

110m Chase

- ❖ Athletes run off marker as per their handicap listed on start sheets
- ❖ No times will be recorded for this event
- ❖ Athletes progress from Heats to Semi-Finals to Finals
- ❖ Athlete Progression
 - Top 4 from each heat into Sem-Final
 - Top 4 from each Semi-Final into Final
- ❖ Top 3 places in each age group and gender win prizes

800m Chase

- ❖ All athletes will run the full 800m – this is a timed event
- ❖ Athletes commence running based on their wave listed on start sheet
 - eg Wave 11 have 60 second delay before starting
- ❖ Athletes will be given their wave at time of marshalling
- ❖ Track Marshal will then call out waves for athletes to commence running
- ❖ No times will be recorded for this event
- ❖ Top 3 places in each gender win prizes

Javelin Chase

- ❖ Athletes will throw the implement listed below based on their age
 - U6 to U7 – Vortex
 - U8 to U10 – Turbo Javelin
 - U11 to U17 – Javelin (weight as per age group)
- ❖ Athletes will be placed on their handicap listed on the start sheets
- ❖ Each athlete receives 2 consecutive attempts
- ❖ No measurement will be recorded
- ❖ Markers will be used for each athlete
- ❖ After 2nd attempt, marker will be placed at furthest throw
- ❖ Top 3 furthest markers win prizes

Long Jump Chase

- ❖ Athletes will jump off mat based on their age group
 - Junior Chase 50cm mat
 - Senior Chase 20cm strip mat
- ❖ Junior Chase mat will be placed 50cm from edge of pit
- ❖ Senior Chase mat will be placed 2m from edge of pit
- ❖ Each athlete will receive 2 jumps with each jump being measured
- ❖ Distances jumped will be recorded on results sheet
- ❖ Results will be handed to End of Track to calculate placings
- ❖ Athletes handicap will then be deducted off each athlete's best jump
- ❖ Top 3 furthest jumps after calculation win prizes