

2019 POLDING ATHLETICS RULES AND CONDITIONS

The championship will be conducted in accordance with IAAF rules except where stated otherwise.

ENTRIES

Diocesan teams may enter three (3) competitors in the track events and three (3) in the field events and two (2) in the relays.

AGE GROUPS

Track Events

- **100m** - 8 years, 9 years, 10 years, 11 years, 12, years, 13 years, Para Athletes 8/9/10 years and 11/12/13 years.
- **200m, 800m & 1500m** - **Junior:** 8 years, 9 years, 10 years. **11 years division.** **12/13 years division**
- **Relays** - **Junior Relay** 8, 9, 10 years **Senior Relay:** 11, 12, 13 years.
- **PP5 relay** is an open event for schools with an enrolment of less than 54 but more than 25 students.
- **PP6 relay** is an open event for schools with an enrolment of not more than 24 students. All children in any relay team must be enrolled in the same school.

Field events

- **Junior:** 8 years, 9 years, 10 years. **11 years division** **12/13 years division**

Multi Class

- **Junior** 8 years, 9 years, 10 years **Senior:** 11 years, 12 years, 13 years

A competitor whose significant birthday occurs during the current year is eligible for that age division only. No competitor shall enter more than one age division.

UNIFORMS

Competitors must compete in their official team uniform. Compression garments (eg skins) long or short may be worn under diocesan uniform or on their own as long as they are black or diocesan colour. Students must not wear representative uniform - No Polding clothing is to be worn. Shoes must be worn in all events.

MARSHALLING

Track and field competitors must report to the marshalling area when called for an event. Each event will be announced three (3) times. The event will proceed after the third call. Competitors must inform their team manager of their whereabouts at all times.

FIELD ENCLOSURE

Only officials and competitors engaged in events may enter the competition arena. When entering the field, care should be taken to ensure no interference to track or field events is caused. Once competitors have been marshalled for an event they shall receive no coaching from parents, coaches or team managers.

EVENT PROGRAM

Track events will take precedence over field events. Track and field events will be held concurrently.

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Note: If a competitor leaves for a track event – the field event will continue. In high jump events the competitor will jump at the height the bar is, on their return. If a conflict with a track event occurs which requires half the competitors, a break in the field event will be taken until the track event is completed. Once an event has begun, competitors are not permitted to use, for practice purposes, the runway or take-off area, implements or the circle or ground within a sector. Competitors and team managers should pay close attention to the announcements for any alterations to program. The carnival convenor reserves the right to alter the order of events.

EQUIPMENT

Competitors must use the equipment provided – i.e. starting blocks, relay batons, shot put, and discus.

SPIKES

The Carnival is conducted on a synthetic track. Maximum spike length is 7mm in length for track & long jump events and 9mm in high jump. Spikes will not be permitted in the 800 or 1500 metre events.

STARTING

Use of starting blocks is optional for 100m, 200m & relays only. Only starting blocks supplied at the Sydney Athletic Centre are permitted to be used.

Crouch starts may not be used if wearing spikes.

Competitors must occupy the lane allocated.

Method: "On your mark"

"Set"

GUN

For the 800m & 1500m "On your mark"

GUN

FALSE STARTS

Any competitor making a false start shall be warned. Only one false start per race shall be allowed without the disqualification of the athlete(s) making the false start. Any athlete(s) making further false starts in the race shall be disqualified from the race.

OFFICIAL RESULTS

Timekeeping and judging will be electronic with a manual backup. Records will be those which were established from NSWPCS Athletic Championships using electronic timing (photo finish). Copies of official results will be displayed on a board near the entry gate. Team managers will be given a copy of results.

FINALISTS

Finalists for all 100m, 200m and relay events shall be determined as follows:

The first place from each heat plus the next fastest times to complete the field of 8, shall proceed to the final. Check with your team manager before leaving the carnival.

HIGH JUMP

PLEASE NOTE if a competitor is not present during a round he/she is not entitled to an attempt that round.

Competitors will have three (3) attempts at each height in rotation only if present during that round.

Three (3) successive failures shall exclude a competitor.

Ties shall be decided as follows:

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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.

Qualifying Heights/Rises (These may be altered at the discretion of the convenor.)

- BOYS** Juniors -1.00m by 5cm to 1.20m then by 3cm.
11 yrs -1.10m by 5cm to 1.30m then by 3cm,
12/13 yrs - 1.15m by 5cm to 1.45m then by 3cm.
- GIRLS** Juniors -1.00m by 5cm to 1.15cm to 1.45m then by 3cm
11 yrs -1.10m by 5cm to 1.25m then by 3cm.
12/13 yrs - 1.15cm by 5cm to 1.40m then by 3cm.

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.

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.

Multi Disability: Junior – 2kg. Senior – 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.

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.

PROTESTS

All protests must be lodged in writing by the Senior Diocesan Team Manager, to the Carnival Convenor within 15 minutes after the posting of results of the event.

AWARDS

Participants: Awarded a Certificate of Participation.

Finals: 1st, 2nd and 3rd placegetters will be presented with medal

SELECTION FOR THE POLDING ATHLETIC SQUAD.

The first three (3) placegetters from each final will qualify as the representatives for the Polding Athletic Squad to compete at the NSW PSSA Athletics Carnival to be held on the 6 & 7 November 2019 at Sydney Olympic Park Athletics Centre Homebush.

Parents/ Guardians of all medallist must attend the Polding Outfitting Room – in VIP room on concourse behind the stands, to register for the team, give approval, pay levy and purchase uniforms. Parents/ Guardians must bring log in details for the CSSS website account and a valid credit card.

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IMPORTANT

Parents/Guardians of medallists must go to the Polding Team Outfitting Room (in VIP room on concourse behind the stands) immediately after first medal is awarded to register for the Polding team.

Parents/Guardians of medallists will be required to login into their CSSS account to give consent, pay for the team member levy and purchase uniform today.