**Dash for Cash Rules and Regulations**

1. Handicaps are based on authorised times only ( as per definition on the Flyer)
2. Athletes with no approved times will receive a ‘Novice’ mark. This mark is based on a time 10% over the current Little Athletics Ballarat (LAB) record for that age group
3. Semi Finals will be contested for all 100m races if numbers permit. Remaining races will be straight finals.
4. Progression from **heats** to semi-finals and finals are based on the fastest times **(placing’s do not matter)**
5. The size of heat fields will be at the discretion of the Ballarat Athletic Club (BAC).
6. Semi Finals and Finals field sizes per age bracket group:

 **100m -** 12 or lesscompetitors in all heats; straight final of 6

 13 - 16 competitors in all heats; straight final of 8

 17 - 20 competitors in all heats; 2 semis of 6, final of 6

 Over 20 competitors in all heats; 2 semis of 8, final of 8

 **200m, 400m and 800m -** 12 or lesscompetitors in all heats; final of 6 More than 12 competitors in heats final of 8

1. Athletes who progress to Semi Finals and Finals will be re-handicapped based on their times/performances in the heats and semi’s.
2. Progression for the **100m semi-finals** to finals will be the first four in runners in each semi-final, or first 3, if semi-finals have only 6 runners.
3. Handicaps in 800m races are timed handicaps with all runners completing the full 800m distance.
4. Any athlete who qualifies for the 800m final, cannot contest the final of the 400m.
5. Foot ware must be worn (no bare feet)
6. Block only for U12 to U16 in the 100m