges between them, otherwise the event may be cancelled. (Parents will be briefed by the Key Official regarding their duties as walk judges each week.)
- B 3.2. A race walking event may commence with less than four judges as long as the number of judges is not less than the number of walkers. In this case, any walker who receives warnings from all judges will be disqualified.
- B 3.3. Walkers who appear to be blatantly losing contact and/or walking with bent knees for multiple strides at a time may be disqualified by the Key Official, in consultation with relevant judges, despite not having received warnings from three different judges. (*This reduces the risk of other walkers being disqualified while attempting to keep up with the infringing walker.*)
- B 3.4. Walkers disqualified for 'loss of contact' or 'bent knees' will have their results recorded as 'ATTEMPTED'.

B 4. Timing [B 2]

- B 4.1. **Where hand timing is used, Centre Records may only be recognised if there are at least two official stopwatches on the athlete setting the record, with the second-fastest time being the recorded time. All stopwatch displays for record applications must be sighted by the Track & Field Officer (or approved delegate). All hand times will be rounded in accordance with LANSW rule B 2.2 ix [IAAF rule 165.10(a)], that is, to the next longer 0.1 (1/10th) second.**
- B 4.2. **Where electronic gate timing is used (and where the timing starts automatically), Centre Records may be recognised on the basis of the electronic reading alone (as long as the Key Official and Track & Field Officer are otherwise satisfied with the conduct of that event). Electronic times will be recognised as 'equal records' if they are within 0.3 seconds of superior hand-timed records, as long as no faster electronic times have been recorded. Electronic gate times will be rounded in accordance with LANSW rule B 2.3 vi, that is, to the next longer 0.1 (1/10th) second.**

B 4.3. Athletes expecting to challenge for a Centre Record are recommended to liaise beforehand with the appropriate Key Official for sprints, hurdles, inside track or outside track to ensure that sufficient back-up timing will be available for that event.

B 5. Starters [B 4]

B 5.1. The Track & Field Officer may overrule any decision of a Starter if they believe that the Starter's relative inexperience has resulted in an inappropriate outcome (e.g. false start not recalled; unfair start allowed to continue; starting sequence too fast, too slow or incorrect).

B 6. False starts [B 4.4]

B 6.1. All false starts must be recalled with a second shot. The athlete deemed responsible for the false start will be warned. Any athlete responsible for three false starts will be disqualified from that race. Disqualified athletes may not enter another heat of the same distance on the same day.

B 7. Events starting before 8am (or after 10pm)

B 7.1. Section 8.2.5 of the *Hornsby Shire Council Policy and Guidelines for Noise and Vibration Generating Development* (2000) places restrictions on outdoor sporting activities which generate loud noise. Our usage of starting pistols with caps and public address system fall under these guidelines. To keep the nearby residents onside, it is recommended that starting caps and the PA system only be used between 8am and 10pm.

B 7.2. Track events scheduled outside these times should be started with an electronic starting pistol or a whistle. If using a whistle, the starter should raise one arm above their head when the athletes are called to their marks and lower this arm simultaneously when they blow the whistle. Timekeepers should start their stopwatches as soon as they see the starter's arm begin to lower, that is, before they hear the whistle. False starts should be recalled with a second blast of the whistle.

C 1. Field events [C]

C 1.1. For a Centre Record to be recognised in field events, qualified or experienced officials must observe all aspects of the trial. Whilst this rule does not apply to vortex events, it is expected that the officials observing vortex trials will take appropriate care to ensure compliance with the rules.

C 1.2. Athletes failing to register a distance or height will have their result recorded as 'ATTEMPTED'.

C 2. Practice trials [C 1.3 i]

C 2.1. Practice trials in local competitions are discouraged as they reduce the amount of time available to athletes to conduct their recorded trials, especially in large age groups.

C 3. Number of trials [C 1.4 ii]

C 3.1. Athletes are limited to a maximum of three trials. Athletes must stop throwing or jumping when the time allotted for their event has been reached, regardless of whether all athletes have performed the same number of trials or the following age group has arrived. *(This is to ensure that age groups do not miss their slots for the next event or keep officials beyond the regular finish time.)*

Javelin [C 1.6 vi]

C 3.2. When javelin is conducted as an 'early event' (i.e. before the main competition for all age groups), the Key Official will limit each athlete to a maximum number of trials in accordance with the following criteria.

C 3.2.1. Athletes that have reported to the javelin station by the time competition starts will be allowed a maximum of three throws.

NDLAC Competition Rules

- C 3.2.2. Athletes arriving late, but within 15 minutes of the scheduled starting time, will be allowed a maximum of two throws.
- C 3.2.3. Athletes arriving more than 15 minutes after the scheduled starting time, but before the last athlete has completed their final throw, may be allowed only one throw.

C 4. Throwing events [C 2]

- C 4.1. To speed up the competition and provide athletes with a better opportunity to take three trials within the allotted time period, the Age Manager may allow athletes to take two or three throws consecutively. Each athlete must leave the circle correctly to collect their next implement and re-enter the circle to commence their next trial.

C 5. Implements [C 2.1.1 iv]

- C 5.1. Athletes may use privately owned throwing implements, as long as the correct weight specifications have been clearly marked by the manufacturer and they make the implements available for use by all other athletes in their age group. *(The purpose of this rule is to ensure that athletes do not feel that they must purchase their own personal implements to be competitive within their own age group at local competitions as they will all have access to the same implements.)*

C 6. Measurement [C 2.1.9 i]

- C 6.1. The best throw from each athlete shall be measured after the completion of the last round.
- C 6.2. All the Centre's shot put and discus landing sectors are currently situated across a noticeable drainage ditch. Officials should ensure that the measuring tape is pulled reasonably taut to minimise any extra distance being added by virtue of the tape following the dip across the ditch.

C 7. Vortex

- C 7.1. The vortex event was added to the Centre program when U6-U7 hurdles events were discontinued. For ease of reference, vortex competitions will be held in accordance with the rules for javelin [see LANSW rule C 2.1.8] except that the vortex does not need to be thrown overarm [C 2.1.8 i] and the tip of the vortex does not need to strike the ground first [C 2.1.8 ii].

C 8. Shot put [C 2.2]

- C 8.1. Centre Records will not be recognised in shot put unless a qualified or experienced official can confirm that the shot was put in accordance with all technical rules. Athletes expecting to challenge for a Centre Record are recommended to liaise with the Key Official for shot put to ensure that a qualified or experienced official is available for their trials.

C 9. Long & triple jump [C 3.1]

- C 9.1. As soon as officials realise that a new Centre Record may have been achieved they should cease smoothing over any marks in the sand pit and take-off area until the Key Official and Track & Field Officer have inspected the take-off and landing areas.
- C 9.2. In age groups where both long jump and triple jump are offered, individual athletes may take up to three trials in long jump or triple jump, but not both, on the same day.

C 10. High jump [C 3.2]

- C 10.1. The starting height for each age group will be specified on their event sheet. The Age Manager may offer a lower starting height to athletes that have not achieved the starting height during the current season. Other athletes may not start jumping until the specified starting height has been reached.

Measuring [C 3.2.3]

C 10.2. As the Centre usually competes on a grass surface (which can never be completely level), care should be taken to ensure that the height of the cross-bar is measured from a fair position. That is, the measurer should ensure that the base of the measuring bar is not placed in an unusual high or low point. If there is no obvious mound or hollow in the take-off area, suitable assurance may be achieved by taking several measurements up to 15 centimetres either side of the middle of the bar. The recorded height will be the most common measurement across this range.

C 10.3. Officials should ensure that Centre Records are only attempted with the cross-bar on the upper supports.

C 10.4. It is recommended that the Track & Field Officer be requested to verify the height and position of the bar before any Centre Record is attempted.

Increments [C 3.2.6]

C 10.5. The bar will be raised by 5cm increments until only one athlete remains or a new or equal Centre Record is being attempted. Where multiple age groups are jumping at the same time, this rule applies to the last remaining athlete for the combined group and for attempts on any Centre Record. (Refer also to local rule D 2.4 concerning application of this rule to pointscore in the NDLAC Multievent Championship.)

Footwear [A 1.4 vii]

C 10.6. To protect the vinyl covers of our high jump bags athletes must not use pyramid (cone-shaped) spikes in their shoes when jumping. Other spike variations such as pin (needle-shaped) and compression tier ('Christmas tree') styles are allowed, as are flat shoes.

Pyramid spikes:



Pin spikes:



Compression tier & 'Christmas tree' spikes:



C 10.7. Responsibility for using the correct footwear rests with the athlete. If an athlete is discovered to have jumped with unapproved spikes, all of those performances (including Personal Bests, Season Bests and Centre Records) will be disallowed.

D Competitions [D]

D 1. Pentathlon [D 3 – same technical rules as for Multievent]

D 1.1. NDLAC conducts an annual five-event pointscore competition known as the 'Pentathlon'. In recent seasons it has been held in conjunction with the annual photo day (the 'sixth event') around the first Saturday in November.

Events

D 1.2. Pentathletes compete in the following events:

- Under 6s: 70m, 100m, 300m, long jump, shot put;
- Under 7s: 70m, 100m, 500m, long jump, shot put;
- Under 8s: 100m, 200m, 700m, long jump, shot put;
- Under 9s: 100m, 200m, 800m, long jump, shot put;
- Under 10s: 100m, 200m, 800m, long jump, shot put;
- Under 11s: 100m, 400m, 1500m, long jump, shot put;
- Under 12s: 100m, 400m, 1500m, long jump, shot put;
- Under 13s: 100m, 400m, 1500m, long jump, shot put;
- Under 14s: 100m, 400m, 1500m, long jump, shot put;

NDLAC Competition Rules

- Under 15s: 100m, 400m, 1500m, long jump, shot put;
- Under 17s: 100m, 400m, 1500m, long jump, shot put.

Pointscore

D 1.3. The unique pointscore system for Pentathlon has been in use since the early 1990s. It is not the same one used for the NDLAC or LANSW multievent competitions. The pointscore system cannot be modified without affecting the existing **Centre Records** and **blue** / **red** / **green** / **yellow** achievement levels allocated for this event. The Pentathlon pointscore tables can be supplied upon request to interested parties.

D 2. Multievent [D 3]

D 2.1. NDLAC conducts a second pointscore competition each season known as the 'Multievent'. It is based on the LANSW multievent competition format used until 2005. In recent seasons it has been held around the last Saturday in January.

Events [D 3.2]

D 2.2. Multievent athletes compete in the following events:

- Under 6s: 100m, 200m, long jump, shot put;
- Under 7s: 100m, 500m, long jump, shot put;
- Under 8s: 100m, 700m, long jump, shot put, discus;
- Under 9s: 60m hurdles, 200m, 800m, long jump, shot put, discus;
- Under 10s: 60m hurdles, 200m, 800m, long jump, shot put, discus;
- Under 11s: 60m hurdles, 200m, 800m, long jump, shot put, discus;
- Under 12s: 60m hurdles, 200m, 800m, long jump, shot put, discus;
- Under 13s: 80m hurdles, 200m, 800m, long jump, shot put, discus, high jump;
- Under 14s: 80m hurdles (girls) or 90m hurdles (boys), 200m, 800m, long jump, shot put, discus, high jump;
- Under 15s: 90m hurdles (girls) or 100m hurdles (boys), 100m, 800m, long jump, shot put, discus, high jump;
- Under 17s: 100m hurdles (girls) or 110m hurdles (boys), 100m, 800m, long jump, shot put, discus, high jump.

Pointscore [D 3.8]

D 2.3. The pointscore system is the one used for the LANSW multievent competition until 2008. It is now quite different to the pointscore tables currently used for the State Multievent Championship and for field events at State Relays. The pointscore system cannot be modified without affecting the existing **Centre Records** and **blue** / **red** / **green** / **yellow** achievement levels allocated for this event. The Multievent pointscore tables can be supplied upon request to interested parties.

D 2.4. In high jump events points will only be allocated in 5cm increments from the starting height. Whilst athletes are allowed to attempt other heights in accordance with local rule C 10.5, no additional points will be gained by jumping between the 5cm increments. *(This rule is similar to the current LANSW rules for high jump at State Relays [D 2.7 iii] and State Multievent [D 3.7 iii].)*

D 3. Middle distance handicap

D 3.1. Towards the end of each season, NDLAC conducts a mixed-age handicap event for middle-distance runners. Athletes are given a time penalty at the start of the race which reflects their respective abilities over the race distance. Athletes with a better history of middle-distance performances will therefore be allocated a longer relative time handicap than less credentialed athletes. *(This is different to professional running races where athletes start simultaneously but the faster runners have to cover a greater distance in the race.)*

D 3.2. Entry is restricted to athletes whose age group has a 1500m event in their approved program of events (currently U10-17s).

NDLAC Competition Rules

- D 3.3. However, if there has been insufficient interest from the eligible age groups in past seasons, consideration may be given to extending entry to other age group(s) for the current season.
- D 3.4. These athletes would run over a shorter distance, say 800m or 700m, but must be given a longer time handicap such that their expected gross finish times will be commensurate with those athletes running 1500m.
- D 3.5. Athletes running less than 1500m should also be separated from other athletes by running in a wider lane (3) for the duration of their run. *(This ensures that they do not inadvertently interfere with tiring 1500m runners during their first lap.)* Obviously, their starting position on the track will reflect the extra distance involved in running from a wider lane.
- D 3.6. Whilst there are separate handicap championships for boys and girls, both events may be conducted simultaneously with the final results calculated separately.
- D 3.7. **Athletes are not eligible to record Centre Records or Season Bests during the handicap.** However, athletes may use their net time performance for their individual Personal Best tally and also for **blue** / **red** / **green** / **yellow** achievement awards and merit points.
- D 3.8. The handicapper is responsible for allocating a fair handicap to each eligible athlete. For this purpose, the handicapper should consider (but is not limited to) Personal Bests from the current and previous seasons in all middle distance races (e.g. 800m & 1500m), including previous editions of the handicap. *(Considering performances from previous seasons and other race distances limits the opportunity for athletes to obtain a more favourable handicap than they deserve by virtue of running below their ability throughout the current season's 1500m races.)*
- D 3.9. The handicapper may determine a minimum handicap available for athletes in each age group. In recent years the minimum handicap has been set at approximately 125% of an age group's Centre Record for 1500m. *(This limits the ability for unrecognised distance runners to receive excessively generous handicaps where they have greater incentive and capacity to improve their Personal Best in a one-off race than athletes who challenge the Season Bests or Centre Records each week.)*

D 4. Invitation sprint challenge

- D 4.1. Towards the end of each season, NDLAC conducts two mixed-age sprint races — one for boys and one for girls. The number of competitors in each race is limited to eight athletes.
- D 4.2. Runners may be invited from any age group. The order of invitation shall be based on rankings of the fastest 100m times recorded at Foxglove Oval during the current season. If an athlete declines or does not accept an invitation by the specified deadline, the next fastest athlete at the Centre may be invited.
- D 4.3. **Athletes are not eligible to record Centre Records or Season Bests during the invitation sprint challenge.** However, athletes may use their times for **blue** / **red** / **green** / **yellow** achievement awards.

D 5. Winter cross country [D 4]

- D 5.1. NDLAC currently offers a winter cross country program on Sunday afternoons in May and June as a lead in to the LANSW State Cross Country Championships in July and in parallel with the early rounds of the schools' representative season.
- D 5.2. All athletes must be registered with a little athletics centre or senior athletics club.
- D 5.3. All races are open to boys and girls.
- D 5.4. All races (except for the 500m event) are open to athletes from any age group [D 4.1 i].
- D 5.5. Athletes may run more than once each week if the program allows.

NDLAC Competition Rules

- D 5.6. Race distances are approximately the same as those used at the LANSW championships [D 4.3]. Season Bests and **Centre Records** will only be recognised over those distances. These are:
- Under 7s & 8s: 800m;
 - Under 9s & 10s: 1500m;
 - Under 11s & 12s: 2000m;
 - Under 13s to 17s and open: 3000m.
(Note that the U17 distance at the LANSW championships is 4000m for boys and girls.)
- D 5.7. Athletes aged Under 6 and younger may only compete in a special 500m race. Older athletes may not compete in this event. Tiny Tot athletes will be considered to be 'Under 6' athletes for this competition such that there will be no separate rankings, Season Bests or **Centre Records** maintained for Tiny Tots.
- D 5.8. Uniforms and registration numbers, etc. are not compulsory for this series and will not be required to claim a **Centre Record** [D 4.5].
- D 5.9. Only one stopwatch is necessary for a Centre Record to be recognised in cross country events. However, if more than one official stopwatch is used, the second-fastest time should be the recorded time.**
- D 5.10. All times are to be rounded up to the nearest whole second in accordance with IAAF rule 165.10(b).