

Important information for Competitors Meeting and Competition Rules

The **2025 Team Ledger Harcourts Capital Classic** will be conducted under the rules of Athletics New Zealand and World Athletics Continental Tour Bronze Meet requirements.

All competitors must be registered with Athletics New Zealand or their National Federation and compete in their National, Club or an approved uniform. **Athletics New Zealand M20 and W20 3000 metre Championships** athletes will be expected to have their competition shoes approved in the call room prior to the Championship event to meet World Athletes requirements.

All athletes must follow the requirements of the Technical Delegate, Meeting Director, and Meeting Officials. These directives are to ensure we all comply to the Competition rules and for Health & Safety.

ATHLETE STADIUM ENTRY:

Athletes must enter the track by the **Access Door** behind the grandstand near the finishing line end, which is 70 metres from the public entry main gate. **Athlete's ONLY** have Entry through this door. This room is the **Technical Information Centre** and **Results Centre**. Coaches are required to use the public access gate and pay or show accreditation.

After entering this area [**TIC and CHECK IN**] you will be required to check in and confirm your events and uplift your competition Bib #. All athletes are to check in to pick up competition bib # at least **90 minutes** before the scheduled start of their event.

SCRATCHINGS

- ✓ Please notify the Meet Director or TIC when you enter the stadium or earlier any event you wish scratch.
- ✓ Pre-Competition Day (that is prior to Wed 29 Jan) scratchings must be in Emailed to tony@acesports.co.nz by **7.00pm Tuesday 28 January** with "SCRATCHING" in the Subject line
- ✓ On the day scratching must be made **90 minutes prior**.
- ✓ Scratching Forms are available at **TIC**
- ✓ Athletes in Bronze events are reminded of the rule **2.6 in the World Athletics Continental Tour Regulations** for such meetings - see note below in **Appendix I**

COMPETITION BIB NUMBERS:

Your competition number becomes your event athlete event accreditation. Numbers are to be worn in competition and must be displayed on the front and back of your competition vest during competition. High Jump athletes may opt to wear only one BIB number. BIBs should be worn as given; no alteration will be allowed.

DRAWS and REPORT TIMES:

Track: Lane Draws will be published asap after all confirmed entries are received up to **90 minutes** prior to event and posted to **Roster Athletics** link
<https://meets.rosterathletics.com/public/competitions/details/about?id=26063>

Jumps and Throws:

The competing order will be as set out by the draw sheets published 90 minutes prior to the event.

EVENT REPORT and CALL ROOM

A call room **will only operate** for the **WA Bronze Events** and **Men 20 and Women 20 3000 metre** championships. This Call Room for this event is at the Zoo End of the Function Lounge.

Call Room report time for Athletes is

30 minutes prior for

Athletics NZ 3000m M20 & W20 metres , Men's 400m, Men's 800m and Women's 1500m

45 minutes before the **Men's Triple and Women's High**

OTHER TRACK EVENTS - Athletes must report to the start line **10 minutes** prior to advertised start.

FIELD EVENTS

Athletes must report to the field site position no later than **30 minutes** prior **the scheduled event start**. Field event athletes will be given an opportunity to do specified warmups at event site. Time permitting, they will be allowed 1 or 2 warmup throws/jumps.

For feature events we will attempt to introduce athletes to the stadium spectators before the start.

WARM UP

Warming up can be done on the top field (No. 2) arena or outside the stadium.

If you warm up on the top field or outside the stadium, take your Bib # with you as accreditation to show to the gate security to re-gain entry. It is preferred to use inside the top field (No.2).

HURDLES

There will be some Hurdles on the warm field and available on the track

HIGH JUMP PROGRESSIONS

Start Heights: The start heights for the High Jump will be as follows unless the referee in consultation with the Technical Delegate see fit to change the due to event conditions.

Women's High:

1.63m, 1.68m, 1.72m, 1.76m, 1.80m, 1.84m, 1.87m, 1.90m, 1.92m, 1.94m, + 2.0cm

Men's High:

1.83m, 1.88m, 1.93m, 1.98m, 2.03m, 2.08m, 2.12m, 2.16m, 2.20m, 2.24m, 2.27m, 2.30m, +3.0 cm

THROWS INFORMATION

Personal Implements must be presented for checking and weigh in at the Gear Shed by the 100m start, no later than **2 hours** before the event is scheduled.

SEATED THROWERS

Your **throwing frames** need to be dropped to the Implement Check in for checking **2 hours** prior the start time.

REMINDER:

If you wish to use your own implement then it becomes **available** in the **competitor's pool**.

NO Warmup in the throws circle until directed by **Chief Judge**.

Any warmup throws on the warmup area must be individually supervised

WALKS

A Penalty box will be used for athletes by the judges for this event

TOILETS and CHANGING ROOMS:

TOILETS are available at

- ✓ Under the Grandstand alongside the First Aid Room for Men and the TIC for Women
- ✓ On the Grandstand mezzanine floor – entrance by the small access way near VIP area
- ✓ External to stadium at the back of the grandstand [Public side]
- ✓ On the Top field (no.2) Changing rooms - inside the perimeter fence and outside [Public]

CHANGING ROOMS

Changing rooms and showers are available in the following locations.

- ✓ Under the Grandstand and they will be designated as Men's Change room, Women's Change room and Para Change rooms on
- ✓ The top field [No.2 ground] warm up area has change rooms and Toilets

ATHLETE SUPPORT:

A Doctor, Physiotherapist [Tony Snell], and Registered Nurse [Tracey Baldwin] will be available at the Stadium. There will be one of the above team always located at First Aid room area in Front of the Grandstand.

On Tuesday before the meet the physio will be available at Brentwood Hotel – from 4.30pm

POST EVENT PROCEDURES

All Track and Field Athletes must leave the competition arena asap post event and should exit near the small gate situated diagonally beyond finish line area. Podium athletes should report to the Podium area

PROMOTIONAL

Athlete Availability for Media Interview and Sponsors

Where possible we would like to ask you to be available for Media and Sponsors if required. News media and infield interviews are likely for winners of WACT Bronze events, and any record breakers. These will be undertaken in front of the grandstand.

AWARDS

Medals for the top three athletes will be awarded where possible for WACT Bronze Events and other feature events at the Podium. Once the World Athletics performance points rankings are established post meeting all athletes will be sent an email with an attached document for payment of Awards and any agreed Expenses

We will hope to present top 3 medals asap including for the Athletics NZ Championships 3000 metres races as soon as possible post event.

Medals for place getters in **NON - WACT** Events can be picked up from the TIC .

DRUG TESTING:

Any Athletes requested by **DFSNZ** for testing are to remain at the stadium after their event if required.

LIVERESULTS and START LISTS

These will be published the via the Roster App



Capital Classic Track
and Field Meeting



DIRECT LINK to START LIST and RESULTS

2025 TEAM LEDGER HARCOURTS CAPITAL CLASSIC

<https://meets.rosterathletics.com/public/competitions/details/about?id=26063>

Appendix I

2.6. Once an Athlete (or an Athletes' Representative or Member Federation on their behalf) has accepted a starting place in a Meeting, and subsequently withdraws for any reason 5 days or less before the Meeting, the athlete cannot compete in a World Rankings Competition (including a Continental Tour or Diamond League meet) for 5 days following the date of the originally accepted Meeting. For the avoidance of doubt, Organisers must not invite an athlete subject to the 5-day period. If an Organiser discovers they have invited such an athlete and are still within the 5-day period, then they must withdraw their invitation.



These rules are provided by Meet Director Tony Rogers of Acesports

