

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 11.00 am sharp and finish at 6.00 pm.
5. Two false starts from any individual will result in disqualification. ACS will not use the IAAF No False Start Rule. The first break will be deemed a false start. Any further breaks by any competitor will result in disqualification by the offending competitor.
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 or DQ will result in last place points in both track and field.
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 and one throw in Discus or Shot Put is sufficient to gain points. If no jump or throw is successful, the athlete is awarded last place points. If no throw is successful the athlete is awarded last place 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 pages 62 - 68)
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.

2024 Lane Draw *(Rotated annually)*

St Leonard's	St Aloysius	St Michael's	Westbourne		Loyola	Overnewton
2	3	4	5	6	7	8

2024 Field Event Order *(Rotated annually)*

*Year 7 & 8 boys & all girls events

St Leonard's	*St Aloysius	St Michael's	Westbourne	.	Loyola	Overnewton
1	2	3	4	5	6	7

2024 Position Order 1500m & 800m Events

*Year 7 & 8 boys & all girls events

St Leonard's	*St Aloysius	St Michael's	Westbourne		Loyola	Overnewton
1 & 8	2 & 9	3 & 10	4 & 11	5 & 12	6 & 13	7 & 14

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 2024:

(Rotated annually)

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

↓ Finish Line

POINTS SCORING

EVENTS	1st	2nd	3rd	4th	5th	6th	7 th (Year 7 & 8 boys & all girls events)
A events	20	18	16	14	12	10	8
B events	7	6	5	4	3	2	1
Relays	40	36	32	28	24	20	16

1500m & 800m events (with 12-14 competitors)	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	11th	12th	13th	14th
	Year 7 boys & all girls events													
	20	18	16	14	12	11	10	9	8	7	6	5	4	3

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	13	11:18	90m Hurdles	Y9 Boys	
1	11:00	High Jump	Y10 Girls	14	11:21	90m Hurdles	Y8 Boys
2	11:00	High Jump	Y10 Boys	15	11:24	80m Hurdles	Y9 Girls
3	11:00	Discus	Y8 Boys	16	11:27	80m Hurdles	Y8 Girls
4	11:00	Shot Put	Y9 Girls	17	11:30	Discus	Y7 Girls
5	11:00	Long Jump	Y7 Girls	18	11:30	Long Jump	Y7 Boys
6	11:00	Triple Jump	Y12 Girls	19	11:30	Triple Jump	Y12 Boys
7	11:00	110m Hurdles	Y12 Boys	20	11:30	Shot Put	Y10 Boys
8	11:03	100m Hurdles	Y11 Boys	Event # Time:	Event	Year Level	
9	11:06	100m Hurdles	Y10 Boys	21	11:30	Shot Put Multiclass (Ring 2)	
10	11:09	100m Hurdles	Y12 Girls	22	11:30	80m Hurdles	Y7 Boys
Event # Time:	Event	Year Level	23	11:33	80m Hurdles	Y7 Girls	
11	11:12	90m Hurdles	Y11 Girls	24	11:45	High Jump	Y11 Girls
12	11:15	90m Hurdles	Y10 Girls	25	11:45	High Jump	Y11 Boys

26	11:50	1500m	Jnr Girls
27	11:58	1500m	Jnr Boys
28	12:00	Discus	Y9 Boys
29	12:00	Long Jump	Y8 Girls
30	12:00	Triple Jump	Y11 Girls
31	12:00	Shot Put	Y8 Girls
32	12:06	1500m	Inter Girls
33	12:14	1500m	Inter Boys
34	12:22	1500m	Snr Girls
35	12:30	1500m	Snr Boys
36	12:30	High Jump	Y12 Girls
37	12:30	High Jump	Y12 Boys
38	12:30	Discus	Y9 Girls
39	12:30	Long Jump	Y8 Boys
40	12:30	Triple Jump	Y11 Boys
41	12:30	Shot Put	Y8 Boys
42	12:40	100m A	Y7 Girls
43	12:42	100m B	Y7 Girls
44	12:44	100m A	Y7 Boys
45	12:46	100m B	Y7 Boys
46	12:48	100m A	Y8 Girls
47	12:50	100m B	Y8 Girls
48	12:52	100m A	Y8 Boys
49	12:54	100m B	Y8 Boys
50	12:56	100m A	Y9 Girls
51	12:58	100m B	Y9 Girls
52	13:00	Discus	Y11 Boys
53	13:00	Shot Put	Y7 Girls
54	13:00	Long Jump	Y12 Boys
55	13:00	Triple Jump	Y10 Girls
56	13:00	100m A	Y9 Boys
57	13:02	100m B	Y9 Boys
58	13:04	100m	Multiclass
59	13:06	100m A	Y10 Girls
60	13:08	100m B	Y10 Girls
61	13:10	100m A	Y10 Boys
62	13:12	100m B	Y10 Boys
63	13:14	100m A	Y11 Girls
64	13:15	High Jump	Y7 Boys
65	13:15	High Jump	Y7 Girls
66	13:16	100m B	Y11 Girls
67	13:18	100m A	Y11 Boys
68	13:20	100m B	Y11 Boys
69	13:22	100m A	Y12 Girls
70	13:24	100m B	Y12 Girls
71	13:26	100m A	Y12 Boys
72	13:28	100m B	Y12 Boys
73	13:30	Discus	Y10 Girls
74	13:30	Shot Put	Y7 Boys
75	13:30	Long Jump	Y9 Boys
76	13:30	Triple Jump	Y10 Boys
77	13:32	400m	Y7 Girls
78	13:34	400m	Y7 Boys
79	13:36	400m	Y8 Girls
80	13:38	400m	Y8 Boys
81	13:40	400m	Y9 Girls
82	13:42	400m	Y9 Boys
83	13:44	400m	Y10 Girls
84	13:46	400m	Y10 Boys
85	13:48	400m	Y11 Girls
86	13:50	400m	Y11 Boys
87	13:52	400m	Y12 Girls
88	13:54	400m	Y12 Boys
89	14:00	200m A	Y7 Girls
90	14:00	High Jump	Y8 Girls
91	14:00	High Jump	Y8 Boys
92	14:00	Discus	Y10 Boys
93	14:00	Shot Put	Y11 Girls
94	14:00	Long Jump	Y10 Girls
95	14:00	Long Jump	Multiclass (Pit 3)
Event # Time:	Event	Year Level	
96	14:00	Triple Jump	Y9 Girls
97	14:02	200m B	Y7 Girls

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

Track Break 14:48 – 15:00

126	15:00	Discus	Y12 Girls
127	15:00	Shot Put	Y10 Girls
128	15:00	Long Jump	Y11 Girls
129	15:00	Triple Jump	Y8 Girls
130	15:00	800m	Y7 Girls
131	15:06	800m	Y7 Boys
132	15:12	800m	Y8 Girls
133	15:18	800m	Y8 Boys
134	15:24	800m	Y9 Girls
135	15:30	800m	Y9 Boys
136	15:30	Discus	Y7 Boys
137	15:30	Shot Put	Y9 Boys
138	15:30	Long Jump	Y11 Boys
139	15:30	Triple Jump	Y8 Boys
140	15:36	800m	Multiclass
141	15:42	800m	Y10 Girls
142	15:48	800m	Y10 Boys
143	15:54	800m	Y11 Girls
144	16:00	800m	Y11 Boys
145	16:00	Discus	Y11 Girls
146	16:00	Shot Put	Y12 Boys
147	16:00	Triple Jump	Y7 Girls
148	16:00	Long Jump	Y9 Girls
149	16:06	800m	Y12 Girls
150	16:12	800m	Y12 Boys
151	16:21	4x100m	Y7 Girls
152	16:25	4x100m	Y7 Boys
153	16:29	4x100m	Y8 Girls
154	16:30	Long Jump	Y12 Girls
155	16:30	Triple Jump	Y7 Boys
156	16:30	Discus	Y12 Boys
157	16:30	Shot Put	Y12 Girls
158	16:33	4x100m	Y8 Boys
159	16:37	4x100m	Y9 Girls
160	16:41	4x100m	Y9 Boys
161	16:45	4x100m	Y10 Girls
162	16:49	4x100m	Y10 Boys
163	16:53	4x100m	Y11 Girls
164	16:57	4x100m	Y11 Boys
165	17:01	4x100m	Y12 Girls
166	17:05	4x100m	Y12 Boys
167	17:15	4x400m	Open Girls
168	17:22	4x400m	Open Boys