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Secretary: Philip Rehder

TO : Member Associations

**Copies : Executive Members
Coaches
Athletes**

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4 September 2017

Dear All

Re : 56TH National Track and Field Championships – Goroka 28 to 30 September 2017

On behalf of Athletics PNG and of the Local Organising Committee in Goroka it is my pleasure to invite all Member Associations , interested clubs and athletes to participate in the 56TH edition of our National Championships to be held at the National Sports Institute Goroka from 28 to 30 September 2017.

Below you will find some general information about the Championships included with the Competition Rules, together with a copy of the Timetable of events. It is essential that all team leaders attend the Technical Meeting on Thursday 28 September at 10:00am

As always , the timetable will need to be modified when the actual numbers of participants is known. In this respect I urge all participating teams to respect the closing entry deadline of 20 September which will allow us to finalise entries and the timetable ; and draw the heats in advance of the competition. This will allow the competition to proceed with the minimum of delays and allow the athletes and officials to have a thoroughly enjoyable Championships.

I look forward to welcoming you to Goroka

Kind Regards

**Philip Rehder
Secretary**

ATHLETICS PNG**56th NATIONAL OPEN & UNDER 18 CHAMPIONSHIPS****COMPETITION TIMETABLE****THURSDAY 28 SEPTEMBER****DAY ONE**

TIME	EVENTS	DIVISION	SEX	
10.00	TECHNICAL MEETING			
12:00	800M Semi Final	U16	M	Note 1
12:00	Long Jump	U16	Boys	
12:00	High Jump	U16	Girls	
12:00	Discus	OPEN/18	W	
12:20	800M Semi Final	U18	M	Note 1
12:40	800M Semi Final	OPEN	M	Note 1
13:30	400M Heats or Final	U16	Girls	
14:00	400M Heats or Final	U18	W	
14:15	100m Preliminary if required	Open	M	
14:30	Javelin	U16	M	
14:30	Long Jump	U16	W	
15:00	5000M	OPEN	W	
15:30	Javelin	U16	W	
15:30	High Jump	Open	M	
15:30	Discus	U/18	M	
15:45	400M Heats or Final	U16	Boys	
16:00	400M Heats or Final	U18	M	
16:15	400M Heats (if necessary)	OPEN	W	
16:30	400M Heats	OPEN	M	
16:45	10 000M	OPEN	M	

Note 1 The 800m Women all divisions
 will be straight finals on Saturday
 U16 and U18 400m finals will be run on
 thursday if there are insufficient entries to run heats
 400m Finals in the Open division will be on FRIDAY.

COMPETITION TIMETABLE

FRIDAY 29 SEPTEMBER 2017

DAY TWO

07:00	10000m	Open	W
08:00	1500M Final	OPEN	M
08:30	400M Hurdles Final	Open	W
08:45	400M Hurdles Final	U18	M
09:00	400M Hurdles Heats	Open	M
09:00	Long Jump	U18	M
09:00	Shot Put	OPEN	M
09:00	100m Hurdles	Heptathlon	W
09:15	100M - Octathlon	OPEN	M
09:30	100M Semi Final	U 16	Girls
09:45	100M Semi Final	U16	Boys
10:00	100M Semi Final	U 18	W
10:30	100M Semi Final	U18	M
10:30	High Jump	Open/U18	W
10:30	High Jump	Heptathlon	W
10:30	Long Jump	Open	M
10:30	Long Jump - Octathlon	OPEN	M
10:30	Shot Put	U18	M
11:00	100M Semi Final	OPEN	W
11:30	100M Semi Final	OPEN	M
11:30	Shot Put	U18	M
11:30	High Jump	U18	M
11:30	Javelin	Open	M
11:30	Long Jump	Open/U18	W
12:00	Discus	Open	M
12:15	Medal Presentations	10000m	M/W
	Medal Presentations	400m H	M/W
	Medal Presentations	1500m	OM
	Medal Presentations	L Jump	Open/U18/U16 M
	Medal Presentations	Discus	Open/U18 M/F
	Medal Presentations	H Jump	Open/U18/U16 F
13:15	1500M Final	U18	W
13:30	1500M Final	U/18	M
13:30	Shot Put	Heptathlon	W
13:30	Shot Put	Octathlon	M
13:30	High Jump	U16	M
13:30	Javelin	U18	M
13:45	1500M Final	Open	W
14:00	100m Final	U16	Girls
14:15	100m Final	U16	Boys
14:30	100m Final	U18	W
14:45	100m Final	U18	M
15:00	100m Final	Open	W
15:15	100m Final	Open	M
15:25	400M Final	U 16	Girls
15:30	400M Final	U16	Boys
15:35	400M Final	U 18	W
15:40	400M Final	U18	M
15:45	400M Octathlon	Open	M
15:50	400M Final	OPEN	W
15:55	400M Final	OPEN	M
16:00	200m	Heptathlon	W
16:10	3000m Steeplechase Final	OPEN	M
16:30	4x100m Relay	U/18	W
16:45	4x100m Relay	U/18	M
17:00	4x100m Relay	OPEN	W
17:15	4x100m Relay	OPEN	M

COMPETITION TIMETABLE

SATURDAY 30 SEPTEMBER

DAY THREE

08:30	110m Hurdles	U18/Open	M
08:40	110m Hurdles	Octathlon	M
08:45	100m Hurdles	U18/Open	W
09:00	200m Semi Finals	U16	Girls
09:20	200m Semi Finals	U16	Boys
09:40	200M Semi Finals	U18	W
10:00	Triple Jump	OPEN/18	M
10:00	Javelin	Open/U18	W
10:00	200m Semi Finals	U18	M
10:20	200M Semi Finals	Open	W
10:40	200M Semi Finals	Open	M
11:00	3000m	U18	W
11:00	High Jump	Octathlon	M
11:30	Long Jump	U18	W
11:30	Long Jump	Heptathlon	W
11:30	3000m	U18	M
12:00	200m Final	U16	Boys
12:10	200m Final	U16	Girls
12:20	200m Final	U18	M
12:30	200m Final	U18	W
12:40	200m Final	Open	M
12:50	200m Final	Open	W
13:30	800m Finals	U16	Girls
13:45	800m Finals	U16	Boys
14:00	800m Finals	U18	W
14:00	Javelin	Heptathlon	W
14:00	Javelin	Octathlon	M
14:00	Shot Put	Open/U18	W
14:00	Shot Put	Heptathlon	W
14:00	Triple Jump	Open/U18	W
14:15	800m Finals	U18	M
14:30	800m Finals	Open	W
14:45	800m Finals	Open	M
14:50	800m	Heptathlon	W
15:00	1000m	Octathlon	M
15:00	Hammer Throw	Open	M/W
15:30	5000m	Open	M
16:10	4x400m Relay	U/18	W
16:30	4x400m Relay	U/18	M
16:50	4x400m Relay	OPEN	W
17:10	4x400m Relay	OPEN	M
17:30	Medal Presentations		

ATHLETICS PNG NATIONAL CHAMPIONSHIPS 2017

COMPETITION RULES

General Competition Rules

will be conducted in accordance with the Rules as set out in the latest IAAF Competition Rules Handbook with the exception of the false start rule as per 6 below. There will be an Open Competition in all events in both men's and women's divisions. There will be an Under 18 competition in all events, both men and women. For the U16 division, the program will include the following events: 100m, 200m, 400m, 800m, long jump, high jump and Javelin.

Team Management & Entries

Team Managers must reconfirm the names of athletes competing in track events no later than one hour before the scheduled start time. This will allow time for heats to be redrawn or even cancelled if necessary. Track events will then be called 30 minutes before the start time and competitors must report to the Call room at that time. For the athletes, THERE WILL BE ONE CALL ONLY. Athletes must remain in the call room from where they will be escorted to the start. Any athlete scratched for failing to report will not be permitted to compete in a later round in the same event. This rule applies to all events and the attention of team managers is drawn to the possibility of heats for the Open and U18 men's 800m event. Heats are scheduled for Thursday and no more than eight competitors can be accommodated in Sunday's final. Last minute entries will not be accepted for the final.

Under 18 Division

In order to be eligible for the Under 18 division, athletes must still be **under 18 on 31st December 2017**. Only athletes born in 2000 or later are eligible for the U18 division.

Only athletes born in 2002 or later are eligible for the U16. Athletes will be disqualified if, after the event it is discovered that they competed in an event for which they were not eligible to take part.

Call Room Protocol

Competitors will be escorted from the Call Room to the start area by a Marshall's assistant. When a field event is called competitors should report first to the MARSHALS and NOT to the place where the event is to be conducted. As with track events, athletes will be escorted to the field of play.

Field Sizes

In sprint events, where there are not enough entrants to run heats, the final will still be run at the time scheduled for the final. However for the Under 16 and Under 18 division 400m only, if no heats are necessary, finals will be run on Thursday. This is in order to enable the athletes to compete in other events such as 100m and relays on Friday. In events of 800m and longer, combined races may be run where there are only a small

numbers of competitors in each division. In these cases the officials will treat the event as one race and athletes will be ranked later according to their age division.

Rules

Progression from heats to finals will be as per IAAF Rules and will be explained at the Technical Meeting which will be held at the competition venue at 12:00 hours. on Thursday 28 Sept.

It is the responsibility of athletes and team leaders to familiarize themselves with the rules. If there are three heats, the first two finishers in each heat plus the two fastest of all the other competitors will progress to the final. If only two heats then the first three finishers in each heat will progress to the final plus the two fastest of all the other competitors.

All athletes must be familiar with the false start rules. Only one false start per race is allowed and any athlete who is subsequently adjudged to have made a false start will be disqualified. In sprint events, at the end of the race, athletes should remain in their lanes until the finish judges have finalized placing's

Field Event Rules

In field events other than high jump, if there are less than eight competitors they shall advance straight to the finals and have six attempts each. Where there are more than eight then all shall have three attempts and then the top eight only will have three further attempts.

Observers

Athletes must stay outside of the competition arena except when competing.

Technical Meeting

At the Technical Meeting team managers may withdraw athletes previously entered where it is known that the athletes will not compete. The purpose of this meeting is to confirm entries and allow organizers to distribute start lists before the competition begins. Late submission of entries delays the start of competition and inconveniences everyone, including the athletes, and the cooperation of all teams is requested in this matter.

Final Races

Athletes who qualify for the final in a sprint event MUST run in the final. If an athlete qualifies for the final and fails to report then unless the athlete has a properly documented medical reason, he or she will not be eligible to take any further part in the competition. Disrespect for this rule can result in the disqualification of relay teams.

Age Divisions

Athletes may compete only in one age division in a particular event. This will normally be their correct division according to their age. However athletes aiming for selection to the team for national selection must compete in the Open Division.

Small Event Pools

Normally there are only a small number of competitors in the women's jumps and throwing events and we have the Open and U18 athletes compete together. Separate result sheets are maintained by the officials and medals awarded to the winner of each division. This policy will be reviewed when all entries have been received and if considered necessary the U18 and Open events will be conducted separately. Athletes should note rule 11 above.

Multi-Events

In the Octathlon event, athletes must compete in all eight events (and make a genuine attempt to register a legal performance in each) in order to register a score. For example three fouls in the long jump or a no height in the high jump means no points in that event, but it does not disqualify the athlete from the rest of the competition. For the jumping and throwing events in the Octathlon the competitors are allowed only three trials, not six. Athletes are awarded points according to their performance in each event. The winner of the event is the athlete with the highest accumulated point's total.

Province of Representation

Disputes often arise with different teams claiming the right to national athletes who move from one center to another. In order to minimize the possibility of such disputes arising, Athletics PNG wishes to set down the following criteria.

As a general rule, athletes must represent the Province in which they currently reside. It has traditionally been accepted and understood that if an athlete has resided in a particular center for three months or more immediately prior to the Championships, then he or she represents that Province at the National Championships. This policy does not apply to athletes on short term training programs preparing for representative duties, but

it does apply to those who have relocated on a semi-permanent basis.

Different rules apply for the PNG Games, where athletes have the right to choose between representing their Province of birth or the Province in which they reside.

Medals

For relays, medals will be presented to the winning teams only. For individual events, where there are less than four competitors, the following rules will apply

Three competitors – medals will be awarded to first and second place only

Two competitors - only the winner will be presented with a medal

One competitor – The athlete may still participate but no medal will be awarded.

Entry Requirement

A maximum of four athletes may be entered in any one event. Team leaders must complete and sign the entry form to acknowledge that they have studied the competition timetable and competition rules. Entries will close on 20 September 2017.

Fees

An affiliation fee of K200.00 is to be paid to the APNG account as below for a teams acceptance to participate at this 56th National Athletics Championship.

However if clubs or schools wish to participate they are required to pay a team nomination fee of K100.00 and limit the team entries to 20 athletes.

Any individual entrant not associated with any team will pay a fee of K20.00 to be allowed participation. Competition fees per athlete are K10.00 for the first event and an additional K5.00 for each additional event except relays. All fees must be paid by the entry deadline of 20 September and are non-refundable.

Please pay all monies to : PNG Athletic Union ANZ acc# 624406 Lae branch and forward the deposit slip to the following email address. png@mf.iaaf.org; rehderphilip@gmail.com

Competition Bib Numbers

Will be used at the Championships in the interests of collating accurate results. Many athletes will be using these for the first time and education by team leaders is required. Numbers are STRICTLY nontransferable and may only be used by the athlete to whom issued. Presentation of bib numbers in the call room will speed up the processing of athletes.