



EVENT: LONG JUMP

1. All competitors will be allowed 1 practice jump and 3 attempts
2. Competitor fails if:
 - a) touches ground beyond the end of take-off line.
 - b) touches the ground outside landing area.
 - c) after landing, walks back through the landing area.
3. All jumps are measured from the nearest break in the landing area to the edge of the take-off line nearest to the pit. The measurement should be taken perpendicular to the take-off line. Measurements are taken to the nearest cm but not rounded up. Ex. 5.178m means 5.17m.
4. Each competitor should be credited with the best of all his jumps.

EVENT: STANDING LONG JUMP (Tyro and Novice categories only)

(PLEASE SEE EVENT DETAILS ON SEPARATE DOCUMENT)

PLEASE BE SURE THAT RESULTS FROM EACH EVENT ARE TAKEN TO Meet Manager!



EVENT: TRIPLE JUMP (Junior, Intermediate and Senior categories ONLY)

1. All competitors will be allowed 1 practice jump and 3 attempts
2. Competitor fails if:
 - a) touches ground beyond the end of take-off line.
 - b) touches the ground outside landing area.
 - c) after landing, walks back through the landing area.
3. All jumps are measured from the nearest break in the landing area to the edge of the take-off line nearest to the pit. The measurement should be taken perpendicular to the take-off line. . Measurements are taken to the nearest cm but not rounded up. Ex. 5.178m means 5.17m.
4. Each competitor should be credited with the best of all his jumps.

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EVENT: HIGH JUMP

1. All competitors should mutually agree upon a starting height.
2. Judges should announce the starting height and the subsequent heights the bar will be raised after each round
 - a) the bar will be raised by 5cm each round until 3 or 4 competitors remains, at which time the bar will be raised 3cm per round.
3. Competitors **must** take off with only one foot.
4. A competitor fails if:
 - a) bar is knocked off
 - b) he touches ground beyond the plane of the uprights
5. Three consecutive failures regardless of the height results in a disqualification.
6. Competitor may elect to pass at any height. (Even if he has already made 1 or 2 attempts at the height)
7. Measurement should be taken from the top side of the bar at the middle. Records should be measured after the competitor has successfully jumped.
8. In the event of a tie,
 - a) The competitor with the least total number of total failures will be declared the winner.

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EVENT: JAVELIN OR TURBO JAVELIN

1. All competitors will be allowed 1 practice throw and 3 attempts
2. Javelin must be held at the grip.
3. A throw shall be valid only if the **tip strikes the ground first**. The javelin need not stick into the ground
4. No device (i.e. tape, glove) may be used on the hands to aid the thrower.
5. It is a foul if:
 - a) thrower touches any part of his body outside the runway.
6. Thrower must exit to the side of the runway area.
7. The thrower is credited with the best throw of all his trials.
8. The measurement of each throw shall be made immediately after the throw, from the nearest mark made by the javelin to the inside edge of the arc, along a line from the mark made by the javelin and a center point 8 meters back of the arc.
9. Reminder of new implements: 500 turbo javelin for tyro to Intermediate, 500g regular javelin for Sr.

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EVENT: DISCUS

1. All competitors will be allowed 1 practice throw and 3 attempts
2. The thrower may touch the inside edge of the steel ring.
3. No device (i.e. tape, glove) may be used on the hands to aid the thrower.
4. It is a foul if:
 - a) thrower touches any part of his body outside the circle.
5. Thrower must exit from the back half of the circle.
6. The thrower is credited with the best throw of all his trials.
7. The measurement of each throw shall be made immediately after the throw, from the nearest mark made by the discus, to the Inside edge of the circle, along a line from the mark made by the discus and the center of the circle.
8. Reminder of new implements: All categories use rubber discus 1kg. Seniors use Metal Riar, Seniors may spin if discus cage is available

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EVENT: SHOT PUT

1. All competitors will be allowed 1 practice throw and 3 attempts
2. The thrower may touch the inside edge of the stop board.
3. At the time of the put, the shot shall touch or be in close proximity to the chin.
4. The shot may not drop below or behind the level of the shoulders during the put.
5. No device (i.e. tape, glove) may be used on the hands to aid the thrower.
6. It is a foul if:
 - a) touches any part of his body outside the circle. (Touching the top of the toe board is a fault.)
7. Thrower must exit from the back half of the circle.
8. The thrower is credited with the best throw of all his trials.
9. The measurement of each put shall be made immediately after the put from the nearest mark made by the shot, to the inside edge of the circle, along a line from the mark made by the shot and the center of the circle.
10. Reminder of new implements: All categories use a 3kg shot except Sr Boys use a 4kg shot..

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