



Coast2coast International Meet 12-14 July 2024

COMPETITION VENUE

The COMPETITION venue is the Gold Coast Performance Centre, 1 Sports Drive, off Morala Avenue, Runaway Bay. The Exit off the M1 freeway between Brisbane and NSW is **Exit 62**.

HURDLES SPECIFICATIONS

| AGE GROUPS | Dist | Number of flights & Height | Dist To 1st | Dist Between | DIST TO FINISH |
|-------------------|------|----------------------------|-------------|--------------|----------------|
| Open M | 110m | 10x106.7cm (3'6") | 13.72m | 9.14m | 14.02m |
| 18/19yrs M | 110m | 10 x 99.1cm (3'3") | 13.72m | 9.14m | 14.02m |
| 16/17yrs M | 110m | 10 x 91.4cm (3'0") | 13.72m | 9.14m | 14.02m |
| 14/15yrs M | 100m | 10 x 84cm (2'9") | 13m | 8.5m | 10.5m |
| 18/19yrs & Open F | 100m | 10 x 84cm (2'9") | 13m | 8.5m | 10.5m |
| 16/17yrs F | 100m | 10 x 76.2cm (2'6") | 13m | 8.5m | 10.5m |
| 14/15yrs F | 90m | 9 x 76.2cm (2'6") | 13m | 8m | 13m |
| Open M | 400m | 10 x 91.4cm (3'0") | 45m | 35m | 40m |
| 18/19yrs M | 300m | 7 x 91.4cm (2'9") | 50m | 35m | 40m |
| 16/17yrs M | 300m | 7 x 84cm (2'9") | 50m | 35m | 40m |
| 14/15yrs M | 200m | 10 x 76.2cm (2'6") | 18.29m | 18.29m | 17.10m |
| Open F | 400m | 10 x 76.2cm (2'6") | 45m | 35m | 40m |
| 18/19yrs F | 300m | 7 x 76.2cm (2'6") | 50m | 35m | 40m |
| 16/17yrs F | 300m | 7 x 76.2cm (2'6") | 50m | 35m | 40m |
| 14/15yrs F | 200m | 10 x 76.2cm (2'6") | 18.29m | 18.29m | 17.10m |

THROWS SPECIFICATIONS

| EVENT | OPEN | 18/19yrs | 16/17yrs | 14/15yrs |
|--------------|---------------|---------------|---------------|---------------|
| MEN | | | | |
| SHOT PUT | 7.26kg-16lb | 6kg-13lb3.2oz | 5kg-11lb | 4kg-8lb12.8oz |
| HAMMER | 7.26kg-16lb | 6kg-13lb3.2oz | 5kg-11lb | 4kg-8lb12.8oz |
| DISCUS | 2kg | 1.75kg | 1.5kg | 1kg |
| JAVELIN | 800g | 800g | 700g | 700g |
| WOMEN | | | | |
| SHOT PUT | 4kg-8lb12.8oz | 4kg-8lb12.8oz | 3kg-6lb10.6oz | 3kg-6lb10.6oz |
| HAMMER | 4kg-8lb12.8oz | 4kg-8lb12.8oz | 3kg-6lb10.6oz | 3kg-6lb10.6oz |
| DISCUS | 1kg | 1kg | 1kg | 1kg |
| JAVELIN | 600g | 600g | 500g | 500g |

Steeplechase

| GENDER | AGE | DISTANCE | HEIGHT |
|--------|--------------|----------|---------------|
| MALE | 18/19 & OPEN | 3000m | 91.4cm (3'0") |
| MALE | 16/17 | 2000m | 84 cm (2'6") |
| MALE | 14/15 | 2000m | 76.2cm (2'6") |
| FEMALE | 18/19 & OPEN | 3000m | 76.2cm (2'6") |
| FEMALE | 14/15, 16/17 | 2000m | 76.2cm (2'6") |

ON-LINE ENTRIES

Entries can be made on-line through the Coast Victory website. It is anticipated that on-line entries will open in Australia from **Monday, 13th May, 2024**.

It is your responsibility to ensure that you enter the correct event, in the correct age group, and in the correct gender.

Online entries close at **11:59 p.m.** on **Tuesday, 2nd July 2024**.

PAYMENT

Payment occurs at the time of entry online and requires a credit card. Any requests for payment of entries other than via the online system must be received by Coast Victory (0411454840) NO LATER than 3pm on **Monday, 1st July 2024**.

ENTRY FEES

Early bird (closes at **11.59pm Sunday 2nd June**).

Standard entry (closes at **11.59pm Tuesday 2nd July**).

The cost per event will be

Early bird entry: \$27.50 per event

Standard entry: \$36.30 per event

LATE ENTRIES:

Late entries will only be considered on the condition that it does not add a round to a track event, or in the case of a field event, does not cause the field event to have more than twelve participants.

*Note: When considering late entries, the total number of entries within that time slot will be taken into consideration, NOT just the number in the specific age group (e.g. if the U16 men's and U18 men's high jumps are scheduled to be conducted together, and at the close of standard entries there are 5 entered for the U16 event and 7 for the U18 event, no late entries will be accepted in either age group.

The decision to accept the entry lies solely with the Competition Director.

Any requests for Late Entries must be sent via email to treasurer@goldcoastvictory.com.au.

Applications must include the following information regarding the athlete:

First Name, Last Name, Gender, Date of birth, Events (include age groups and current PB for each event), Para category (if applicable), Club or State.

From close of standard on-line entries **until 11.59pm Sunday 7th July 2024**, **late entry fee** (for either new competitors or new events) will be **\$55.00 per event**.

No new competitors will be accepted into the Meet after this time.

REFUND POLICY

Athletes may request a refund for entries up until 7 days before the start of the competition. No refunds will be considered within the 7 days prior to the competition, except in exceptional circumstances.

The amount refunded will be the entry LESS a 10% admin fee.

AGE GROUPS

Age will be determined (as per the accepted World Athletics method) by the year born. For example, an athlete born in 2006 will be 18 years of age in 2024. This athlete will compete as an 18 year old, regardless of whether or not the athlete has had his or her 18th birthday yet. Therefore they would be in the **18/19yrs** age group.

18/19yrs (also called **U20**) refers to athletes born in 2005 or 2006
16/17yrs (also called **U18**) refers to athletes born in 2007 or 2008
15yrs & under (also called **U16**) refers to 14 & 15 year old athletes, born in 2009 and 2010.

All athletes born in 2004 or earlier will be classed as Open athletes.

Minimum age: athletes who turn **13** in this year.

Please note also, that there is no 13 years & under age group. 13 year olds are allowed to compete in the 15 years & under age group. All specifications (weights, hurdle heights, etc, are for the 15 years & under age group).

Athletes who have their 12th birthday in 2024 (or are even younger) are **NOT** eligible to compete.

NUMBER of EVENTS

Athletes may compete in any number of events.

The age specific groups (i.e. 18/19 yrs, 16/17yrs and 15 & under) are considered as 'CLOSED' categories. Unless the athlete is of the age specified for an age group (as per Age Group section) the athlete may not compete (e.g. a 16 year old athlete may compete within the 16/17yrs age group, but is ineligible to compete with the 18/19yrs).

Obviously, **no** older athletes may compete down in a younger age group.

As stated above, athletes may compete in their own age group only [unless a request for special consideration is made to the Organising Committee at treasurer@goldcoastvictory.com.au]. **IF** the special consideration is allowed, there are two possibilities – if the athlete wishes to compete **ONLY** in the older age group, they will be eligible to win medals; (ii) if the athlete wishes to compete in their own age group **AND** in the same discipline in an older age group (e.g. U18 shot, and U20 shot), they will only be eligible to compete for a medal in their own age group. They will be considered to be an 'Exhibition athlete' in the older age group.

Athletes competing in an age specific group may also compete for medals in the Open age group category.

Please check specification tables for Hurdles and throwing implements.

If heats are not required for a sprint hurdle event or for sprint track events, the final will be run **at final time**.

Long Hurdles (200mH, 300mH & 400mH) will be run as straight finals. If required, timed finals will be conducted. (See below re awarding of medals.)

Semi-finals may be required for 100m track events, but there will be **NO** semi-finals for 200m track events.

For 200m track events: If between 24-40 competitors in any age group, there will be an 'A' and a 'B' final. If there are more than 40 competitors there will be an 'A', 'B' & 'C' final. (See below re awarding of medals.)

Progressions from heats to semi to finals

Athletes and coaches are referred to World Athletics Rules 20 and 21, which will be applied for progressions from the heats.

The number of placegetters from each heat, and the number of next fastest times taken, will depend upon the total number of participants. There will be no reserves for finals. In the event that an athlete does not report for the finals, that lane will be left vacant.

Where there are multiple finals (e.g. 'A' Final and 'B' Final) athletes will be seeded solely on **TIMES** they achieved in their heats, not places.

MEDALS

Medals will be presented to the first 3 placegetters in all 'Finals' events.

Where there is an 'A', 'B', or 'C' final, medals will be awarded to the fastest three runners overall regardless of whether they run in the 'A', 'B' or 'C' final.

The medals are for the 'double year' age groups, e.g. in the 14/15 years 100m, there will be one set of gold, silver & bronze medals awarded, **NOT** medals for the 14 years and medals for the 15 years.

Medals will be presented as soon after the event as possible.

COMPETITOR LISTS

A list of competitors will be available on the website approximately two days after the close of standard entries.

FINAL TIMETABLE

The final timetable and Start Lists will be produced on the Gold Coast Victory website by **9pm on Tuesday 10th July 2024** (after all US athletes and/or coaches have arrived in the country and

confirmed their entries).

GENERAL COMPETITION and FACILITY RULES

Events may be added or deleted at the discretion of the Competition Director.

The Competition Director reserves the right to remove an athlete from an event if, in their opinion or the opinion of the relevant Referee, the athlete is a danger to himself/herself, or to others. The facility is an all-weather, synthetic track with electronic photo-finish timing. All competition equipment, with the exception of pole vault poles (see later), will be supplied at the facility.

Maximum spike length allowable for all track and horizontal jumping events is 7mm and for High Jump & Javelin is 9mm.

Chewing gum is **NOT** permitted at the facility. Smoking is **NOT** permitted within the facility.

Chalk & powder substances are permitted for **THROWERS** only.

Pole vaulters may use substances on their hands to improve their grip.

PERSONAL IMPLEMENTS

Throwers wishing to use their own implements must deliver them to the track **at least** one hour prior to competition and such implements will be checked, and then placed in the equipment pool as per World Athletics rules.

Supply of equipment

Items of personal equipment will not be supplied.

These include such things as strapping tape (either for personal strapping or for strapping of vaulting poles).

Normally, vaulting poles would also not be provided. However, see below.

Athletes requiring poles.

We realize that the cost of transporting vaulting poles to and from the United States can be exorbitant, and highly expensive even between States of Australia or from New Zealand. Gold Coast Victory Athletics Club has a number of poles which they will make available for hire for the competitors.

If athletes or coaches contact us early enough (four weeks before the competition) at treasurer@goldcoastvictory.com.au, we can advise whether we have poles in the length and weight that you require. If suitable poles are available, they may then be hired for \$AUD50 per person per pole.

If an athlete breaks a pole through misuse of the pole, the athlete (or athlete's parents) will be required to pay the cost of replacing the pole.

PROOF of COMPETENCY

Athletes wishing to compete in the pole vault event, must supply a letter signed by their coach, advising that the coach declares that the athlete is competent to participate in the event.

COMPETITION BIBS

All athletes will be required to wear a competition bib while competing. This bib will have the athlete's surname on it. Any athletes without a competition bib will **NOT** be permitted to start in their event.

The competition bibs will be issued to the athletes when they check in (see information re check-in below).

Only one competition bib will be issued to each athlete. This number should be worn on all days of competition.

If an athlete loses their competition bib, a replacement will need to be worn. Replacement bibs will cost \$10.00 each.

CHECK-IN & CALL ROOM

Both a **check-in** and a **call room** will apply.

CHECK-IN: All athletes must **check-in** for ALL individual events at the designated area, which will be indicated with signs. This includes any track athlete whose event has been listed as a straight final.

[The only exception will be athletes who have progressed from heats or semi-finals to the final. They will not need to check-in for

the final (but will need to report to the Call Room – see below)].

Check-in will **CLOSE one hour** prior to the advertised starting time for any event. The only exception is Pole Vault which will close 90 minutes prior.

Athletes **not** checking in within the required time will **NOT BE ELIGIBLE TO COMPETE**.

CALL ROOM: All athletes will be required to report to the call room **20 minutes for track, 30mins for field (60min for pole vault)** PRIOR to the advertised start time of their event.

Athletes not reporting will be **deleted** from the start list.

FIELD EVENTS – Number of throws/jumps

For the jumping and throwing events, the number of trials allowed per athlete will be dependent upon the total number of competitors after close of entries.

All competitors will have 3 trials at the commencement of the competition. The top 8 performers after the first three rounds will qualify for additional trials.

The number of additional trials per event will be determined by the organizing committee after the close of entries.

RELAYS

No additional fee will be charged for athletes to contest a relay. However, **ALL** athletes who wish to compete in a relay must have already been registered to compete in at least one individual event at the coast2coast Meet.

THREE relay events will be conducted - 4x100m (Friday), mixed 4x400m (Saturday) and 4x400m (Sunday).

Relays for each gender will be offered in the 14/15, 16/17, 18/19 and Open age groups.

In the 4x400m mixed relay there must be two males and two females, who must each run a 400m leg.

For all age groups, there must be at least one athlete of the correct age for that age group, with younger athletes used if needed. For example, for an "18/19 years" team, there must be at least one athlete aged 18 years or 19 years in the team.

Younger athletes may be brought up to run in an older age group; however, **NO athlete may run in more than one (1) age group in the relays on any one day.**

Relay entries will close **THREE** hours before the relay events.

Lists of entries for the relays will then be produced no later than two hours before the relays are to be conducted.

Any changes to those entries (e.g. a team entered in the incorrect age group) will be possible up to one hour before the event. However, if the error lies with the person who submitted the entry, there will be a fee of \$20.

START RULE

The IAAF Rule for Starts will be applied to **all** age groups. That is, any athlete who has been adjudged to have made a false start will have disqualified themselves.

Starting Blocks will be supplied by the facility and personal blocks are **NOT** permitted.

LEAVING A FIELD EVENT TO GO TO A TRACK EVENT

If an athlete is competing in a field event, and needs to leave to go to a track event,

1. the athlete should inform the officials that they will be leaving;
2. no track event will be delayed to wait for a field event competitor;
3. the field event will continue in the competitor's absence – World Athletics Rules 4.3 and 25.18 (regarding order of trials in a round), will be applied.

The absent competitor will not be able to have throws/jumps for any rounds they may have missed, nor will a high jump or pole vault bar be lowered upon their return.

With the above rule in mind, athletes are advised to select their events with careful consideration of the timetable.

USING THE RUNWAY OR CIRCLE FOR PRACTICE PURPOSES AFTER THE START OF COMPETITION

Athletes and coaches are referred to World Athletics Rule 25.2: Once a competition has begun, athletes are not permitted to use, for practice purposes, as appropriate,

- (a) the runway or take-off area;
- (b) implements, including poles;
- (c) the circles or the ground within the sector, with or without implements.

COMPETITION AREA

No spectators or coaches should be inside the competition area (bounded by the fence around the track). Also, athletes should only be inside that fence when warming up or competing.

If coaches need to speak with an athlete, they must approach the Chief Official for that event for permission to speak with the athlete.

Field events: No athlete should be using any of the jumping runways (including pole vault), throwing areas or throwing implements for practice purposes during the competition days, except while warming up for their particular event, under the supervision of the officials for that event.

JEWELLERY

There is **NO** rule prohibiting the wearing of jewellery while competing at the coast2coast competition. However, if officials are of the opinion that the wearing of such jewellery constitutes a hazard either to the athlete or to others, they will ask for the jewellery to be removed.

CONTACTS

The competition organizers are Gold Coast Victory Athletics Club Inc and may be contacted as follows:-

Phone/Mobile: +61411 454 840 or +61411 454 844

Email: treasurer@goldcoastvictory.com.au.

Web: www.goldcoastvictory.com.au

**We wish all competitors
an enjoyable and successful
weekend.**



Gold Coast Victory Athletics Club