

TASMANIAN ATHLETIC LEAGUE SPRINT HANDICAPPING GUIDELINES 2018/2019

INTRODUCTION

The guidelines are designed to facilitate athlete participation and regular competitive racing and are subject to annual review by the TAL Executive and TAL Council.

OBJECTIVES

To encourage athletes to regularly and consistently compete to the best of their ability, and to provide to athletes, trainers and other interested parties as to how handicaps are derived.

HOW DOES IT WORK

The TAL Handicapping Guidelines are to provide a structured process for athletes to receive incremental lifts in their handicap by competing a specified number of times, consistently, and to the Handicapper, Handicapping Panel, and Stewards satisfaction.

INITIAL AND STARTING HANDICAPS

When a TAL registered athlete enters an event for the first time they will be allocated a starting handicap based on their best performance over that or a similar distance.

The maximum initial starting handicap an athlete can receive is the Novice handicap for that distance, and may also be dependent on the gender and age of the athlete.

The TAL Handicappers will take into account an athlete's track performances, track and wind conditions of personal best performances when determining an initial handicap allocation.

Current Novice handicaps are: -

4.00 metres - 70 metres handicap

6.00 metres - 120 metres handicap

10 metres - 200 metres handicap

20 metres - 400 metres handicap

SEASON START MARKS

Prior to the commencement of each season the Handicapping Panel will determine the starting handicap for each registered athlete. This handicap is based on the last allotted handicap from the previous season and is subject to any penalties that may apply from results obtained in various competitions and carnivals after the completion of the previous TAL season.

The Handicapping Panel reserves the right to review the handicap of any athlete who has not competed in TAL events for a period of two (2) years.

HANDICAPS

An athlete's handicap is based on : -

70 metres - novice mark to be 4.00 metres

100 metres - proportional to 120 metres handicap

200 metres - 1.66×120 metres handicap - (generally but there may be a handicappers discretion +/-)

300 metres - 0.75×400 metres handicap

Please note that for the 2018-2019 season, the winner of any 70 metres race will receive a 0.25 penalty with discretion of 0.25 to apply.

ONGOING ASSESSMENT

The TAL Handicapping Panel has the discretion to review performances of athletes in order to make that athlete more competitive, and as such can adjust the athlete's handicap on more regular occasions at greater increments than the standard increases.

ATHLETE OBLIGATIONS

A TAL registered athlete achieving a new personal best must advise the TAL within seven (7) days of that achievement, advising race time, wind reading where applicable and venue.

A TAL registered athlete competing in other sanctioned professional events (e.g VAL, NSWAL, SAAL) must advise the TAL within seven (7) days, or prior to competing in a TAL Carnival, whichever may come first, of updated performances and any prize money.

Failure by an athlete to adhere to the above may result in a fine and/or a suspension.

ATHLETE CARNIVAL DAY OBLIGATIONS

Athletes are not to approach the Handicapper at Carnivals on race days regarding their handicaps. Once handicaps are released there is a process within the TAL Constitution for an athlete to dispute their handicap. The Handicapper and Handicapping Panel will not discuss with an athlete or trainer/coach a third party athlete. Should any further clarification be required an athlete should contact the TAL Runners and Trainers representatives.

Athletes are obliged to start races off their correct starting mark. Should any athlete disagree with the TAL Starting Panel's direction at the start regarding their handicap the athlete should advise the Starter that further confirmation is required from the Handicapper or Handicapping Panel before the race commencement. Should an athlete start off the incorrect handicap they may face a fine and/or automatic disqualification from that event.

HANDICAP INCREMENTS / ASSESSMENT OF PERFORMANCE

Every time an athlete runs, their performance is reviewed by the TAL Handicapping Panel and TAL Stewards, and in order for an athlete to receive a lift in handicap, they must have achieved a sufficient number of acceptable and satisfactory performances over the relevant distances. The TAL Handicapping Panel and TAL Stewards will assess every run that the athlete has with the TAL, each performance assessment based on the athlete's time run and appropriate effort throughout the run. The expectation is that the athlete will present themselves in race condition, unhindered by lack of fitness, sickness or injury, and display the appropriate degree of effort in their performance. Their performance should not be affected by any participation in a previous event or round.

The number of acceptable performances to receive a lift is three (3), but the TAL Handicapping Panel has the discretion to give an athlete a lift in handicap for less than 3 performances and at a greater increment to create greater competition.

Please note that all finalists in a Classic listed event will not receive an acceptable performance for that event on that particular day.

For any Handicapping review and Appeals please refer to the TAL Constitution for details.

Athletes should note that due to the early closing date of entries for the Tasmanian Christmas Carnival series, the Handicapper will where possible ensure that any increments due (credits) will be allocated, but once the entries have been forwarded to the clubs any ensuing credits will be allocated to the next available Carnival where entries have not closed.

HANDICAP INCENTIVES FOR FIRST & SECOND YEAR ATHLETES COMPETING IN TAL SPRINT EVENTS

In order to encourage increased entries and regular competition, the TAL Sprint Handicapper and Handicapping Panel will review handicaps for first and second year athletes after each Carnival, and will consider handicap adjustments that will make these athletes more competitive should the Panel believe it is required. The adjustments will be discretionary and the maximum increment that an athlete can receive from one Carnival to the next Carnival is one (1) metre in events up to and including 120 metres, and three (3) metres in 300/400 metres.

The above will not apply to Maiden events and is also subject to handicap limits for some races.

The TAL Sprint Handicapper and Handicapping Panel have the discretion to not only give an athlete an increased handicap, but to also reduce an athlete's handicap should they consider there has been significant improvement or a lack of effort in an event.

It should be understood that the above criteria to make the athlete more competitive does not guarantee an athlete's success.

While the above would apply in the athlete's first two (2) seasons, under this incentive the maximum handicap for 120 metres sprint events in season 2 would be 7.25 metres and 8.50 metres in season 3, 400 metres maximum handicap for start of season 2 would be 24 metres and 28 metres for season 3.

TAL HANDICAP INCREMENTS FROM INTERSTATE COMPETITIONS

For season 2018 – 2019 the TAL will introduce sprint handicap increments based on interstate competitions in VAL/SAAL/NSWAL.

For a registered TAL athlete (TAL athlete only and not dual registered with another state professional body), after the completion of three (3) acceptable performances interstate over each individual nominated sprint (70 metres/120 metres/400 metres) a handicap increment of 0.25 for 70 metres and 120 metres / 1 metre for 400 metres shall apply. An event in which an athlete receives a NAP / UP/ disqualification will not be counted as an acceptable performance. An athlete who meets the above criteria and competes in five (5) plus interstate events over each nominated distance for the season will receive a further 0.25 metres / 1 metre handicap increment. The above will apply for the current season only and there will be no carry over of competitions from a previous season or into a following season. The above is separate to any TAL competitions and any handicap increments earned from this incentive are separate to TAL increments, they are stand alone.

Retrospectivity to apply for season 2017 – 2018.

Any athlete who does not abide by the TAL Sprint Handicap Guidelines with regards to interstate competition, that is they do not advise their interstate performances to TAL within the nominated time, will not be the beneficiary of an acceptable performance for the events relevant to either a late or non-disclosure. The TAL Handicapper will calculate any increments due on athlete's notifications as at the nominated closing date of each TAL Carnival.

ENTRY CLOSING DATES / LATE ENTRIES

Due to time constraints between Carnival closing dates for entries and Clubs requiring notification, closing dates are strictly adhered to. Should the Handicapper and Handicapping Panel be in a position to accept a late entry, any late entry fees will be at a penalty of 100%, and be accepted only where a vacancy exists in a heat of the event entered by the athlete. Heats will not be redrawn due to a late entry. No entry will be accepted on the day of competition.

PRIZEMONEY / HANDICAP PENALTIES

The handicap penalties will apply over two (2) groups: -

Group 1 - 70 metres – 200 metres inclusive

Group 2 - 300 metres – 400 metres inclusive

For both groups the first \$300.00 will be exempt, and then: -

The penalty will be for Group 1, 0.25 metres for every \$250.00 in prize money for male athletes, 0.25 metres for every \$200.00 in prize money for female athletes.

The penalty for Group 2, 1.00 metre for every \$250.00 in prize money for male athletes, 1.00 metre for every \$200.00 in prize money for female athletes.

These penalties will be overridden where set penalties are imposed by the Handicapping Panel.

PENALTIES – EVENTS GROUPING

For penalties the carnivals will be grouped as follows:

Classic - set penalties to apply.

Latrobe - 120 metres Gift and 400 metres

Devonport - 200 metres and 400 metres Gift

Burnie - 70 metres, 120 metres Gift and 400 metres

Hobart Bikes and Spikes –100 metres Gift

Group 1- standard penalties to apply

Launceston

Central Coast

Richmond

Burnie PCCCT

Rosebery

Hobart Bikes and Spikes – 300 metres

St Helens

Winners of events can be penalized within a carnival for an event that is yet to commence, i.e. heats for an event have not commenced. Penalties are to be in accordance with the Sprint and Handicapping guidelines 2018/2019.

TAL SPRINT PENALTIES 2018/2019

** Subject to change depending on final confirmation of prizemoney

EVENT	MALE PENALTY	FEMALE PENALTY
LATROBE		
120 metres Latrobe Gift	1.50 metres +/- 0.50 Handicapping Panel Discretion Other placings as per TAL Handicapping Penalties	0.75 metres +/- 0.50 Handicapping Panel Discretion Other placings as per TAL Handicapping Penalties
400 metres handicap	<p>*** 1.00 metre</p> <p>Other placings as per TAL Handicapping Penalties</p> <p>*** For season 2018/2019 this event will be penalty free until after Burnie Carnival</p>	<p>*** 1.00 metre</p> <p>Other placings as per TAL Handicapping Penalties</p> <p>*** For season 2018/2019 this event will be penalty free until after Burnie Carnival</p>
DEVONPORT		
200 metres open handicap	<p>3.00 metres +/- 1.00 metre Handicapping Panel Discretion</p> <p>plus</p> <p>*** 1.00 metre +/- 0.50 metre Handicapping Panel Discretion for 120 metres handicap</p> <p>Other placings as per TAL Handicapping Penalties</p> <p>*** Discretion will apply to any penalty imposed in relation to the Burnie Gift</p>	<p>3.00 metres +/- 1.00 metre Handicapping Panel Discretion</p> <p>plus</p> <p>*** 1.00 metre +/- 0.50 metre Handicapping Panel Discretion for 120 metres handicap</p> <p>Other placings as per TAL Handicapping Penalties</p> <p>*** Discretion will apply to any penalty imposed in relation to the Burnie Gift</p>

400 metres Devonport Gift	Winner - 8 metres Second - 2 metres Third - 1 metre	Winner - 8 metres Second - 2 metres Third - 1 metre
BURNIE		
70 metres handicap	0.50 metres +/- 0.25 metres Handicapping Panel Discretion Other placings as per TAL Handicapping Penalties	0.50 metres +/- 0.25 metres Handicapping Panel Discretion Other placings as per TAL Handicapping Penalties
120 metres Burnie Gift	3.00 metres +/- 0.50 metres Handicapping Panel Discretion Second - 1.0 metre Third - 0.5 metre Other placings as per TAL Handicapping Penalties	3.00 metres +/- 0.50 metres Handicapping Panel Discretion Second - 1.0 metre Third - 0.5 metre Other placings as per TAL Handicapping Penalties
400 metres handicap	Winner - 2 metres Other placings as per TAL Handicapping Penalties	Winner - 2 metres Other placings as per TAL Handicapping Penalties
HOBART		
100 metres Hobart Gift	1.00 metres +/- 0.50 Handicapping Panel Discretion	0.75 metre +/- 0.50 Handicapping Panel Discretion

	Second - 0.50 metre	
	Other placings as per TAL Handicapping Penalties	Other placings as per TAL Handicapping Penalties

**TASMANIAN ATHLETIC LEAGUE CEILING TIMES
2018-2019**

EVENT	NOVICE MARK	CEILING TIME
70 OPEN	4.00 M	7.60 - 7.80
	MIN 10.0 F	
70 WOMEN	4.00	8.60 - 8.80
100 OPEN	5.00 M	10.40 - 10.60
	MIN 14.50 F	
100 WOMEN	5.00	11.80 - 12.00
120 OPEN	6.00 M	12.25 - 12.45
	MIN 17.00 F	
120 WOMEN	6.00	14.00 - 14.20
200 OPEN	10.00 M	20.80 - 21.00
	MIN 26.00 F	
200 WOMEN	10.00	23.60 - 23.80
300 OPEN	15.00 M	33.50 - 34.00
	MIN 40.00 F	
300 WOMEN	15.00	38.50 - 39.00
400 OPEN	20.00 M	46.50 - 47.50
	MIN 54.00 F	
400 WOMEN	20.00	52.80 - 53.80