



Otago Athletic Championship 2010

Date: TUESDAY 16th NOV 2010 (Thurs 18th Nov Postponement Date)
Venue: Caledonian Ground at Logan Park, Dunedin

GENERAL INFORMATION

1. Ages of competitors are taken as 1 October 2010.
2. No competitor may enter more than 3 individual events and 1 relay.
3. Competitors may not wear spikes, spike-shoes or use starting blocks.
4. In all jumping events, 3 baulks count as one jump.
5. Competitors entered in championships must have attained standards in field events.
6. Cancellation/postponement will be broadcast over Radioworks & Radio Network stations as early as possible, and displayed on www.opssa.org.nz

Would sub-association secretaries please send a name and telephone number that can ring if a postponement / cancellation.

7. Entry fee - \$2 per competitor. Cheque for entry fee should be addressed to OPSSA.
8. Please note the use of a multiboard in the long jump events.
9. Competitors must wear correct school/sub association sports uniform.
10. If there are any changes please inform me as soon as possible.
11. Please only enter athletes who have qualified and have exceeded the standards. Performances not over standards may not be measured.
12. Please note that like all athletic meetings some events clash times. Do not enter an athlete in two events that are on at the same time. Parents and children become agitated following problems with such entries.

STANDARDS	GIRLS			
		High Jump	U11	1.0m
			U12	1.1m
			12 + over	1.2m
		Long Jump	U10	3.1m
			U11	3.5m
			U13	3.8m
			13 + over	3.9m
		Shot Put	[2.720kg]	U12
			[3.25kg]	12 + over
				5m
				6m
		Discus	[750gm]	U12
			[1kg]	12 + over
				12m
				15m

STANDARDS	BOYS			
		High Jump	U11	1.1m
			U12	1.2m
			12 + over	1.3m
		Long Jump	U10	3.3m
			U11	3.6m
			U13	4.2m
			13 + over	4.4m
		Shot Put	[3.25kg]	U12
			[4kg]	12 + over
				5m
				7m
		Discus	[750gm]	U12
			[1kg]	12 + over
				15m
				16m