



## CHRISTMAS GIFT RULES & CONDITIONS

### 1. General Selection Criteria:

- a) The athlete must have competed in a 100m event at the Belmont Centre that season.
- b) The athlete must be a registered Belmont Little Athletics Centre athlete.
- c) Athletes are selected from all age groups from Under 6 to Under 17.

### 2. Junior Christmas Gift Athlete Selection:

- a) The Junior Gift is for athletes in the age groups Under 6 through to Under 9's.
- b) The two fastest athletes from each age group and gender are selected for the race based on their PB's attained thus far during the current season.

2 x Under 6 Boys	2 x Under 6 Girls
2 x Under 7 Boys	2 x Under 7 Girls
2 x Under 8 Boys	2 x Under 8 Girls
2 x Under 9 Boys	2 x Under 9 Girls

- c) If an athlete does not wish to, or is unable to compete in the event then the third fastest athlete for that age and gender is promoted to their position. However, no athlete beyond the third fastest athlete may be promoted into the race – regardless of how many athletes are in that age group and gender.
- d) If there is only one competing athlete for an age group and gender, athletes from another age group or gender cannot take the vacant position – the lane is left empty.
- e) Due to there being only eight athletes in total for each race, it is run as a straight final. As a general rule the oldest athlete is run from lane 3 (inside of the track) and youngest athlete in lane 10 (outside of the track nearest the grandstand).
- f) Once the athletes have been selected for the final, the athlete with the fastest PB time for that gender is run off of scratch (i.e. the 100m mark). All other athletes in that gender are handicapped based on their PB's attained thus far for the season, using the scratch athlete's PB as a reference point. The formula below is used to calculate the handicaps;

$$\text{Handicap} = 100 - \frac{(100 \times \text{Fastest Athlete's PB})}{\text{PB of other Athlete to be handicapped}}$$

- g) The handicap is rounded **down** to the nearest whole number and represents the number of metres from the 100m mark the athlete will start at.
- h) The winner of the final for each gender is the Junior Gift Champion.
- i) The maximum handicap regardless of the athlete's PB shall be 30m.
- j) If the scratch athlete advises (prior to the date of the event) that they cannot participate, then recalculate the handicaps using the fastest PB of the remaining participating athletes.

### **3. Senior Christmas Gift Athlete Selection:**

- a) The Senior Gift is for athletes in the age groups Under 10 through to Under 17.
- b) The two fastest athletes from each age group and gender are selected for the race based on their PB's attained thus far during the current season.

2 x Under 10 Boys	2 x Under 10 Girls
2 x Under 11 Boys	2 x Under 11 Girls
2 x Under 12 Boys	2 x Under 12 Girls
2 x Under 13 Boys	2 x Under 13 Girls
2 x Under 14 Boys	2 x Under 14 Girls
2 x Under 15 Boys	2 x Under 15 Girls
2 x Under 16 Boys	2 x Under 16 Girls
2 x Under 17 Boys	2 x Under 17 Girls

- c) If an athlete does not wish to, or is unable to compete in the event then the third fastest athlete for that age and gender is promoted to their position. However, no athlete beyond the third fastest athlete may be promoted into the race – regardless of how many athletes are in that age group and gender.
- d) If there is only one competing athlete for an age group and gender, athletes from another age group or gender cannot take the vacant position – the lane is left empty.
- e) Each gender has two heats of eight athletes run off of their handicaps with the first four in each heat qualifying for the finals. The handicaps are worked out using the same formula as the Junior Gift.
- f) Each heat should consist of one athlete from each age group for that gender, so there should not be two athletes from the same age group in any heat.
- g) The handicaps are based on the fastest athlete out of all sixteen athletes for that gender. The reason for this is so that the same handicaps can be used for the heats as well as the final regardless of whether the fastest athlete qualifies or not. This prevents having to recalculate handicaps on the day of the event for the final.
- h) Athletes in the Senior Christmas Gift only may use starting blocks.
- i) The winner of the final for each gender is the Senior Gift Champion.
- j) The maximum handicap regardless of the athletes PB shall be 30m.
- k) If the scratch athlete advises (prior to the date of the event) that they cannot participate, then recalculate the handicaps using the fastest PB of the remaining participating athletes.

### **4. Setting Up & Running The Event**

- a) The event should be run by the Championships Officer with assistance from the Records and Ranking Officer and Arena Announcer. As a *minimum* the Records and Ranking Officer is responsible for providing the athletes' 100m PB's for the season and the Arena Announcer is responsible for programming the event on competition day.
- b) Required Officials:
  - Chief Starter.
  - Start Marshall (Championships Officer).
  - Finish Marshalls x 2.
  - Timing Gates Operator.
- c) A cut-off date for qualifying for the event should be set two weeks prior to the Christmas Gift. This date should be advertised so that athletes who attain a top two position for the 100m event after the cut-off date understand that they will not get promoted into the event.

- d) The list of nominated athletes for the Christmas Gift should be distributed to clubs two weeks prior to the event so that any athletes unable to attend can be replaced by the third fastest runner.
- e) The lanes should be marked out prior to the event in one metre increments from the 100m mark up to the 70m mark. Use either black or white paint to avoid confusion with the hurdle markings. The markings should be a dot for every metre and a small dash every five metres. This makes it considerably quicker to setup for the next race.
- f) Use throws markers (preferably 1 to 8) to indicate the handicaps on the lanes. This way when you call up the next set of athletes you can call out the lane (marker number) and they can go straight to their position to start the race.
- g) Place the younger athletes on the outside of the track and work back toward the inside of the track for the older athletes. The reason for this is twofold. Firstly it puts the youngest athletes right next to the stands so they can get the maximum encouragement and support. Secondly, the athletes “should” end up in a staggered line across the lanes which should provide the best spectacle for the finish.
- h) Two sets of recording sheets need to be printed – one for the Start Marshall to set out the handicaps and one for the Finish Marshalls to record the results. The sheets should include the athlete’s registration number and club to make it easier to identify them.
- i) **This is not a timed event** - the timing gates are used to determine *finishing order only*. Where possible, all places in the senior heats should be noted in case an athlete leaves, is injured or does not wish to compete further, and then the next fastest athlete **from that heat** can be promoted to the final. Athletes cannot be promoted from the other heat to fill vacancies.
- j) The final is run and judged in the same fashion as the heats.

## 5. Awards & Medals

Medallions are awarded to the first three places only. The first place getter has their name inscribed on the Perpetual Trophy.

The awards for the winners of the Christmas Gift have previously been sponsored by the patrons of the event – Anne and Peter Redmond (~~deceased~~) for the Senior Christmas Gift and Trish Gunn for the Junior Christmas Gift. While the Centre now purchases these awards we still invite the patrons to present them on Closing Day. Presentation of the medallions will take place on the night of the event.

The medallion plaques can be pre-ordered and should be simply inscribed to indicate the finishing order, gender and whether it is for the Junior or Senior Christmas gift. There will be four sets of three medallions required.

Christmas Gift Medallion Requirements		
	Junior Boys	Junior Girls
1 <sup>st</sup> Place	Yes	Yes
2 <sup>nd</sup> Place	Yes	Yes
3 <sup>rd</sup> Place	Yes	Yes
	Senior Boys	Senior Girls
1 <sup>st</sup> Place	Yes	Yes
2 <sup>nd</sup> Place	Yes	Yes
3 <sup>rd</sup> Place	Yes	Yes

Insert either “**20XX Junior Boys**”, “**20XX Junior Girls**”,  
“**20XX Senior Boys**” or “**20XX Senior Girls**” as required.

Insert either “**1<sup>st</sup> Place**”, “**2<sup>nd</sup> Place**” or “**3<sup>rd</sup> Place**” as required.

Plaque example

<b>2016/2017</b> <b>Christmas Gift</b>  <b>Junior Boys</b>  <b>1<sup>st</sup> Place</b>
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## **6. Calculating Handicaps Example**

<u>Heat</u>	<u>Lane</u>	<u>Age</u>	<u>Athlete</u>	<u>PB</u>
1	8	U10	Fred	17.65sec
1	7	U11	Barney	16.32sec
1	6	U12	Luke	15.62sec
1	5	U13	Darth	15.02sec
1	4	U14	Huey	14.44sec
1	3	U15	Duey	13.59sec
1	2	U16	Louey	13.08sec
1	1	U17	Boris	12.00sec

Boris (U17) has the fastest PB - 12.00sec even. He will run off of scratch. That is, he will start on the 100m mark. All other athletes will be handicapped based on Boris’ PB. So using the formula we can calculate the distance off of the 100m mark to start the other seven athletes.

Handicap Formula =  $100 - \frac{100 \times \text{Fastest Athletes PB}}{\text{PB of other Athlete to be handicapped}}$

Barney’s Handicap =  $100 - \frac{100 \times 12.00}{16.32}$   
=  $100 - \frac{1200}{16.32}$   
= 26.47m  
= 26m Handicap (rounded down)

<u>Age</u>	<u>Winner</u>	<u>Handicap (Distance to run)</u>
U10	Fred	30m (70m) – See note below.
U11	Barney	26m (74m)
U12	Luke	23m (77m)
U13	Darth	20m (80m)
U14	Huey	16m (84m)
U15	Duey	11m (89m)
U16	Louey	8m (92m)
U17	Boris	0m (100m)

Note: Fred’s handicap is 32m, but as per rule 2-i and 3-j the maximum handicap for any athlete is restricted to 30m.