

2026 ACS Athletics Rules

Last updated December 2024. No change for 2026 but a review of hurdles post 2026 event to be undertaken.

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 10.00 am sharp and finish at 5.00 pm.
5. 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 (1 x A & 1 x B)
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.

2026 Lane Draw (to be rotated annually)							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Loyola	Overnewton	Aitken	St Leonard's	St Aloysious	St Michael's	Westbourne	Bacchus Marsh

2026 Field Events (to be rotated annually)							
1	2	3	4	5	6	7	8
Loyola	Overnewton	Aitken	St Leonard's	St Aloysious	St Michael's	Westbourne	Bacchus Marsh

2026 Position Order 1500 & 800m Events (to be rotated annually)							
1 & 9	2 & 10	3 & 11	4 & 12	5 & 13	6 & 14	7 & 15	8 & 16
Loyola	Overnewton	Aitken	St Leonard's	St Aloysious	St Michael's	Westbourne	Bacchus Marsh

Note: For the 1500m events:

Junior: Years 7 and 8

Intermediate: Years 9 and 10

Senior: Years 11 and 12

SOUTHERN STAND								
PARENTS AND SPECTATORS								Track Marshalling
EASTERN END				WESTERN END				
St Leonard's	St Michael's	Westbourne	St Aloysious	Bacchus Marsh	Aitken	Loyola	Overnewton	
Seats: 1 - 12	Seats: 13 - 31	Seats: 32 - 50	Seats: 51 - 69	Seats: 70 - 88	Seats: 89 - 107	Seats: 108 - 126	Seats: 127 - 145	Seats: 146 - 176

Finish Line

Line

Start

Points Scoring:

EVENTS	1st	2nd	3rd	4th	5th	6th	7th	8th
A Events	20	18	16	14	12	10	8	6
B Events	8	7	6	5	4	3	2	1
Relays	40	36	32	28	24	20	16	12
*Multiclass								

Multiclass Points Scoring: Multiclass points are allocated to the overall points only, not to Year Level scores. Points are dependent upon the number of competitors and classification. For example: If one competitor, then one point is allocated to the overall points. If three competitors points allocated as follows:

With 3 multiclass competitors	With 2 multiclass competitors	With 1 multiclass competitor
1 st place – receives 3 points	1 st place – receives 2 points	1 st place – receives 1 point
2 nd place – receives 2 points	2 nd place – receives 1 points	
3 rd place – receives 1 point		

1500m events (with 14-16 competitors)	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	11th	12th	13th	14th	15th	16th
	20	18	16	14	12	11	10	9	8	7	6	5	4	3	2	1

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

Event	Time	Event	Year Level
1	10:00	High Jump – Pit 1	Year 10 Girls
2	10:00	High Jump – Pit 2	Year 10 Boys
3	10:00	Boys Discus – W/U	Year 8 Boys
4	10:00	Shot Put – W/U area	Year 9 Girls
5	10:00	Long Jump	Year 7 Girls
6	10:00	Triple Jump	Year 12 Girls
7	10:00	110m Hurdles	Year 12 Boys
8	10:03	100m Hurdles	Year 11 Boys
9	10:06	100m Hurdles	Year 10 Boys
10	10:09	100 m Hurdles	Year 12 Girls
11	10:12	90m Hurdles	Year 11 Girls
12	10:15	90m Hurdles	Year 10 Girls
13	10:18	90m Hurdles	Year 9 Boys
14	10:21	90m Hurdles	Year 8 Boys
15	10:24	80m Hurdles	Year 9 Girls
16	11:27	80m Hurdles	Year 8 Girls
17	10:30	Girls Discus – W/U	Year 7 Girls
18	10:30	Long Jump	Year 7 Boys
19	10:30	Triple Jump	Year 12 Boys
20	10:30	Shot Put – W/U area	Year 10 Boys
21	10:30	Shot Put – Ring 2	Multiclass
22	10:30	80m Hurdles	Year 7 Boys
23	10:30	80m Hurdles	Year 7 Girls
24	10:45	High Jump – Pit 1	Year 11 Girls
25	10:45	High Jump – Pit 2	Year 11 Boys
26	10:50	1500m	Junior Girls
27	10:58	1500m	Junior Boys
28	11:00	Boys Discus – W/U	Year 9 Boys
29	11:00	Long Jump	Year 8 Girls
30	11:00	Triple Jump	Year 11 Girls
31	11:00	Shot Put – W/U area	Year 8 Girls
32	11:06	1500m	Inter Girls
33	11:14	1500m	Inter Boys
34	11:22	1500m	Senior Girls
35	11:30	1500m	Senior Boys
36	11:30	High Jump – Pit 1	Year 12 Girls
37	11:30	High Jump – Pit 2	Year 12 Boys
38	11:30	Girls Discus – W/U	Year 9 Girls
39	11:30	Long Jump	Year 8 Boys
40	11:30	Triple Jump	Year 11 Boys
41	11:30	Shot Put – W/U area	Year 8 Boys
42	11:40	100m A	Year 7 Girls
43	11:42	100m B	Year 7 Girls
44	11:44	100m A	Year 7 Boys
45	11:46	100m B	Year 7 Boys
46	11:48	100m A	Year 8 Girls
47	11:50	100m B	Year 8 Girls
48	11:52	100m A	Year 8 Boys
49	11:54	100m B	Year 8 Boys
50	11:56	100m A	Year 9 Girls
51	11:58	100m B	Year 9 Girls
52	12:00	Boys Discus – W/U	Year 11 Boys
53	12:00	Shot Put – W/U area	Year 7 Girls
54	12:00	Long Jump	Year 12 Boys
55	12:00	Triple Jump	Year 10 Girls
56	12:00	100m A	Year 9 Boys
57	12:02	100m B	Year 9 Boys
58	12:04	100m	Multiclass
59	12:06	100m A	Year 10 Girls
60	12:08	100m B	Year 10 Girls
61	12:10	100m A	Year 10 Boys
62	12:12	100m B	Year 10 Boys
63	12:14	100m A	Year 11 Girls
64	12:16	100m B	Year 11 Girls
65	12:15	High Jump – Pit 1	Year 7 Girls
66	12:15	High Jump – Pit 2	Year 7 Boys
67	12:18	100m A	Year 11 Boys
68	12:20	100m B	Year 11 Boys
69	12:22	100m A	Year 12 Girls
70	12:24	100m B	Year 12 Girls
71	12:26	100m A	Year 12 Boys
72	12:28	100m B	Year 12 Boys
73	12:30	Girls Discus – W/U	Year 10 Girls
74	12:30	Shot Put – W/U area	Year 7 Boys
75	12:30	Long Jump	Year 9 Boys
150	15:12	800m A+B	Year 12 Boys
151	15:21	4x100m Relay	Year 7 Girls
152	15:25	4x100m Relay	Year 7 Boys

Event	Time	Event	Year Level
76	12:30	Triple Jump	Year 10 Boys
77	12:32	400m	Year 7 Girls
78	12:34	400m	Year 7 Boys
79	12:36	400m	Year 8 Girls
80	12:38	400m	Year 8 Boys
81	12:40	400m	Year 9 Girls
82	12:42	400m	Year 9 Boys
83	12:44	400m	Year 10 Girls
84	12:46	400m	Year 10 Boys
85	12:48	400m	Year 11 Girls
86	12:50	400m	Year 11 Boys
87	12:52	400m	Year 12 Girls
88	12:54	400m	Year 12 Boys
89	13:00	200m A	Year 7 Girls
90	13:02	200m B	Year 7 Girls
91	13:00	High Jump – Pit 1	Year 8 Girls
92	13:00	High Jump – Pit 2	Year 8 Boys
93	13:00	Boys Discus W/U	Year 10 Boys
94	13:00	Shot Put – W/U area	Year 11 Girls
95	13:00	Long Jump	Multiclass
96	13:00	Long Jump	Year 10 Girls
97	13:00	Triple Jump	Year 9 Girls
98	13:04	200m A	Year 7 Boys
99	13:06	200m B	Year 7 Boys
100	13:08	200m A	Year 8 Girls
101	13:10	200m B	Year 8 Girls
102	13:12	200m A	Year 8 Boys
103	13:14	200m B	Year 8 Boys
104	13:16	200m A	Year 9 Girls
105	13:18	200m B	Year 9 Girls
106	13:20	200m A	Year 9 Boys
107	13:22	200m B	Year 9 Boys
108	13:24	200m A	Year 10 Girls
109	13:26	200m B	Year 10 Girls
110	13:28	200m A	Year 10 Boys
111	13:30	200m B	Year 10 Boys
112	13:30	Girls Discus – W/U	Year 8 Girls
113	13:30	Shot Put – W/U Area	Year 11 Boys
114	13:30	Long Jump	Year 10 Boys
115	13:30	Triple Jump	Year 9 Boys
116	13:32	200m A	Year 11 Girls
117	13:34	200m B	Year 11 Girls
118	13:36	200m A	Year 11 Boys
119	13:38	200m B	Year 11 Boys
120	13:40	200m A	Year 12 Girls
121	13:42	200m B	Year 12 Girls
122	13:44	200m A	Year 12 Boys
123	13:44	200m B	Year 12 Boys
124	13:45	High Jump – Pit 1	Year 9 Girls
125	13:45	High Jump – Pit 2	Year 9 Boys
1:48pm – 2:00pm TRACK BREAK (if program is running to time)			
126	14:00	Girls Discus – W/U	Year 12 Girls
127	14:00	Shot Put – W/U	Year 10 Girls
128	14:00	Long Jump	Year 11 Girls
129	14:00	Triple Jump	Year 8 Girls
130	14:00	800m A+B	Year 7 Girls
131	14:06	800m A+B	Year 7 Boys
132	14:12	800m A+B	Year 8 Girls
133	14:18	800m A+B	Year 8 Boys
134	14:24	800m A+B	Year 9 Girls
135	14:30	800m	Year 9 Boys
136	14:30	Boys Discus W/U	Year 7 Boys
137	14:30	Shot Put – W/U area	Year 9 Boys
138	14:30	Long Jump	Year 11 Boys
139	14:30	Triple Jump	Year 8 Boys
140	14:36	800m	Multiclass
141	14:42	800m A+B	Year 10 Girls
142	14:48	800m A+B	Year 10 Boys
143	14:54	800m A+B	Year 11 Girls
144	15:00	800m A+B	Year 11 Boys
145	15:00	Girls Discus – W/U	Year 11 Girls
146	15:00	Shot Put – W/U	Year 12 Boys
147	15:00	Long Jump	Year 9 Girls
148	15:00	Triple Jump	Year 7 Girls
149	15:06	800m A+B	Year 12 Girls

Event	Time	Event	Year Level
153	15:29	4x100m Relay	Year 8 Girls
154	15:33	4x100m Relay	Year 8 Boys
155	15:30	Long Jump	Year 12 Girls
156	15:30	Triple Jump	Year 7 Boys
157	15:30	Boys Discus – W/U	Year 12 Boys
158	15:30	Shot Put – W/U Area	Year 12 Girls
159	15:37	4x100m Relay	Year 9 Girls
160	15:41	4x100m Relay	Year 9 Boys
161	15:45	4x100m Relay	Year 10 Girls
162	15:49	4x100m Relay	Year 10 Boys
163	15:53	4x100m Relay	Year 11 Girls
164	15:57	4x100m Relay	Year 11 Boys
165	15:01	4x100m Relay	Year 12 Girls
166	16:05	4x100m Relay	Year 12 Boys
167	16:15	4x400m Relay	Open Girls
168	16:22	4x400m Relay	Open Boys

Event	Time	Event	Year Level
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