



Arrival at Competition

All athletes should arrive at the competition area to register and warm up **before the advertised start time**:

- 45 minutes for Pole Vault
- 30 minutes for High Jump
- 20 minutes for all other events.

Competence to Compete

For their own safety, **athletes should not enter events for which they have not previously trained**. The Field Referee **will** exclude an athlete from the competition if there are any concerns about that athlete's competence to compete.

Competition Area

- Under no circumstances should any one cross the main grass in the middle of the track (the "infield")
- Only officials and athletes involved in an event may be in the competition area.
- Competitors may not leave the competition area without the permission of the lead official.
- For long jump, triple jump and pole vault, the competition area is between the track railings and the edge of the track.
- For infield events, the competition area is the area in the immediate vicinity of the runway / fan up to the inside of the track.

Implements

Only stadium implements or private implements that have been marked and dated by the Field Referee may be used for competition. These will be brought to the site by the Field Referee's team. Private implements cannot be used by other athletes without the owners' permission.

The lead official may return private implements to the athlete immediately following the competition – the athlete must sign the implement sheet on receipt. Private implements not collected must be collected from the Field Referee.

Triple Jump:

Boards: 7m and above only.

No board less than 7m may be used. If an athlete cannot safely jump from the boards allowed, the Field Referee may ask the athlete to withdraw from the competition.

Trials:

In the horizontal jumps and throwing events each athlete will be allowed **3 trials**.

For Juniors and Inters, the **top three** athletes (in each age group and gender) will be allowed **a further 3 trials** which will be taken in card order.

High Jump:

Minors will have the ESAA 7 jump rule applied.

Starting heights will be: MG&MB – 1.00m, JG – 1.15m, JB – 1.20m, IG – 1.25m, IB – 1.30m

Progression – 5cm increments until three athletes remain, then 3cm, until one athlete remains who can then choose heights

Ties - There will be no jumps offs in the event of a tie for first place.

Pole Vault:

Starting heights will be: JG – 1.50m, All others – 1.70m

Progression – 10cm increments to 2.50m then may reduce to 5cm if athletes wish (as several competitions in one)

Ties - There will be no jumps offs in the event of a tie for first place.