2026 NORTHERN METRO REGION PRIMARY TRACK & FIELD CHAMPIONSHIPS

Wednesday October 14th

Meadowglen International Athletics Stadium (MIAS)

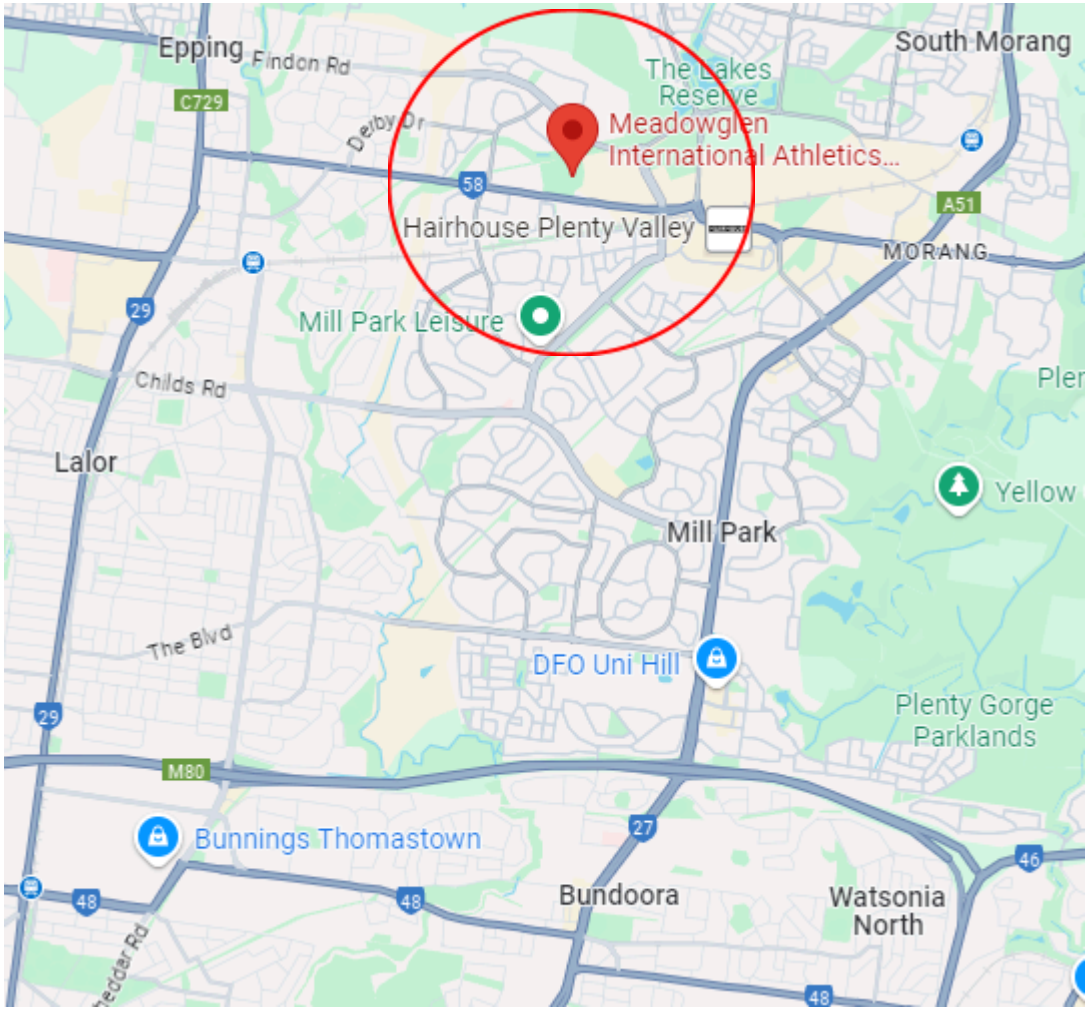


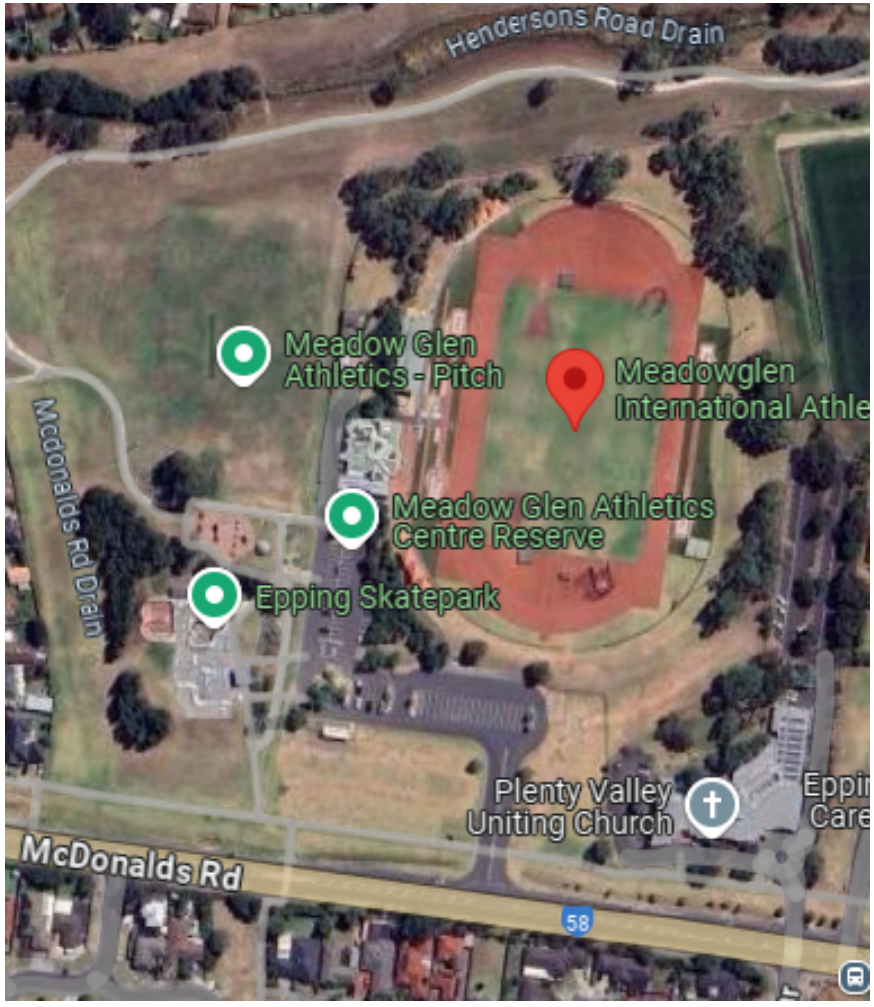
This document is subject to change- please check the event page on the SSV NMR Primary website at least 48 hours prior to competition day

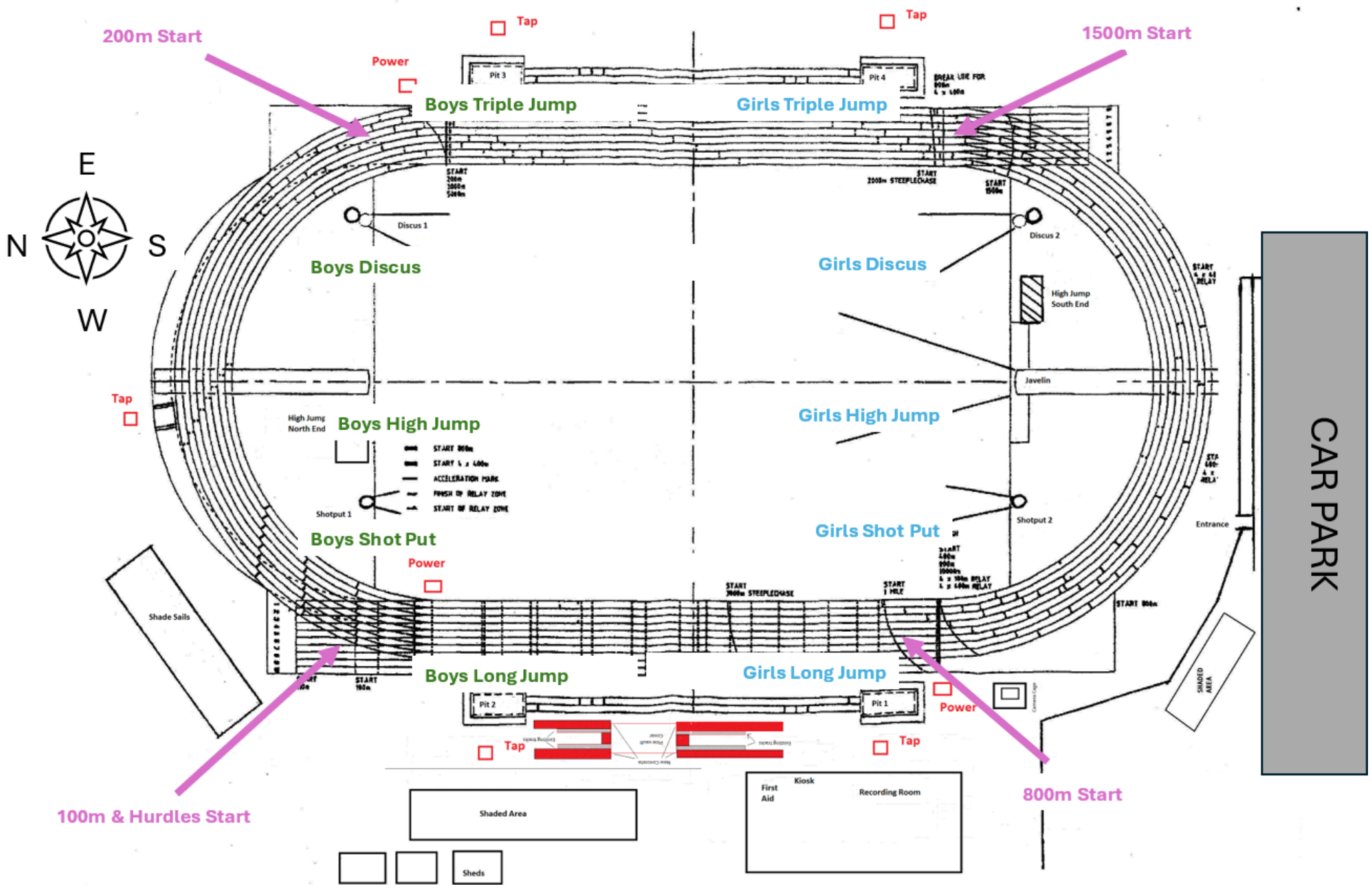
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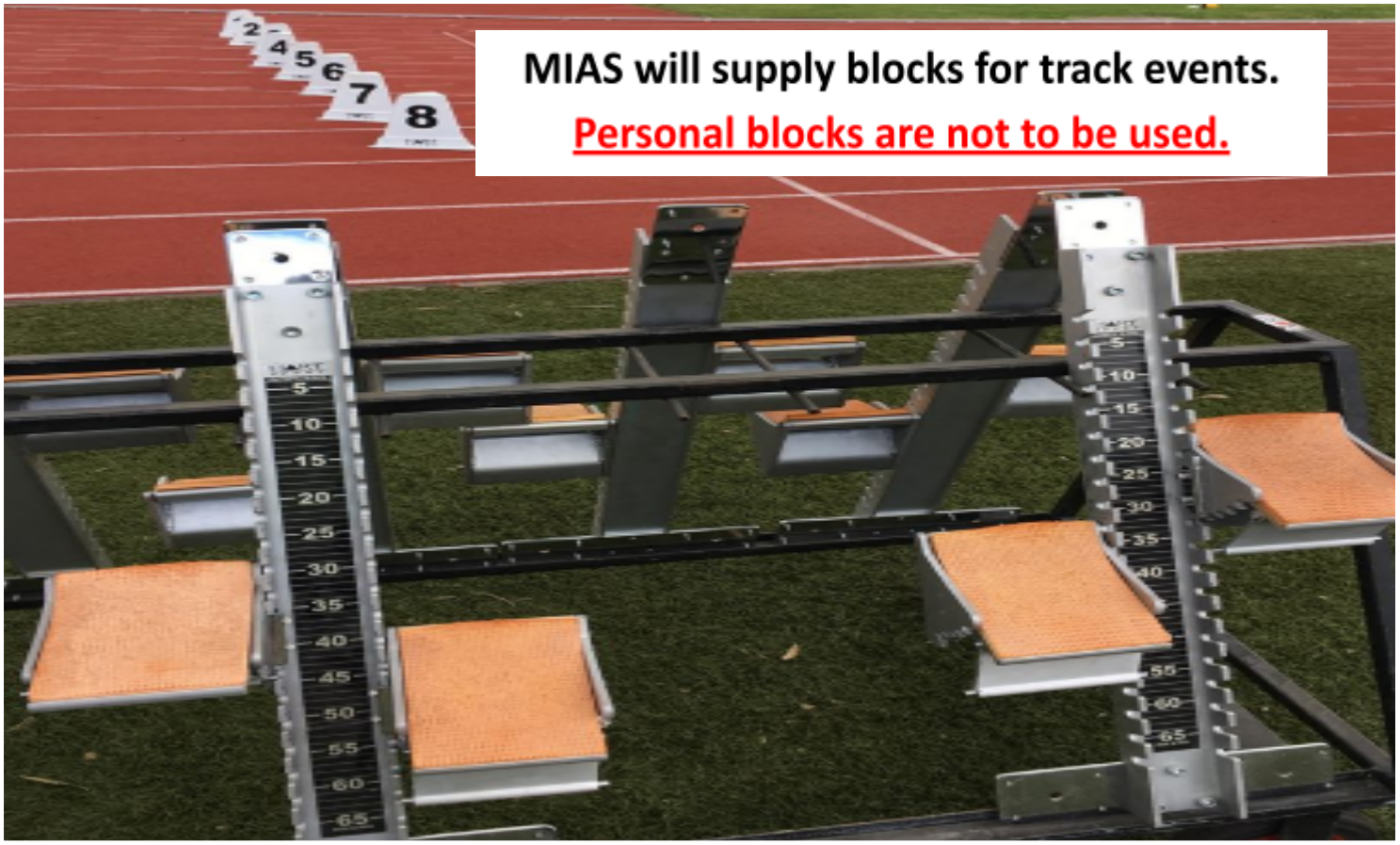
146-156 McDonald's Rd, Epping 3076

Parking is available on site for both cars & buses – park in the designated areas






200m Start
Tap
Power
Tap
1500m Start
Pit 3
Pit 4
Boys Triple Jump
Girls Triple Jump
E
N
S
W
Discus 1
Boys Discus
Girls Discus
Discus 2
High Jump South End
Javelin
Tap
High Jumg North End
Boys High Jump
Girls High Jump
Shotput 1
Boys Shot Put
Girls Shot Put
Shotput 2
Entrance
CAR PARK
Power
Shade Sails
Boys Long Jump
Girls Long Jump
Pit 2
Pit 1
Power
Tap
Tap
100m & Hurdles Start
800m Start
Shaded Area
Kiosk
First Aid
Recording Room
Sheds

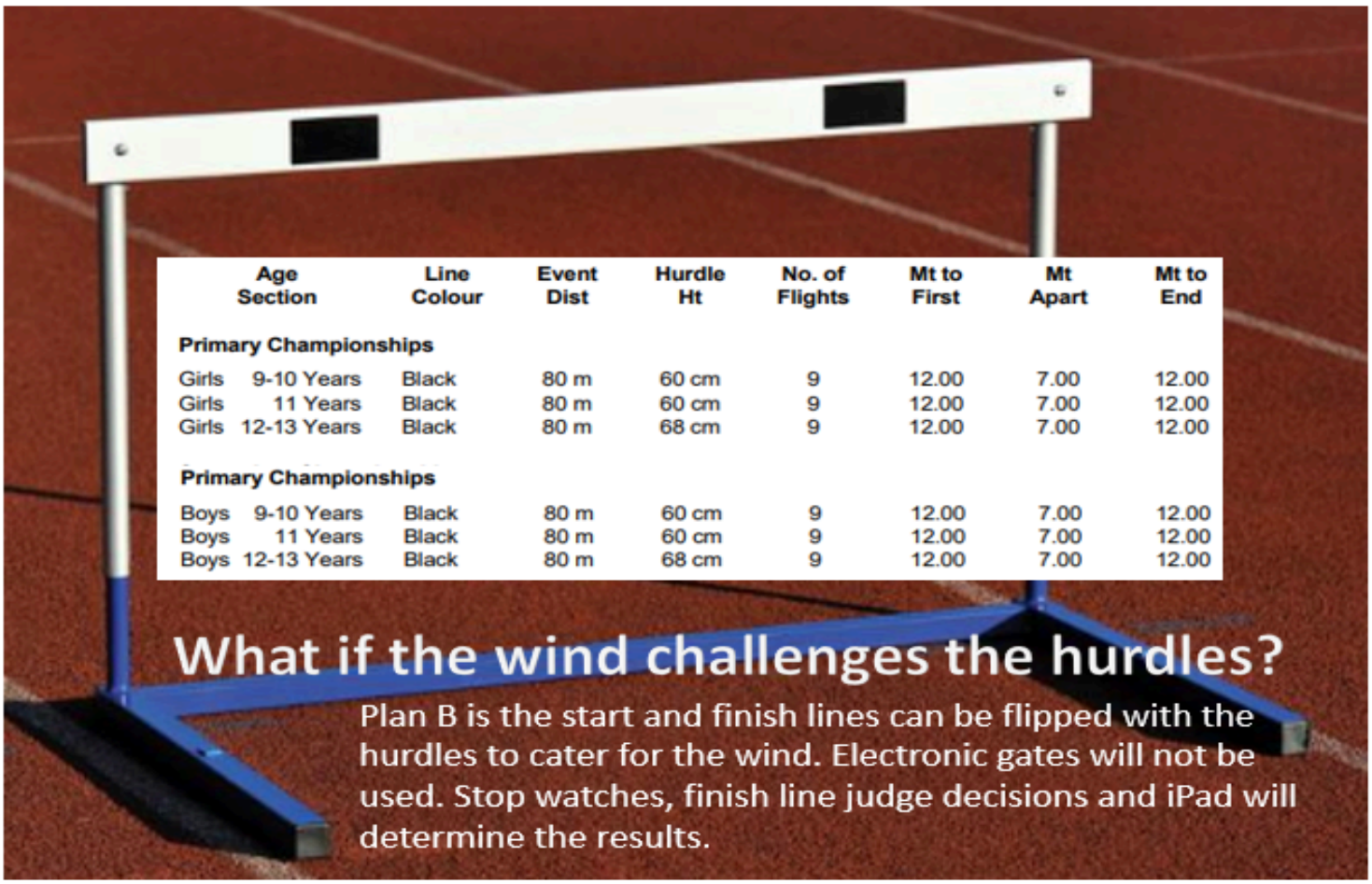


RELAY BATONS WILL BE PROVIDED





Primary Girls are permitted to compete in a Primary Boy/Mixed Relay provided they do not also compete in a Primary Girls' Relay. Boys are not permitted to compete in the Girls' Relay.



	Age Section	Line Colour	Event Dist	Hurdle Ht	No. of Flights	Mt to First	Mt Apart	Mt to End
Primary Championships								
Girls	9-10 Years	Black	80 m	60 cm	9	12.00	7.00	12.00
Girls	11 Years	Black	80 m	60 cm	9	12.00	7.00	12.00
Girls	12-13 Years	Black	80 m	68 cm	9	12.00	7.00	12.00
Primary Championships								
Boys	9-10 Years	Black	80 m	60 cm	9	12.00	7.00	12.00
Boys	11 Years	Black	80 m	60 cm	9	12.00	7.00	12.00
Boys	12-13 Years	Black	80 m	68 cm	9	12.00	7.00	12.00

What if the wind challenges the hurdles?

Plan B is the start and finish lines can be flipped with the hurdles to cater for the wind. Electronic gates will not be used. Stop watches, finish line judge decisions and iPad will determine the results.

30m RELAY CHANGE OVER ZONE

Athletes must commence running from inside the change over zone/box.
The baton change must take place within the 30m change over zone/box.

What if the track hasn't updated their lines? We then use the old lines as a 30m change over zone/box



3 THROWS/JUMPS FOR FIELD EVENTS

Athletes will have 3 throws/jumps across Long Jump, Triple Jump, Shot Put and Discus.

After these 3 throws/jumps have been completed the event will be presented.

There will be no additional throws/jumps.

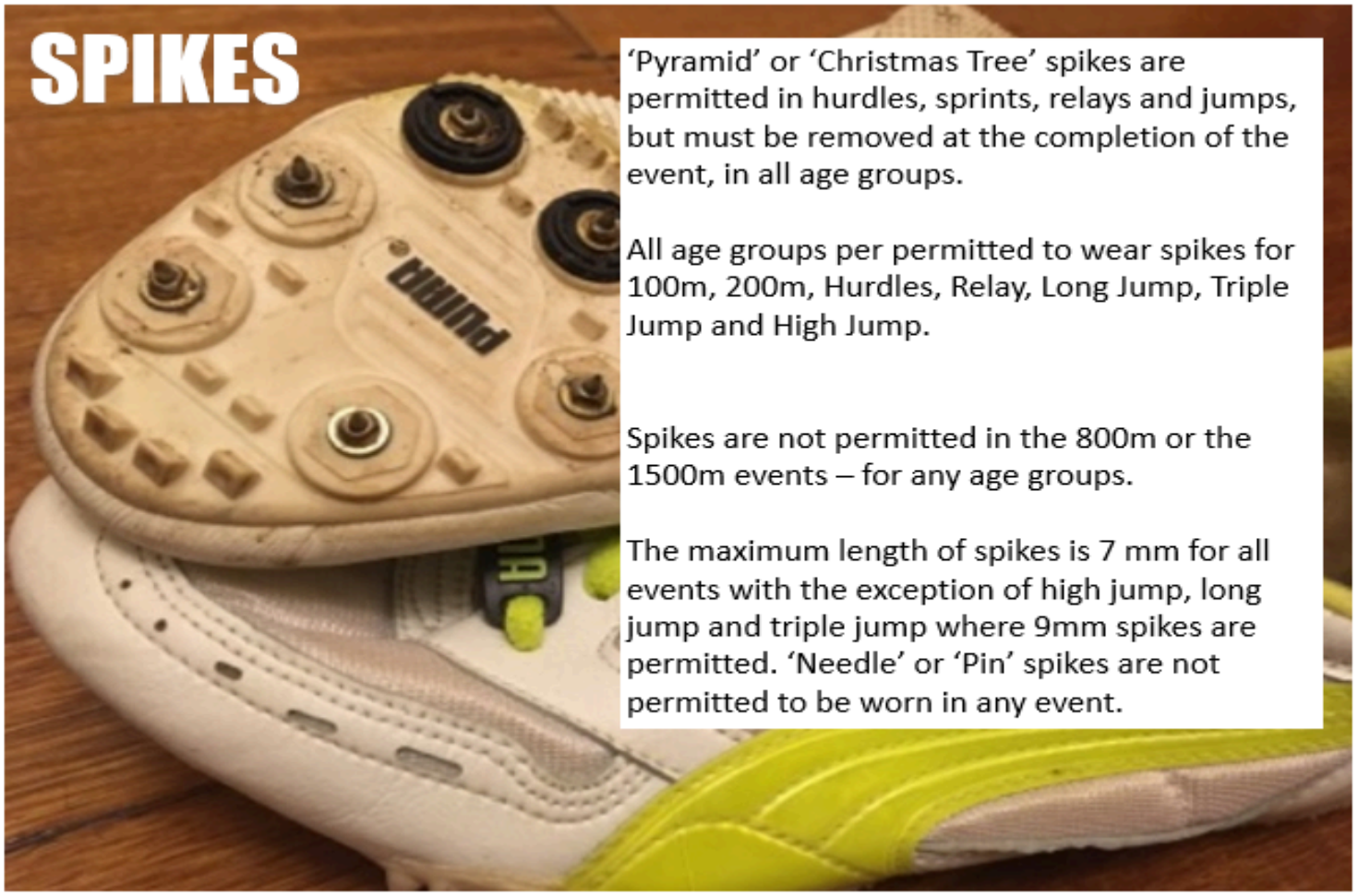
NO EVENT WILL START EARLY

All events will either start on time or be slightly delayed.
Event protests can also create delays to events.



First event is the 1500m. Start time is 9.30am.

SPIKES



'Pyramid' or 'Christmas Tree' spikes are permitted in hurdles, sprints, relays and jumps, but must be removed at the completion of the event, in all age groups.

All age groups per permitted to wear spikes for 100m, 200m, Hurdles, Relay, Long Jump, Triple Jump and High Jump.

Spikes are not permitted in the 800m or the 1500m events – for any age groups.

The maximum length of spikes is 7 mm for all events with the exception of high jump, long jump and triple jump where 9mm spikes are permitted. 'Needle' or 'Pin' spikes are not permitted to be worn in any event.

STARTS & FALSE STARTS



The one false start rule will be used. The first 'break' will be deemed a 'False Start'. Any further 'breaks' (by any competitor) will result in disqualification of the offending competitor. Competitors are encouraged to use a crouch start for 100m, 200m, Hurdles and Relays (first runner only). However, this is not compulsory and athletes may use a standing start. The use of starting blocks is not compulsory, but they will be provided.

CAR PARKING UPDATE FROM CITY OF WHITTLESEA

- Arrive early and allow enough time for parking.
- Carpool were possible due to limited spaces available within stadium car park.
- Imagine there will be limited if any, but strictly bus drop off and pick up ONLY, no buses to remain onsite throughout the day.
- Access alternative parking along Halter Cres, Calendula Crt. and Gibbons Dr as indicted below by the **green markers**.
- Refrain from using Uniting Church car park and parking along McDonalds rd.
- Park in the designated spots and parking inspectors have been known to drop past.

