



ATHLETICS - POLDING CHAMPIONSHIPS

1. General Rules		Refer to NSWCPS General Rules
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2. Eligibility	1	<p>a Students turning 8 - 13 in year of the competition are eligible at the discretion of their Diocese.</p>																		
		<p>b</p> <p>i) A competitor whose significant birthday occurs during the current year is eligible for that age division only. Competitors shall ONLY enter ONE age or gender division, including relays and Multi Class events</p> <p>ii) All competitors in any relay team must be enrolled in the same school</p> <p>iii) Competitors must compete in their own age division:</p> <ul style="list-style-type: none"> ● 8 years, 9 years, 10 years, 11 years, 12 years, 13 years ● Junior: 8, 9 & 10 years ● 11 years ● 12 & 13 years ● Relays: Junior (8, 9 & 10 years) & Senior (11, 12 & 13 years) ● Multi Class: Junior (8, 9 & 10 years) ● Multi Class: Senior (11, 12 & 13 years) <p>iv) Events are conducted in boys and girls divisions except small school relays (PP5 Nigel Bagley - 26 - 54 students & PP6 Norm & Elizabeth Austen 1 - 25 students)</p> <p>v) Multi Class competitors may also participate in standard events</p>																		
		<p>c</p> <p>Eligible students enter through the Diocesan pathway</p> <ol style="list-style-type: none"> 1. Diocesan entries - <table border="0" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 30%;">i) Armidale</td> <td style="width: 40%;">red, blue & white</td> <td style="width: 30%;">(3 entries per event)</td> </tr> <tr> <td>ii) Bathurst</td> <td>bottle green & white</td> <td>(3 entries per event)</td> </tr> <tr> <td>iii) Broken Bay</td> <td>royal blue & white</td> <td>(3 entries per event)</td> </tr> <tr> <td>iv) Lismore</td> <td>black & white</td> <td>(3 entries per event)</td> </tr> <tr> <td>v) Maitland Newcastle</td> <td>emerald green & white</td> <td>(3 entries per event)</td> </tr> <tr> <td>vi) Wilcannia Forbes</td> <td>green & gold</td> <td>(3 entries per event)</td> </tr> </table> 2. Each Diocese may enter 2 relay teams per event. One additional entry may be considered dependent on times. 3. Additional entries may be considered under exceptional circumstances by the Polding Sport Council 	i) Armidale	red, blue & white	(3 entries per event)	ii) Bathurst	bottle green & white	(3 entries per event)	iii) Broken Bay	royal blue & white	(3 entries per event)	iv) Lismore	black & white	(3 entries per event)	v) Maitland Newcastle	emerald green & white	(3 entries per event)	vi) Wilcannia Forbes	green & gold	(3 entries per event)
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		<p>d</p> <p>Standard Events</p> <ul style="list-style-type: none"> ● 100m (8, 9, 10, 11, 12, 13 yrs) ● 200m (Jnr, 11, Snr) ● 800m (Jnr, 11, Snr) ● 1500m (Jnr, 11, Snr) ● 4 x 100m Relays: Junior & Senior (including 11yrs) ● PP5 (Nigel Bagley) relay is an open event for schools with an enrolment of less than 54 but more than 25 students. ● PP6 (Norm & Elizabeth Austen) relay is an open event for schools with an enrollment of not more than 25 students. All children in any relay team must be enrolled in the same school. ● Long Jump (Jnr, 11, Snr) ● Shot Put (Jnr, 11, Snr) ● High Jump (Jnr, 11, Snr) ● Discus (Jnr, 11, Snr) 																		

			<i>Note: Multi Class competitors may also participate in standard events</i>
		e	<p>Competitors in Multi Class events Eligible students enter through the Diocesan pathway</p> <p>i) Each competitor in Multi Class events must have current classification documentation (national, provisional or review status) for their disability category and appear on the Athletics Australia Masterlist or Sport Inclusion Australia Masterlist to be able to compete at Polding Championships and NSWPSA Athletics Championships.</p> <p>ii) Competitors without valid classification, must apply for special consideration in writing to their Diocesan Representative. Exhibition competitors will not place or medal</p> <p>iii) Max entries</p> <ul style="list-style-type: none"> ● Junior (8,9,10) event (as per 2c) ● Senior (11,12,13) event (as per 2c)
		f	<p>Multi Class Events</p> <ul style="list-style-type: none"> ● 100m (Jnr & Snr) ● 200m (Jnr & Snr) ● 800m (Jnr & Snr) ● Long Jump (Jnr & Snr) ● Shot Put (Jnr & Snr) ● Discus (Jnr & Snr) <p><i>Note: Multi Class competitors may also participate in standard events</i></p>

3. Venue	1	a	All weather athletics track and field facility
		b	Automatic timing & photo finish if available
		c	All spectators, competitors & officials must abide by the conditions of entry of the venue
		d	Onsite parking is available on the day. Patrons may be required to walk a considerable distance from the parking area to the grandstand seating
		e	A seating area will be allocated for each Diocese, please refer to CSNSW Sport Portal

4. Selection Criteria	1	a	<p>Standard Events</p> <p>i) First 3 place-getters from each final qualify for the Polding Athletics Team to compete at the NSW Primary School Sports Association (NSWPSSA) State Championships</p> <p>ii) Students turning 8, 9 or 13 in the year of competition may be selected for the Polding team, however, are not eligible for selection in the NSWPSA Team for School Sport Australia Cross Country Championships</p>
		b	<p>Multi Class Events</p> <p>Placings for competitors in Multi Class events will be determined using the Athletics Australia BASELINE Multi Class scoring system. BASELINE uses a base time/distance/height in each class for each contestable event and measures this as a percentage against individual athletes performance to generate a percentage score.</p> <p>Calculations</p> <p>Each student's performance will be calculated for their respective classification using the "Percentage Score Formula."</p> <p>The points are calculated using a percentage of the base time, distance or height.</p> <p>For Track Events:</p>

			<p>With the Time/Distance/Height (T) and the Base performance Time/Distance/Height (B) in seconds, the percentage is calculated with the following formula; Percentage Point Score = $(B / T) * 100$</p> <p>For Field Events: With the Distance (D) and the Base performance distance (B) in metres, the percentage is calculated with the following formula; Percentage Point Score = $(D / B) * 100$</p> <p>Percentage Point Score (%) results are then compared in the age division and placings allotted. First place will be the result with the highest percentage (%).</p> <p>The highest 3 percentages in each event qualify for the Polding Athletics Team to compete at the NSWPSA State Athletics Championship provided the athlete is officially classified.</p>
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5. Officials	1	a	i) Students are to report to the nominated Diocesan Team Manager on arrival and before departure ii) Any enquiries during the event should be directed to the Diocesan Team Manager, including protests
		b	Athletics officials with a minimum recognised qualification in key positions are required

6. Uniform & Footwear	1	a	i) Competitors <u>must</u> compete in their correct diocesan team uniform ii) Compression garments (long or short) may be worn under diocesan uniform or in place of shorts as long as they are black or diocesan colour
		b	No Polding, Athletic club or NSWPSA uniform may be worn
	2	a	Footwear: i) All competitors must wear appropriate footwear ii) Spiked shoes are permitted in 100m, 200m, Relays, Long Jump and High Jump events iii) When spiked shoes are worn the maximum length for all track events and Long Jump is 7mm. For High Jump it is 9mm iv) Spikes will not be permitted in 800m & 1500m events v) Spikes must only be worn at and during the specified competition event. They are not to be worn to and from an event or between events.

7. Format	1	a	The Polding Athletics Championships Order of events is a guide only, the Convener reserves the right to alter the program if required
		b	Track and field events will be held concurrently

8. Rules	1	a	The Polding Athletics Championship will be conducted in accordance with rules set down by Polding Sports Council, NSWPSA & World Athletics rules except where stated otherwise
		b	<p>Event Program</p> <p>i) The Polding Athletics Championships Order of events is a guide only, the Convener reserves the right to alter the program if required.</p> <p>ii) Track events will take precedence over field events. Track and field events will be held concurrently.</p> <p>iii) If a competitor leaves for a track event - the field event will continue. <i>Note: In high jump events the competitor will jump at the height the bar is, on their return.</i></p>
		c	<p>Marshalling</p> <p>i) Track and field competitors must report to the marshalling area when called for an event. Each event will be announced three times (first, second & final call). The event will proceed after the final call.</p> <p>ii) Competitors must inform their team manager of their whereabouts at all times.</p>
		d	<p>Clash of Events</p> <p>i) Each competitor is entitled to one warm up/practice jump/throw regardless of their lack of presence at the start of the event due to an event clash.</p> <p>ii) Competitors returning to their field event must have time provided in between each jump/throw..</p> <p>iii) Field officials are permitted to change the order of competitors to allow this to occur.</p> <p>iv) A clash coordinator may be in operation at the Polding Athletics Championship. In such cases, athletes will be collected by the clash manager if a field event clashes with their track event. Athletes should not leave their field event for a track event until before checking with the field event official.</p>
		d	<p>Field Enclosure</p> <p>i) Only officials and competitors engaged in events may enter the competition arena</p> <p>ii) When entering the field, care should be taken to ensure no interference to track or field events is caused.</p> <p>iii) Once competitors have been marshalled for an event they shall receive no coaching from parents, coaches or team managers from within the field enclosure</p>
		e	<p>Equipment</p> <p>Competitors must use the equipment provided by the centre - including starting blocks, relay batons, shot put, discus</p>
		f	<p>Starts</p> <p>i) For 100m, 200m and relays shall be "On your mark - set - gun"</p> <p>ii) For the 800m and 1500m the method shall be "On your mark - gun"</p> <p>iii) Competitors must occupy the lane allocated</p> <p>iv) 800m</p> <p>v) 1500m</p>

		<p>NSWPSSA RULES 800 metres: A waterfall start will be used to start 800 metre races 1500 metres: A waterfall start will be used to start 1500 metre races <i>Should a waterfall start not be possible, a pack start will be used.</i></p> <p>Polding The 800m & 1500m events are conducted as timed finals with competitors evenly divided on two curved waterfall start lines (Curved start lines sections are lanes 1-4 and 5-9). competitors in each section are able to move into the internal lane of their section (i.e. 1 or 5) from the start. Runners from section 2 (lanes 5-9 are indicated by witches hats) may then merge into inside track lane (1) with all section 1 runners after they reach the green break line (indicated by orange witches hats) at the exit of the first bend.</p> <p>Starting Blocks vi) Starting blocks may be used, at the discretion of the competitor for 100m, 200m & relays dependent on footwear vii) Hunter Sports Centre Glendale requires that all competitors wearing spikes may use a standing start. Alternatively, those choosing to use a crouch start position must use the starting blocks provided. viii) Only starting blocks supplied by Hunter Sports Centre Glendale are permitted for use ix) Competitors not wearing spikes may use a crouch start position without the use of blocks</p>
	g	<p>False starts: i) Any competitor making a false start shall be warned ii) Any competitor(s) making further false starts in the race shall be disqualified from the race iii) If the disqualification is in the heat, the competitor will be advised of their disqualification but allowed to complete the race.</p>
	h	<p>Photo Finish: Photo finish will determine placings and times for all Track results, with manual backup if required</p>
	i	<p>Progressions <u>Track: Heats/finals</u> i) Finalists will be determined by the first place from each heat plus the next fastest times to complete the field of 8 for all 100m, 200m and relay events ii) 800m & 1500m events will be run as a timed final <u>Field</u> iii) All field events are conducted as a final with 3 attempts only (excluding high jump which includes 3 attempts at each height)</p>
	j	<p>Protests: i) All protests must be lodged in writing by the Diocesan Team Manager, to the Carnival Convenor within 15 minutes after the posting of results of the event ii) The Disputes Committee - i.e. Convenor, Track/Field Referee and a representative from the NSW Catholic Schools Sports Council shall deal with all protests.</p>

	k	<p>Official Results:</p> <ul style="list-style-type: none"> i) Timekeeping and judging will be electronic with a manual backup. ii) Records are those established at Polding Athletics Championships using electronic timing (photo finish) iii) Official results will be displayed on the results board near the entry gate iv) Live results may be available on the Track & Field Meet Mobile App v) Full event results will be uploaded to CSNSW Sport at completion of event
	l	<p>Awards:</p> <ul style="list-style-type: none"> i) Participants: Awarded a Certificate of Participation ii) Finals: 1st, 2nd and 3rd placegetters will be presented with medal
	m	<p>Standard Field Events:</p> <p>i) DISCUS Each competitor shall have three (3) throws in rotation. Each throw will be measured. Weights: Junior 8, 9, 10 years - 500g 11 years - 750g 12/13 years 750g Placings shall be decided according to the best throws from any round of the competition. In the event of a tie the relative placings shall be decided by the next best throw on a count back.</p> <p>ii) SHOT PUT Each competitor shall have three puts. Each throw will be measured. Weights: Junior 8, 9, 10 years - 2kg 11 years - 2kg Senior 12/13 years - 3kg Placings shall be decided according to the best puts from any round of the competition. In the event of a tie the relative placings shall be decided by the next best put on a count back.</p> <p>iii) LONG JUMP Each competitor will have three jumps in rotation. Placings shall be decided according to the best jump from any round. In the event of a tie, the relative placings shall be decided by the next best jump on a count back.</p> <p>iv) HIGH JUMP Competitors may have three (3) attempts in rotation of each height if present during that round. Three (3) consecutive failures regardless of the height at which any of such failures occur exclude the competitor from further jumping except in case of a tie for first place. In the event of a tie, placings will be decided on a count back, as follows: 1. The competitor with the lowest number of jumps at the height at which the tie occurs shall be awarded the higher place. 2. If the tie remains, the competitor with the lowest total of failures throughout the competition up to and including the height last cleared shall be awarded the higher place.</p> <p>World Athletics Rule: Bar Rises by 5cm until 6 or fewer athletes are left then it shall rise by no less than 2cm. After a competitor has won the competition the height to which the bar is raised shall be determined by the competitor and referee.</p> <p>Starting Heights (Boys & Girls): Junior - 1.00m, 11 years - 1.10m, 12/13 years - 1.15m NOTE: if a competitor leaves their high jump event for a track event, the high jump event will continue. When the competitor returns, they will be included at</p>

			<p>the existing bar height.</p> <p>Bar rises shall be 5cm until a maximum of six (6) competitors remain then 3cm. If the field comprises of less than eight (8) competitors the increments are at the discretion of the chief judge in consultation with the field referee. After an athlete has won the competition, the height or heights to which the bar is raised shall be decided by the athlete, in conjunction with the chief judge or field referee.</p>
		n	<p>Multi Class Events:</p> <p>Hearing impaired:</p> <ul style="list-style-type: none"> Hearing aids will be removed on the start line or event one minute prior to the start or after all final instructions have been given, whichever is the latter. <p>Rule 7: Deaflympics -https://www.deaflympics.com/sports.asp?regulation=at Section 5.6.2 NSW PSSA Cross Country State Carnival Rule - Applicable to Track Events in Athletics</p> <p>Guide Runners accompanying vision impaired athletes:</p> <p>Vision Impaired Runners using Guides</p> <ul style="list-style-type: none"> T11 must run with a guide and must wear opaque glasses or appropriate substitute when competing. T12 may elect to run with a guide. The guide runner must wear a bright vest supplied by the local organizing committee. The method of guidance for T11/12 is the choice of the athlete. The athlete may choose to use an elbow lead, a tether or to run free. In addition, the athlete may receive verbal instruction from the Guide-runner. Guide-runners must not push or propel in order to gain an advantage at any stage during a race. Athletes must bring their own guide. It is the responsibility of the guide to ensure that the athlete is properly orientated in the start position. As a vision impaired runner crosses the finish line, the guide must be behind the athlete. <p>Rule 7: Assistance to Athletes World Para Athletics Rules and Regulations 2016-2017 Rule 2.12.6 School Sport Australia Track-Field-10-12-Years-Championship-Rules-and-Guidelines-March-2017</p> <p>Multi Class Field Events:</p> <p>i) DISCUS Each competitor shall have three (3) throws in rotation. Each throw will be measured.</p> <p>ii) SHOT PUT Each competitor shall have three (3) puts. Each throw will be measured.</p> <p>Implement weights for Discus & Shot Put Multi Class events https://www.athletics.com.au/implement-weight-specifications/</p> <p>iii) LONG JUMP Each competitor will have three jumps in rotation. The competitor can determine their jump off point; 2m, 1m or edge of the pit. For class F11 and F12, the competitor's take-off area shall consist of a rectangle 1m x 1.22m that leaves an impression on the area with the competitor's take-off foot.</p> <p>Rule 28: Long Jump World Para Athletics Rules and Regulations 2016-2017</p>
9. Medical	1	a	<p>Designated first aid officer should be in attendance and visible, equipped with a medical kit and ice.</p>

		b	It is the parent/guardian responsibility to inform team management of any current or ongoing medical condition or injury which may affect participation at the championships.
		c	Competitors should ensure that they have an adequate level of hydration before, during and after the championship
		d	Students participating at outdoor venues are to be advised to use adequate sun protection, e.g. an SPF50+, broad spectrum, water resistant sunscreen reapplied regularly and a hat where appropriate
		e	<p>i) It is the parent/guardian responsibility to inform team management of any concussion recently sustained</p> <p>ii) Any student who has sustained a recent concussion injury may not return to contact/collision activities until the resolution of all symptoms.</p> <p>iii) A medical clearance must be provided to your Diocesan Representative 5 days prior to the Polding selections.</p> <p>iv) Each sport may have specific guidelines from the National Sport Organisation in relation to returning to play after a concussion. For further information refer to Sports Medicine Australia</p>

10. Photography			<p>Media exposure at this event may result in your child's name, school details and/or photograph appearing in media forms or on websites including Dioceses and CSNSW Sports portal promoting sport in Catholic schools.</p> <p>If you have a concern with this occurring, please contact the team management immediately.</p> <p>INSTANT PHOTOS AUSTRALIA Instant Photos take photos of athletes competing and these are available to purchase on the day only. The Instant Photos van will be located on the grandstand side of the venue.</p>
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11. Code of Conduct			All players, officials and spectator must abide by the CSNSW Sport Code of Conduct
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12. Weather			<p>In the case of inclement weather, the event will proceed where possible:</p> <p>i) Any program changes required at Convener's discretion will be in consultation with Carnival Executive and Diocesan managers.</p> <p>ii) If required, 100m, 200m and relay heat results may be used to determine selections in the event of extreme weather preventing finals taking place</p>
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