

## NECIS TRACK AND FIELD MEET ENTRY INSTRUCTIONS

### ENTRY REGULATIONS.

- A school's team shall be limited to **60 athletes**.
- Each school may enter up to four (4) athletes in each event at the Under 12 age level; and up to three (3) athletes at the and Under 14, Under 16 and 16+ age levels.
- Competitors in the Under 12 section will be allowed to compete in a maximum of four (4) individual events **to include any additional events that the Tournament Director may organize**. They may also compete in a relay in addition to their individual event.

#### Extra Events for the Under 12 Age Group.

**These will be included in the NECIS Track & Field Meet:**

**Turbo Javelin** - Only for those athletes not competing in the Ball Throw event  
Turbo jav: 68cm and 300g

**Mini-Hurdles** - Only for those students not competing in the 100 m Sprint.  
60m race over (x6) 60cm high hurdles.

**Standing Long Jump** - Only for those students not competing in the main Long Jump event.

- Competitors in the Under 14 years, Under 16 years and 16+ years sections will be allowed to compete in a maximum of five (5) individual events. They may also compete in a relay in addition to these individual events.
- Competitors will be allowed to compete in a higher age group (but not lower) for all their individual events. Once they have been entered in a higher age group, they must remain in that group for all their individual events.
- Competitors will be allowed to compete in a higher age group (but not lower) for a relay only, i.e. they may compete in one age group for their individual events and move up to a higher age group for the relay.
- It is not permissible for boys to compete in girls' races and vice-versa.
- **4 x 100m and 4 x 400m Relay Events:** Schools may only enter a B team for a relay event at the discretion of the Meet Director and only if lane space permits, up to a maximum of 6 teams per race. We will not add an additional race to the meet schedule in order to accommodate B teams. **B teams will not be allowed to place (compete for medals) in the relay event and will be clearly identifiable as B teams by wearing coloured vests with their competitors' numbers clearly visible.**

**It is compulsory for all schools to rank their athletes in an event A, B, C and D (best athlete in that event to be ranked A). In this way the Meet Director will be able to seed any heats in an appropriate manner.**

**Entry deadline: Friday May 8<sup>th</sup>**

**Changes deadline: Friday May 15<sup>th</sup>**

The **Initial Entry Report will be sent to** each participating school for the purpose of checking their entries. It will also be displayed on ISL webpage  
Once this Changes deadline has passed, no more changes will be allowed, only scratches. The only exception to this rule is in the case of an athlete who is ill/injured or who does not travel to the meet – changes will be allowed in this instance.