

1. Athletics will be conducted under the rules of the Athletics Australia unless ACS rules determine otherwise below.
2. Officials from Athletics Victoria will be appointed to help run the Championships.
3. The Championships will be held in Term 2 at Lakeside Stadium where possible.
4. The Championships will commence at 1.00 pm sharp and finish at 8.00 pm.
5. Two false starts from any individual will result in disqualification. ACS will not use the IAAF No False Start Rule that was implemented 1 January 2010.
6. Competitors may compete in up to five individual events and two relays. Any individual events past five will result in disqualification.

7. Number of competitors from each school:

One competitor: Hurdles, 400m, Discus, Shot Put, High Jump, Long Jump, Triple Jump

Two competitors: 100m (1 x A & 1 x B), 200m (1 x A & 1 x B), 800m

Other formats: 1500m (2 x junior: Yr 7 & 8, 2 x inter: Yr 9 & 10, 2 x senior: Yr 11 & 12) *each school may field its two best runners eg. 2 x yr 7 in junior level or 2 x yr 10 in inter level or one from each year level (please note: Points accrued will only contribute towards overall scores; not for year level pennants)*

8. Competitors must participate in their own year level or age group.
9. No points will be awarded to a school which fails to have a competitor in an event.
10. A DNF will receive last place points.
11. If an athlete is disqualified, then they receive no points.
12. For Hurdles, 100m, 200m, 400m events, competitors must run in their lanes for the duration of the event.
13. One jump in Triple, Long and High Jumps is sufficient to gain points. If no jump is successful the athlete is awarded last place points. One throw in Discus or Shot Put is sufficient to gain points.
14. If a competitor leaves the High Jump, when they return the bar is not lowered but stays at the current height.
15. In the Long, High and Triple Jumps a competitor needs to jump whilst that event is on. A competitor will be deemed to have missed the event if they arrive after it is over without first registering with the official.
16. **Registering for field events:**

Clash Rules for Competitors that have a clash competing in both track and field events:

1. Field competitors (or their coaches/teachers) must register with officials at the field event when they have a clash with track and field events before going to the track event. If the track is running behind schedule, athletes and coaches need to be mindful and register with the field event. If the athlete has pre-registered the clash, then the athlete is given the opportunity to complete the track event and then go straight back to the field event where Clash Rule 3 below will apply.
 2. Competitors must return immediately to their field event once their track event is completed.
 3. **An event will be held open for 25 minutes after the last competitor's final attempt for a track competitor (who has registered a clash with the field event) to return to complete any attempts. After 25 minutes the event will be closed and no further attempts will be accepted.**
 4. If an athlete has not pre-registered a clash but arrives after the commencement of the event, they will join in from the round that is underway; i.e. arrives during the second round will have the second and third attempt. If they arrive during the third round, they will have one attempt only. If they arrive after the event is completed, the event is closed and no attempts will be accepted.
17. Schools have 10 minutes to lodge any protests with the Track or Field Co-ordinator and will be heard immediately. All Directors/Heads of Sport and individuals involved will be called to the hearing.
 18. Spikes may be worn but the size will be determined by venue rules (Lakeside Stadium);
Maximum: **Track - 7mm** **Field - 9mm**

19. School sports uniform is satisfactory for Athletics, but competitors from each school should be wearing the same uniform. Competitors may wear 'Skins' style shorts of any colour above the knee but **must** wear official school shorts over the top or they will not be allowed to compete.
20. Non-competitors should remain behind the fence at all times.
21. The position of schools in the stands will rotate from year to year.
22. On the day, Overnewton is responsible for track coordination, St Leonard's is responsible for Field coordination and Westbourne for marshalling (refer to ACS Championships Protocols page 48 - 52)
23. The Executive Officer will be responsible any pre carnival day administration and for trophies and ribbons, first aid attendants, singer for the National Anthem, refreshments for AV Officials and for booking the venue.
24. **AWARDS**
 - 24.1 Ribbons will be given to competitors who gain 1st, 2nd and 3rd in each event, and will be distributed after each event.
 - 24.2 At each year level pennants will be given to schools for best boys aggregate, best girls aggregate and best combined boys and girls aggregate.
 - 24.3 Trophies and a pennant will be given for overall aggregate boys, aggregate girls, and combined boys and girls aggregate. These will be distributed at the end of the Carnival by the Principal who is President of the Heads Committee, or his/her delegate.
 - 24.4 Male and Female Athlete of the Meet will be calculated on five individual event points total.

2020 Lane Draw *(Rotated annually)*

Beaconhills	Loyola	Overnewton	St Leonard's	St Michael's	Westbourne
2	3	4	5	6	7

2020 Field Event Order *(Rotated annually)*

Beaconhills	Loyola	Overnewton	St Leonard's	St Michael's	Westbourne
1	2	3	4	5	6

2020 Position Order 1500m & 800m Events

Beaconhills	Loyola	Overnewton	St Leonard's	St Michael's	Westbourne
2 & 8	3 & 9	4 & 10	5 & 11	6 & 12	1 & 7

Note:

For the 1500m events:

Junior = Years 7 and 8

Intermediate = Years 9 and 10

Senior = Years 11 and 12

LAKESIDE STADIUM - SCHOOL SEATING ALLOCATION IN 2020:

(Rotated annually)

← PARENTS/SPECTATORS						
Westbourne	Beaconhills	Loyola	Overnewton	St Leonard's	St Michael's	Marshalling

↓ Finish Line

POINTS SCORING

EVENTS	1st	2nd	3rd	4th	5th	6th
A events	20	18	16	14	12	10
B events	7	6	5	4	3	2
Relays	40	36	32	28	24	20

1500m & 800m events (with 12 competitors)	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	11th	12th
	20	18	16	14	12	11	10	9	8	7	6	5

SPECIFICATIONS:

YEAR LEVEL	SHOT PUT - weights		HIGH JUMP – starting heights		DISCUS - weights	
	Girls	Boys	Girls	Boys	Girls	Boys
Year 7	3kg	3kg	1.15m	1.15m	1kg	1kg
Year 8	3kg	3kg	1.20m	1.20m	1kg	1kg
Year 9	3kg	4kg	1.20m	1.25m	1kg	1kg
Year 10	3kg	4kg	1.20m	1.30m	1kg	1kg
Year 11	3kg	5kg	1.20m	1.35m	1kg	1.5kg
Year 12	3kg	5kg	1.20m	1.40m	1kg	1.5kg

HURDLES:

Event:	80m Hurdles	90m Hurdles	100m Hurdles	100m Hurdles	110m Hurdles
Year levels	Year 7 & 8 Girls Year 7 Boys Year 9 Girls	Year 8 & 9 Boys Year 10 & 11 Girls	Year 12 Girls	Year 10 & 11 Boys	Year 12 Boys
Track mark for flights	Black	White	Yellow	Yellow	Blue
Flights	9 x 76.2cm	9 x 76.2cm	10 x 76.2cm	10 x 84cm	10 x 91.4cm
Distance to first hurdle	12 metres	13 metres	13 metres	13 metres	13.72 metres
Distance between hurdles	7 metres	8 metres	8.5 metres	8.5 metres	9.14 metres
Distance to finish line	12 metres	13 metres	10.5 metres	10.5 metres	14.02 metres

The Athletics programme follows but is subject to change:

Event #	Time:	Event	Year Level	Event #	Time:	Event	Year Level
1	13:00	High Jump	Y10 Girls	11	13:12	90m Hurdles	Y11 Girls
2	13:00	High Jump	Y10 Boys	12	13:15	90m Hurdles	Y10 Girls
3	13:00	Discus	Y8 Boys	13	13:18	90m Hurdles	Y9 Boys
4	13:00	Shot Put	Y9 Girls	14	13:21	90m Hurdles	Y8 Boys
5	13:00	Long Jump	Y7 Girls	15	13:24	80m Hurdles	Y9 Girls
6	13:00	Triple Jump	Y12 Girls	16	13:27	80m Hurdles	Y8 Girls
7	13:00	110m Hurdles	Y12 Boys	17	13:30	Discus	Y7 Girls
8	13:03	100m Hurdles	Y11 Boys	18	13:30	Long Jump	Y7 Boys
9	13:06	100m Hurdles	Y10 Boys	19	13:30	Triple Jump	Y12 Boys
10	13:09	100m Hurdles	Y12 Girls	20	13:30	Shot Put	Y10 Boys

Event #	Time:	Event	Year Level
21	13:30	Shot Put	Multiclass (Ring 2)
22	13:30	80m Hurdles	Y7 Boys
23	13:33	80m Hurdles	Y7 Girls
24	13:45	High Jump	Y11 Girls
25	13:45	High Jump	Y11 Boys
26	13:50	1500m	Jnr Girls
27	13:58	1500m	Jnr Boys
28	14:00	Discus	Y9 Boys
29	14:00	Long Jump	Y8 Girls
30	14:00	Triple Jump	Y11 Girls
31	14:00	Shot Put	Y8 Girls
32	14:06	1500m	Inter Girls
33	14:14	1500m	Inter Boys
34	14:22	1500m	Snr Girls
35	14:30	1500m	Snr Boys
36	14:30	High Jump	Y12 Girls
37	14:30	High Jump	Y12 Boys
38	14:30	Discus	Y9 Girls
39	14:30	Long Jump	Y8 Boys
40	14:30	Triple Jump	Y11 Boys
41	14:30	Shot Put	Y8 Boys
42	14:40	100m A	Y7 Girls
43	14:42	100m B	Y7 Girls
44	14:44	100m A	Y7 Boys
45	14:46	100m B	Y7 Boys
46	14:48	100m A	Y8 Girls
47	14:50	100m B	Y8 Girls
48	14:52	100m A	Y8 Boys
49	14:54	100m B	Y8 Boys
50	14:56	100m A	Y9 Girls
51	14:58	100m B	Y9 Girls
52	15:00	Discus	Y11 Boys
53	15:00	Shot Put	Y7 Girls
54	15:00	Long Jump	Y12 Boys
55	15:00	Triple Jump	Y10 Girls
56	15:00	100m A	Y9 Boys
57	15:02	100m B	Y9 Boys
58	15:04	100m	Multiclass
59	15:06	100m A	Y10 Girls
60	15:08	100m B	Y10 Girls
61	15:10	100m A	Y10 Boys
62	15:12	100m B	Y10 Boys
63	15:14	100m A	Y11 Girls
64	15:15	High Jump	Y7 Boys
65	15:15	High Jump	Y7 Girls
66	15:16	100m B	Y11 Girls
67	15:18	100m A	Y11 Boys
68	15:20	100m B	Y11 Boys
69	15:22	100m A	Y12 Girls
70	15:24	100m B	Y12 Girls
71	15:26	100m A	Y12 Boys
72	15:28	100m B	Y12 Boys
73	15:30	Discus	Y10 Girls
74	15:30	Shot Put	Y7 Boys
75	15:30	Long Jump	Y9 Boys
76	15:30	Triple Jump	Y10 Boys
77	15:32	400m	Y7 Girls
78	15:34	400m	Y7 Boys
79	15:36	400m	Y8 Girls
80	15:38	400m	Y8 Boys
81	15:40	400m	Y9 Girls
82	15:42	400m	Y9 Boys
83	15:44	400m	Y10 Girls
84	15:46	400m	Y10 Boys
85	15:48	400m	Y11 Girls
86	15:50	400m	Y11 Boys
87	15:52	400m	Y12 Girls
88	15:54	400m	Y12 Boys
89	16:00	200m A	Y7 Girls
90	16:00	High Jump	Y8 Girls
91	16:00	High Jump	Y8 Boys
92	16:00	Discus	Y10 Boys
93	16:00	Shot Put	11 Girls
94	16:00	Long Jump	Y10 Girls
95	16:00	Long Jump	Multiclass (Pit 3)

Event #	Time:	Event	Year Level
96	16:00	Triple Jump	Y9 Girls
97	16:02	200m B	Y7 Girls
98	16:04	200m A	Y7 Boys
99	16:06	200m B	Y7 Boys
100	16:08	200m A	Y8 Girls
101	16:10	200m B	Y8 Girls
102	16:12	200m A	Y8 Boys
103	16:14	200m B	Y8 Boys
104	16:16	200m A	Y9 Girls
105	16:18	200m B	Y9 Girls
106	16:20	200m A	Y9 Boys
107	16:22	200m B	Y9 Boys
108	16:24	200m A	Y10 Girls
109	16:26	200m B	Y10 Girls
110	16:28	200m A	Y10 Boys
111	16:30	200m B	Y10 Boys
112	16:30	Discus	Y8 Girls
113	16:30	Shot Put	Y11 Boys
114	16:30	Long Jump	Y10 Boys
115	16:30	Triple Jump	Y9 Boys
116	16:32	200m A	Y11 Girls
117	16:34	200m B	Y11 Girls
118	16:36	200m A	Y11 Boys
119	16:38	200m B	Y11 Boys
120	16:40	200m A	Y12 Girls
121	16:42	200m B	Y12 Girls
122	16:44	200m A	Y12 Boys
123	16:45	High Jump	Y9 Girls
124	16:45	High Jump	Y9 Boys
125	16:46	200m B	Y12 Boys

Track Break 16:48 – 17:00

126	17:00	Discus	Y12 Girls
127	17:00	Shot Put	Y10 Girls
128	17:00	Long Jump	Y11 Girls
129	17:00	Triple Jump	Y8 Girls
130	17:00	800m	Y7 Girls
131	17:06	800m	Y7 Boys
132	17:12	800m	Y8 Girls
133	17:18	800m	Y8 Boys
134	17:24	800m	Y9 Girls
135	17:30	800m	Y9 Boys
136	17:30	Discus	Y7 Boys
137	17:30	Shot Put	Y9 Boys
138	17:30	Long Jump	Y11 Boys
139	17:30	Triple Jump	Y8 Boys
140	17:36	800m	Multiclass
141	17:42	800m	Y10 Girls
142	17:48	800m	Y10 Boys
143	17:54	800m	Y11 Girls
144	18:00	800m	Y11 Boys
145	18:00	Discus	Y11 Girls
146	18:00	Shot Put	Y12 Boys
147	18:00	Triple Jump	Y7 Girls
148	18:00	Long Jump	Y9 Girls
149	18:06	800m	Y12 Girls
150	18:12	800m	Y12 Boys
151	18:21	4x100m	Y7 Girls
152	18:25	4x100m	Y7 Boys
153	18:29	4x100m	Y8 Girls
154	18:30	Long Jump	Y12 Girls
155	18:30	Triple Jump	Y7 Boys
156	18:30	Discus	Y12 Boys
157	18:30	Shot Put	Y12 Girls
158	18:33	4x100m	Y8 Boys
159	18:37	4x100m	Y9 Girls
160	18:41	4x100m	Y9 Boys
161	18:45	4x100m	Y10 Girls
162	18:49	4x100m	Y10 Boys
163	18:53	4x100m	Y11 Girls
164	18:57	4x100m	Y11 Boys
165	19:01	4x100m	Y12 Girls
166	19:05	4x100m	Y12 Boys
167	19:15	4x400m	Open Girls
168	19:22	4x400m	Open Boys