

Athletics/Track Events Rules

Where:	Newtown Park, Mansfield Street, Newtown
When:	Saturday 3 rd April 2010
Controller:	Wills Ung
Phone:	027 635 3247

All races are conducted under the rules of Athletics NZ.

Possible rule changes will be announced at the start of the Tournament.

The following events will be held:

1. Women's 4x100 metres Relay (official)
2. Men's 4x100 metres Relay (official)
3. Women's 800m
4. Men's Mile

Rules for all races:

- Competitors must compete in the uniform of their representative team.
- Spikes must not be more than 6mm in length, sports shoes permitted.
- The starting rule (one break per race) will be enforced.
- During the race, obstructing other runners' way on the track can result in disqualification.
- An athlete stepping outside the track during the race is considered to be out of the competition.

Rules for 4x100 metre relay:

- Runners are not allowed to leave or change their designated lanes. The athletes should remain in their respective lanes even after handing over the baton and after receiving the baton.
- The baton has to be passed from one athlete to the other within the specified area known as the take-over zone.
- The length of the take-over zone is 20 metres.
- Dropped batons and changes outside the take-over zone will result in disqualification.
- The athletes are not permitted to wear gloves or use any substances which can enable them to have a better grip on the baton.