

- Start times for the Heats on the track and Flights in the field will be posted after the Entry Deadline
- Throws implements will be available
- Throws and Jumps events will have flights – if required by number of entries. If there is more than one flight. The final age group split will be determined by the Meet Director based on numbers to best balance the flights. Final flights will be posted after the late entry deadline. Please make sure you check for your flight before the day of your events
- Competitors must report to their event 30 minutes before the start time
- If a competitor has two conflicting events, they must inform the field judge that they will be competing in the track event
- Spikes - 1/4" (7mm) cone only spikes allowed (High Jump – 9mm cone spikes)



- The Jury Of Appeal will hold the final authority in any appeal or dispute
- No charge and no awards for the Relays. Sign up on the day. Must already be entered in an event.
- Facilities do not supply poles for the Pole Vault
- Limited number Of 27" hurdles. Age Group Heats may be split as required.
- Medical Services provided by Panno Therapeutic
- Competitors are subject to Doping Control