

# Mornington Little Athletics Centre

## Christmas Handicap Rules



1. Only registered and fully financial athletes are able to compete.
2. The Christmas Handicap is for U9 to U16 athletes
3. The Junior Christmas Handicap is for U6 to U8 athletes.
4. Athletes are to compete in centre uniform.
5. At the completion of the third last heat for each event an announcement will be made for any athletes who have missed their scheduled heat to make themselves known to the start marshals. If there is sufficient lanes available in the last two heats athletes may be placed in a lane and allowed to compete.
6. If an athlete has not competed in a heat they will not be permitted to compete in a semi-final or a final.
7. Athletes will be progressed to the next round based on the placing in their heat using the following table:

Round	Junior Christmas Handicap			Christmas Handicap		
	Progression per heat	Max # athletes	# Heats	Progression per heat	Max # athletes	# Heats
Heats	Top 4 places	90	9	Top 4 places	170	18
Semi Final	Top 2 places	36	4	Top 1 places	72	9
Final		8	1		9	1

8. If there are more athletes, who have qualified to the next round based on placing than total lanes available, the qualified athletes with the lowest equal times will be drawn by lot to see who progresses to the next round.
9. The minimum number of athletes per heat is 4 for the handicap and 4 for the junior handicap. If the minimum number of athletes is not met for a heat, athletes from the next heat will be combined into two heats to ensure an equal number of athletes in each heat and that the minimum requirement for the heat is maintained.
10. Handicaps have been based on an athletes 100m PB for the season and have been rounded to the nearest metre. Where an athlete has not competed in a 100m, the average time of the age group has been used to calculate the handicap.
11. Handicap distances for athletes may be revised during the event at the discretion of the event handicapper.
12. Trophies will be awarded for first, second and third place in both finals and medals will be awarded to the runner ups in both events. The Christmas Handicap perpetual trophy will be presented to the winner of the Christmas Handicap.
13. Any disputes arising on the day of the event should be directed to the MLAC Organising Committee.