

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 (ref 6 below).
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 less competitors 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 less competitors in all heats; final of 6
- More than 12 competitors in heats final of 8
- 7) Athletes who progress to 100m Semi Finals, 200m, 400m and 800m finals will be re-handicapped based on their heat times.
- 8) 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.
- 9) Runners will be re-handicapped in 100m finals based on analysis of photo finish in semi-finals.
- 10) Handicaps in 800m races are timed handicaps with all runners completing the full 800m distance.
- 11) If an athlete qualifies for both the 400m and 800m finals, they may only contest one of those events.