**Information to Athletes**

1. All students should wear full sports uniforms to participate in the opening ceremony and closing ceremony. All athletes should wear sports T-shirt with correct house colour to participate in all track and field events. No other clothes are allowed.

2. All students and athletes should exercise self-discipline and respect the organizing committee at all time.

3. All students and athletes should stay at the spectator stands unless he / she has to participate in events. Athletes should return to spectator stand after finishing his / her event.

4. All athletes must wear their number bib in front.

5. Athletes should start their trial in the field event within ONE minute when their turns come.

6. There will be **THREE** roll calls, they are “**First Call**”, “**Second Call**” and “**Final Call**” (Remarks: There may be **ONLY** First Call and Final Call if time is tight). Athletes should go to the assigned marshal area (track events: marshal area is near the 100m starting point; field events: marshal areas are their competition field areas) and wait for the marshal after the “First Call”. Marshals will take their attendances after the “Final Call”. An athlete will be considered absent after two calls of the athlete number. Student helper will lead athletes to the event starting point.

7. All students and athletes should only sit in their corresponding assigned House area. Students and athletes are not allowed to stand or sit on the handrail.

8. **Simultaneous Entries**

   If a competitor has entered both a track and field event, or in more than one field event which takes place simultaneously, the appropriate Field Judge may, for one round at a time, or for each trial in the High Jump, allow the competitor to take his / her trial in an order different from that decided upon by the draw prior to the start of the competition. However, if a competitor subsequently decides not to attempt that trial, or is not present for his / her trial, it shall be considered that he is passing once the period allowed for the trial has elapsed. In the case of the High Jump, if a competitor is not present when all other athletes who are present have completed the competition, the Judge shall deem that such competitor(s) has abandoned the competition, once the period for one further trial has elapsed.

9. Athletes can wear spike shoes. However, that part of each spike which projects from the sole or the heel shall not exceed 6mm.