

**Athletics By-laws****1 Competition Rules**

1.1 The Athletics events are to be organised under IAAF rules.

**1.2 Age Limits**

1.2.1 The minimum age limit for both male and female competitors will be 15 years and for the Half Marathon 18 years as at the 1<sup>st</sup> of June in the year of the particular Games at which such competitor wishes to compete. No dispensation will be given.

**2 Athletics Programme**

2.1 A programme of events shall be chosen from the following events:

<b>Men:</b>	100m	10000m Walk	Pole vault	Javelin
	200m	110m Hurdles	High Jump	Discus
	400m	400m Hurdles	Long Jump	Shot Putt
	800m	4 x 100m Relay	Triple Jump	Hammer
	1500m	4 x 400m Relay		
	5000m	Half-Marathon		
	10000m	3000m Steeplechase		
<b>Women:</b>	100m	3000m Walk	Pole Vault	Javelin
	200m	100m Hurdles	High Jump	Discus
	400m	400m Hurdles	Long Jump	Shot Putt
	800m	4 x 100m Relay	Triple Jump	Hammer
	1500m	4 x 400m Relay		
	5000m	Half-Marathon		
	10000m	3000m Steeplechase		

**3 Programme Timetable**

3.1 The following timetable should be followed as closely as possible, taking into account the prevailing weather and humidity conditions of the Host Island. In general, heats and preliminary rounds should be held in the morning, with all finals taking place in late afternoon and evening.

<b>Men:</b>	<b>Day 1</b>	(normally Sunday)
	200m	Hammer (safety factors might mean this has
	400m Hurdles	to happen before other events)
	Half Marathon	High Jump
	<b>Day 2</b>	
	800m	Shot Putt
	3,000m Steeplechase	Long Jump

**Day 3**

5,000m Relay Heats (evening)

**Day 4**

400m Pole Vault

110m Hurdles Discus

**Day 5**

100m Javelin

1,500m Triple Jump

10,000m Relay Finals

**Women: Day 1** (normally Sunday)

100m Shot Putt

110m Hurdles Triple Jump

Half Marathon

**Day 2**

400m Pole Vault

1,500m Javelin

**Day 3**

3,000m Steeple Chase Relay Heats (evening)

**Day 4**

5,000m Hammer (safety factors might mean this has  
400m Hurdles to happen before other events)

Long Jump

**Day 5**

200m Discus

800m High Jump

10,000m Relay Finals

**4 Island representation**

4.1 Individual Events: 2 competitors

4.2 Relays: 1 Team - 4 competitors

4.3 Half Marathon:

A team consists of a minimum of 2 runners and a maximum of 3 runners. The first two of each team to finish shall count, but all three runners will receive a medal if they finish. Single entries will count for the individual event only. The method of calculating the team score for the Half Marathon shall be on the position of the finishers. In the event of a tie, the team whose second runner finished first would be the winner.

**5. Competition Officials**

**5.1 The Chief Officials should be of the following minimum standard:**

Starter	(British Athletics Federation BAF Grade 2 or equivalent in host country)
Field Referee	(BAF Grade 1, or equivalent in host country)
Track Referee	(BAF Grade 1, or equivalent in host country)
Timekeeper	(BAF Grade 1, or equivalent in host country)
Race Walking; 3 Judges	(if the event is included)