

**LIVE SMART INTER-RES ATHLETICS**  
**Schedule of Events, Rules and Notices**  
**FRIDAY 24 FEBRUARY 2012**

NAME OF EVENT	FORMAT
1. 100m	This is for men and women. Each Residence is allowed to enter one athlete per gender. There will be seven heats for each gender and a final. Here the aim is to get the <b>Rhodes fastest man &amp; woman</b> . The winner of each heat will go through to the final and the fastest runner-up will take the eight spot in the final.
2. 800m	This is for men and women. Each residence is allowed to enter one athlete per gender. It will be a straight final with the track divided into two during the first 100m.
3. 4X100m Relays	This is for men and women. Each Residence is allowed to enter one team. There will be seven heats of and a final for the best eight residences. Here the aim is to get the <b>Rhodes fastest Relay team for man &amp; woman</b> . The winner of each heat will go through to the final and the fastest runner-up will take the eight spot in the final.
4. Shot put	This is for men and women. Each Residence is allowed to enter one athlete. The athletes will compete in best of two throws.
5. 1 500m	This is for men and women. Each Residence is allowed to enter one athlete per gender. It will be a straight final.

Note: This event is open to all students.

## Events schedule

<b>Event</b>	<b>Time</b>	<b>Gender</b>
Shot put	18h30	Women
100m heat 1	18H30	Women
100m heat 1	18H33	Men
100m heat 2	18H36	Women
100m heat 2	18H39	Men
100m heat 3	18H42	Women
100m heat 3	18H45	Men
100m heat 4	18H48	Women
100m heat 4	18H51	Men
100m heat 5	18H54	Women
100m heat 5	18H57	Men
100m heat 6	19H01	Women
100m heat 6	19H04	Men
100m heat 7	19H07	Women
100m heat 7	19H10	Men
800m	19H13	Women
800m	19H16	Men
Shot put	19H19	Men
100m Final	19H19	Women
100m Final	19H21	Men
4X 100m Relay heat 1	19H23	Women
4X 100m Relay heat 1	19H26	Men
4X 100m Relay heat 2	19H29	Women
4X 100m Relay heat 2	19H32	Men
4X 100m Relay heat 3	19H35	Women
4X 100m Relay heat 3	19H38	Men
4X 100m Relay heat 4	19H41	Women
4X 100m Relay heat 4	19H44	Men
4X 100m Relay heat 5	19H47	Women
4X 100m Relay heat 5	19H50	Men
4X 100m Relay heat 6	19H53	Women
4X 100m Relay heat 6	19H56	Men
4X 100m Relay heat 7	19H59	Women
4X 100m Relay heat 7	20H02	Men

1 500m Final	20H05	Women
1 500m Final	20h12	Men
4 X 100m Relay Final	20H20	Women
4 X 100m Relay Final	20H23	Men
<b>Prize Giving</b>	<b>20H26 – 20H36</b>	<b>ALL</b>

### **Rules of the competition**

- 1.1. Athletes can only participate in one event.
- 1.2. Rhodes elite athletes cannot participate in this event except in the 100m and relays.
- 1.3. Only one Rhodes elite athletes can participate in a relay team.
- 1.4. Each Residence Athlete must participate in the Resident's theme or colors.
- 1.5. Cut off time for registration is 12H00 pm on Friday 24<sup>th</sup> February 2012.
- 1.6. Only the official time/results are final. No time/results from spectators will be entertained.

### **DEFINITION OF RHODES ELITE ATHLETE**

“Rhodes elite athlete is any student that participate for Rhodes Athletics Club as an active member within the Federation's organized leagues and events or any student who, during their life at Rhodes has played first”.

### **Communication**

- 1.7. All correspondence and team lists to be addressed through the RU Connected Inter-Res site

### **Entries**

- All entries will be done through RU Connected Inter-Res before Friday 24 February 12h00
- RU connect training will be conducted for all sports reps on Wednesday, 22<sup>nd</sup> February at the Jacaranda Labs at 19H00.