# SECONDARY ATHLETICS CHAMPIONSHIPS

**VERSION 3 – Page 27 Program Changed**

## Tuesday 2nd April 2019

## 8:30am – 3.30pm

**SA Athletics Stadium**

**145 Railway Terrace, Mile End**

## Table of Contents


Table of Contents ..... 2
Carnival Contacts ..... 4
Philosophy of Christian Athletics ..... 5
Intent to Compete / Nominations ..... 6
How to set up an account/login ..... 7
How to enter competitors into events ..... 8
How to remove a competitor from an event ..... 12
How to import more competitors into the program ..... 13
How to enter teams into relay events ..... 14
On the Day ..... 15
2019 Lane Allocation ..... 16
2019 Responsibilities/Equipment Roster ..... 17
2019 Responsibilities/Equipment Roster ..... 18
Important Information ..... 19
Important Dates ..... 19
Stadium Spectator Costs ..... 19
Number of Events per Competitor ..... 19
Age of Competitors (2019) ..... 19
Under 14's A & B ..... 19
Point Allocations ..... 20
Trophy Presentation ..... 20
Preparation of Marshals, Judges, Timekeepers etc. ..... 20
Uniform ..... 20
Relays ..... 20
Clash of Events ..... 20
Location of Field Events ..... 21
Lost Property ..... 21
Weather Policy ..... 21
Students Not Competing ..... 21
Areas Out of Bounds ..... 21
Officials ..... 22
Field Event Referee ..... 22
Field Event Officials ..... 22
Track Referee ..... 22
Starters Marshal 1 & 2: Team A and Team B ..... 22

Starter: Team A and Team B ..... 23
Finish Track Marshal ..... 23
Chief Judge ..... 23
Back-up Time Keeper ..... 23
Track Event Recorder ..... 23
Field Event Results Sheet Collector ..... 23
Event Specific Guidelines ..... 25
FIELD EVENTS ..... 25
HIGH JUMP ..... 25
SHOT PUT ..... 25
DISCUS ..... 26
JAVELIN ..... 26
LONG JUMP/TRIPLE JUMP ..... 26
800m/1500m ..... 26
2019 Program of Events ..... 27
Seating Allocation ..... 31
SA Athletics Stadium Layout ..... 32

# Carnival Contacts


### Zoe Steele

SACSA Sports State & Nationals Coordinator

e: zoe@sacsasports.com.au

p: 8405 0900

f: 8234 1052

m: 0410 698 739

### Andy Saggs

SACSA Athletics Carnival Convenor

e: Andrew.saggs@kingsbaptist.sa.edu.au

p: 8289 0222 (ext. 285)

f: 8289 1622

m: 0433 749 929

# Philosophy of Christian Athletics

The South Australian Christian Schools Sports Association (SACSA Sports) is committed to providing opportunities for its member schools to participate in Athletics and other sporting events in a cooperative, friendly Christian environment.

As Christian schools, we acknowledge the Lord Jesus Christ as Saviour and His Father God, the Creator and Giver of all gifts. It is the physical gifts that He has endowed upon our students that we celebrate in our sporting carnivals. We encourage our athletes to participate to the best of their abilities, in order to give the Glory to God, in the tradition of athletes like Eric Liddell.

SACSA Sports acknowledges that competition is inherent within athletic pursuits, as students pursue excellence, and excellence on the sporting arena should be valued as much as academic excellence. On the sporting field true excellence must value sportsmanship, participation, and enjoyment for all. As Christian Schools, this is what sets us apart – cooperation, mutual respect and camaraderie, in the name of our Lord Jesus Christ. It is these principles that underpin our operation as an association.

# Intent to Compete / Nominations

SACSA Sports use a program called ReadyGo. Please read the information below to learn now to register and nominate your team.

1. You will firstly need to complete the online "intent to compete" form that can be found at www.sacsasports.com.au/nominations. This is due by no later than:

   **Wednesday 6th March, 2019**

   If you have any issues, please contact the SACSA Sports Coordinator or the Carnival Convenor as soon as possible.

2. Once you have nominated online, you will need to send an excel spreadsheet to the SACSA Coordinator. The spreadsheet will need to include a list of **all of your students** enrolled from Years 7 – 12 at your school (see example below). Please note that we do not just want your athletes competing, we will need all students enrolled. We are hoping this file can be gained from the appropriate personnel at your school e.g. IT department etc. and therefore should not be a time consuming process.

   The excel spreadsheet will need to look like the one below:

| Name | Date of birth | Gender | Team |
|---|---|---|---|
| John Smith | YYYY-MM-DD | M | Sunrise |

   Please note:
   - If you are unable to send the name in one column, you can send two columns with first name and last name. We will change this for you.
   - Also, if you are unable to enter the date in the above format, we can also change this for you.

   This spreadsheet will need to be sent back to the SACSA Sports Coordinator via email (zoe@sacsasports.com.au) by no later than:

   **Tuesday 19th March, 2019**

3. The SACSA Sports Coordinator will enter all of your school's students into the ReadyGo program. Once this has been done, you will be able to enter your competitors into their events online. Please read below for a step by step process on how to enter your team into ReadyGo.

   You will need to enter your competitors into ReadyGo by no later than:

   **Friday 29th March, 2019**

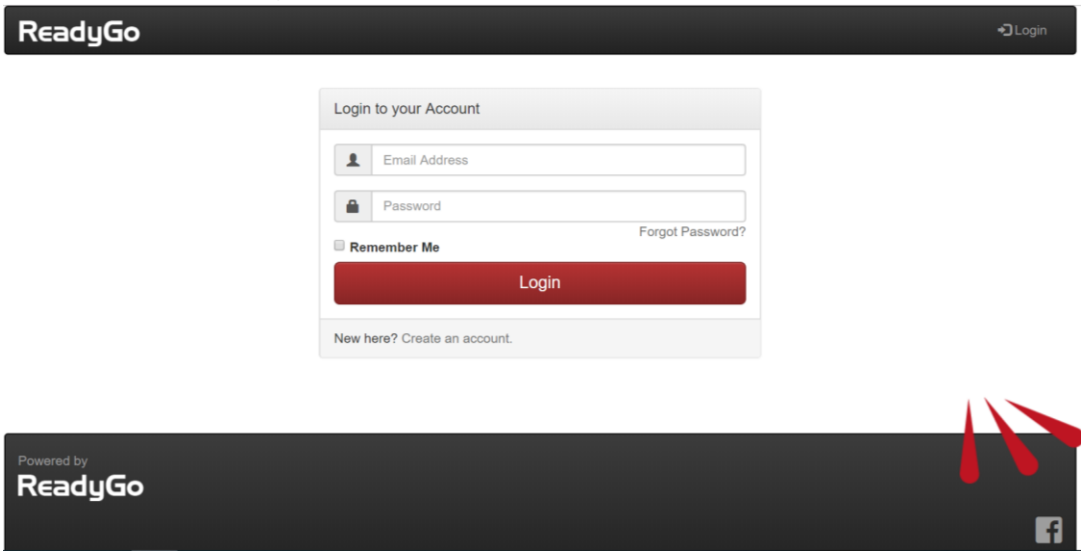
## How to set up an account/login

1. You will be sent an email shown below:

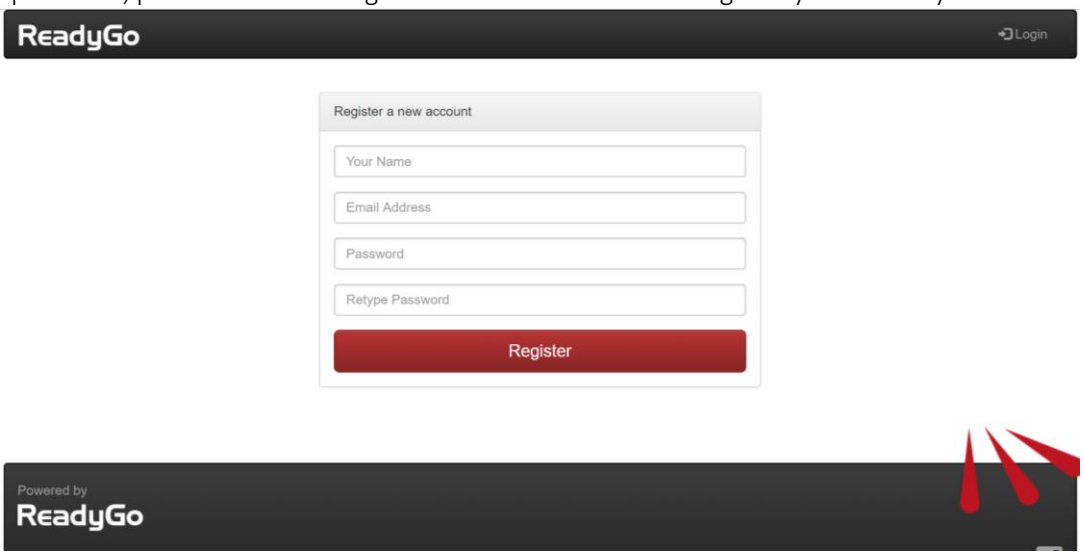
   Hello,
   Zoe Steele has added you for the role of "Sports Coordinator" on ReadyGo Sports Day Manager.
   Click here to accept your role.
   Please note, you will be directed to log in or to create an account if you have not already done so. Thank you

2. Once you clicked on the words "click here to accept your role" in your email, you will be directed to the ReadyGo website (http://www.readygo.com.au).

3. You will see the following screen:

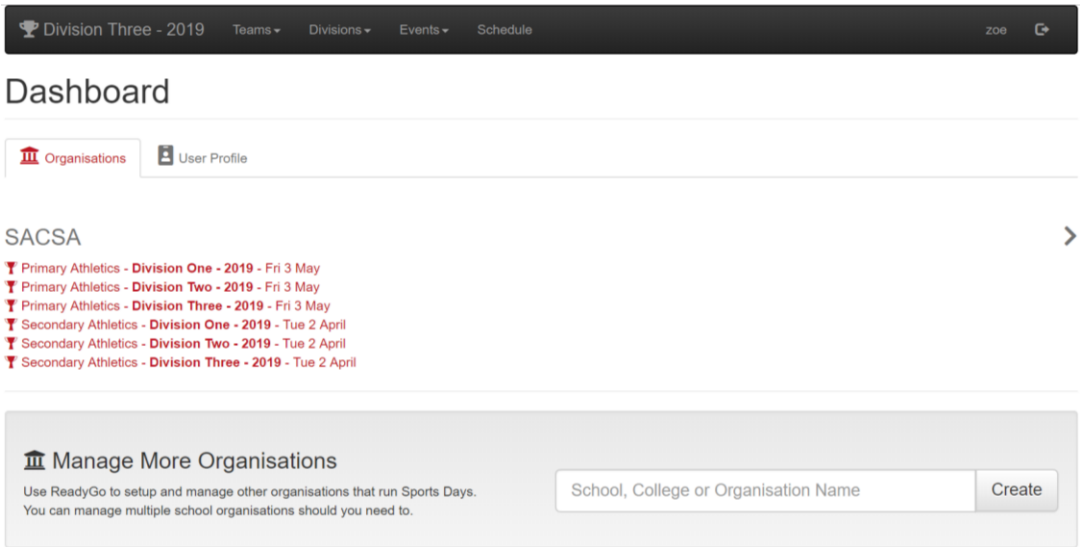



4. If you did not use the Ready Go program last year, please click on "New here? Create an account…" at the bottom of the red login box. Please enter in your name, email address and set up a password as shown below. If you have used it before and cannot remember your password, please click on "Forgot Password…". Otherwise login as you did last year.

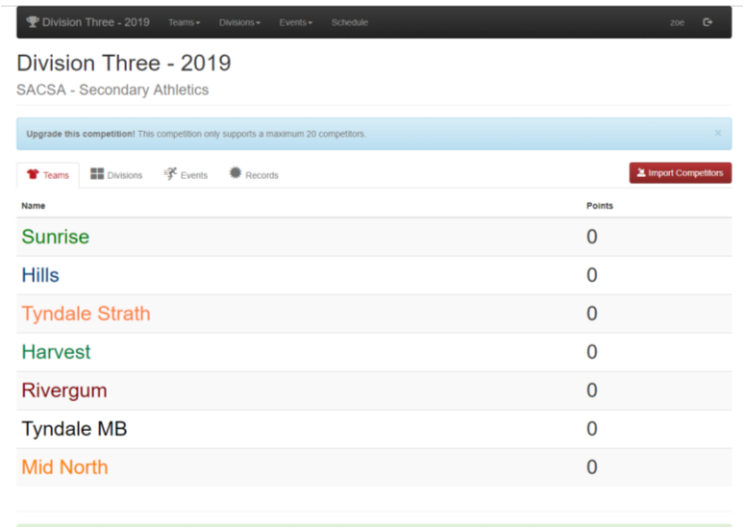


## How to enter competitors into events

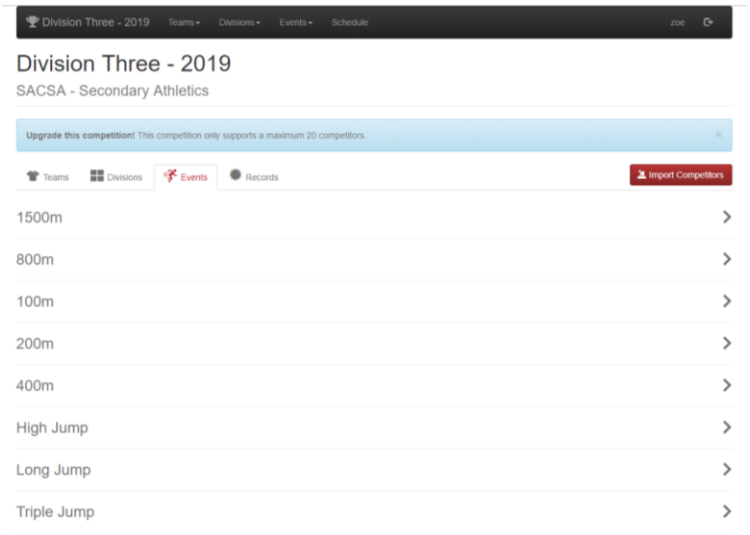
1. You will then be directed to the dashboard where you will see our name "SACSA" in grey. Please click on one of the options in red below "SACSA" to enter straight into your carnival. If you have forgotten which division your school is in, you can access the Athletics Booklet online (www.sacsasports.com.au/sports/athletics) to find out.



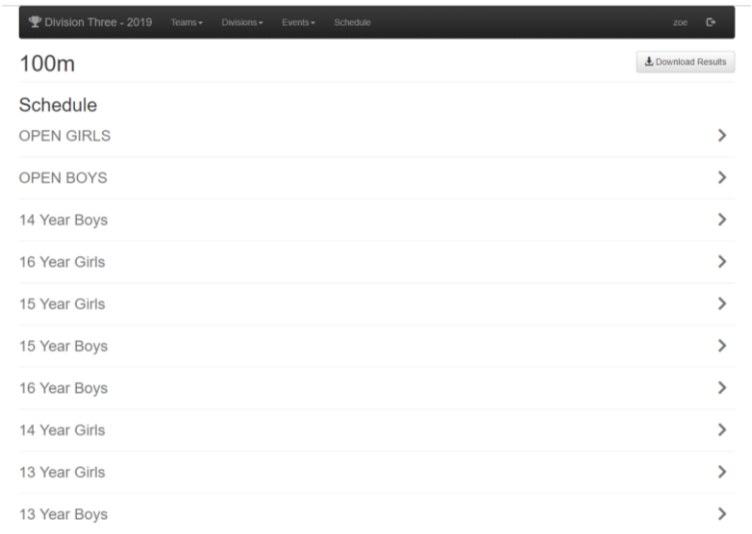

2. Once you have entered into your division, you will see the following screen (example below is for Division three only).



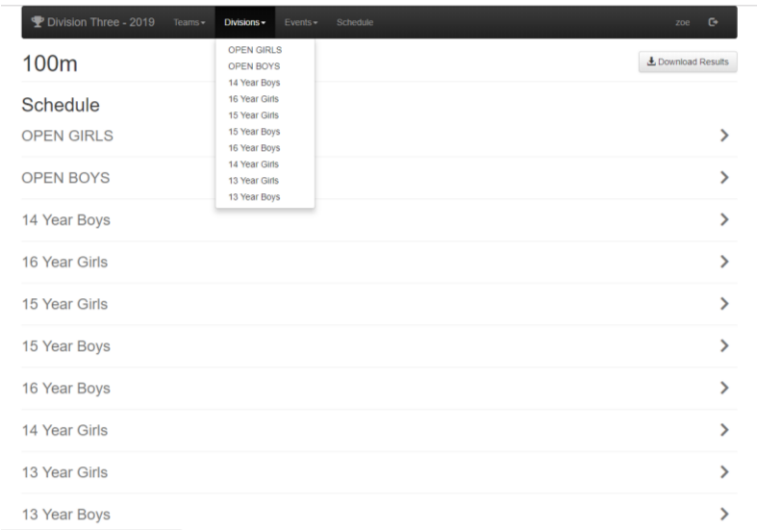
3. You can now start placing competitors into their events by clicking on “Events” (either the grey option or on the top black menu bar at the top of the page).



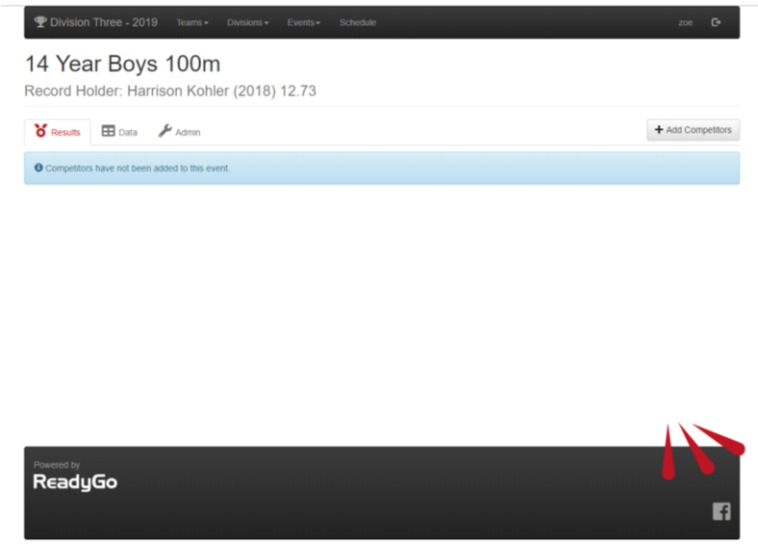

4. If you click on each individual event, you will have the option to then choose the age group you would like to enter competitors into as show below.



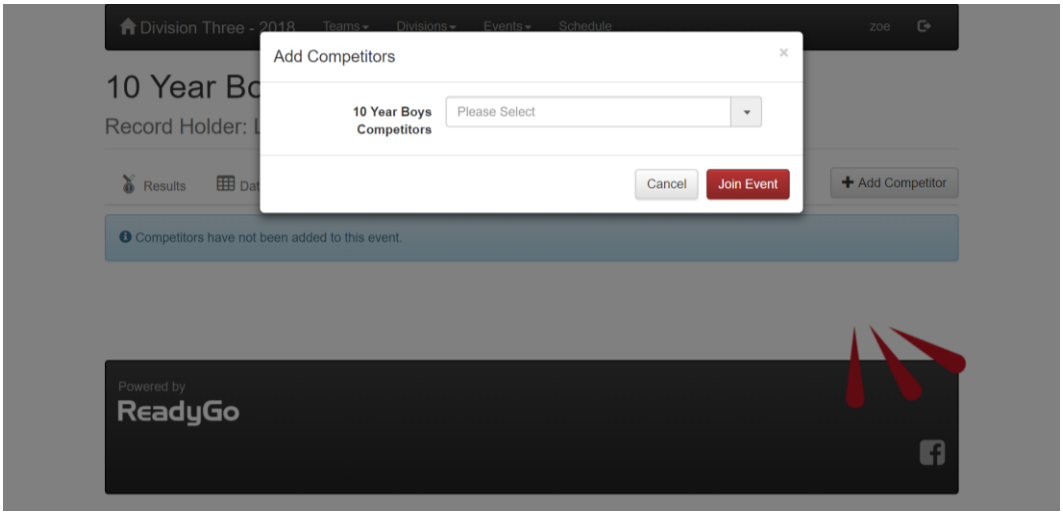
5. Alternately, if you would like to add competitors into events by age groups, you can click on "Divisions" on the black menu bar at the top of the screen. This will show a drop down as shown below. You can then access all of the events in that age group.



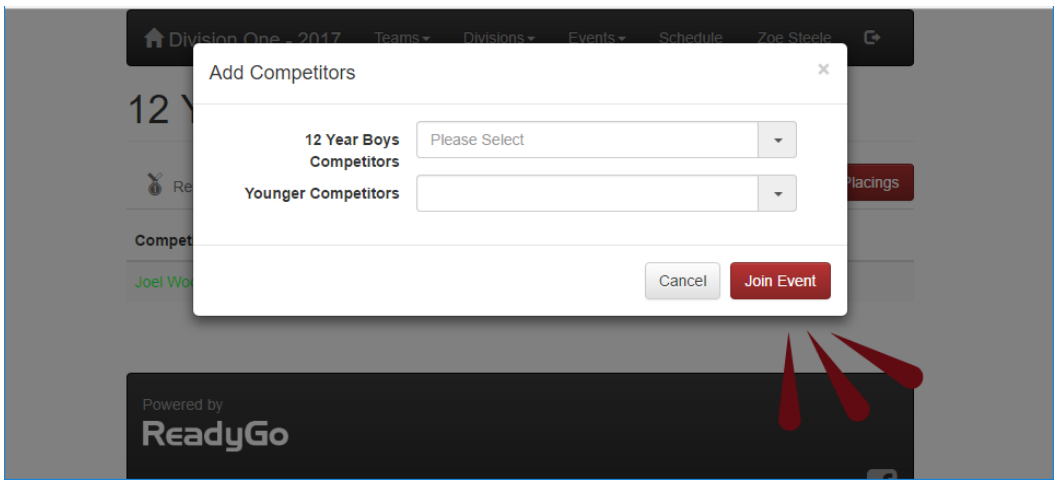

6. Once you are into the correct event and age group, you will see the screen below (shown for the 14 Year Boys 100m event)…



7. You then need to click on “+Add Competitor” tab on the right hand side of the screen.

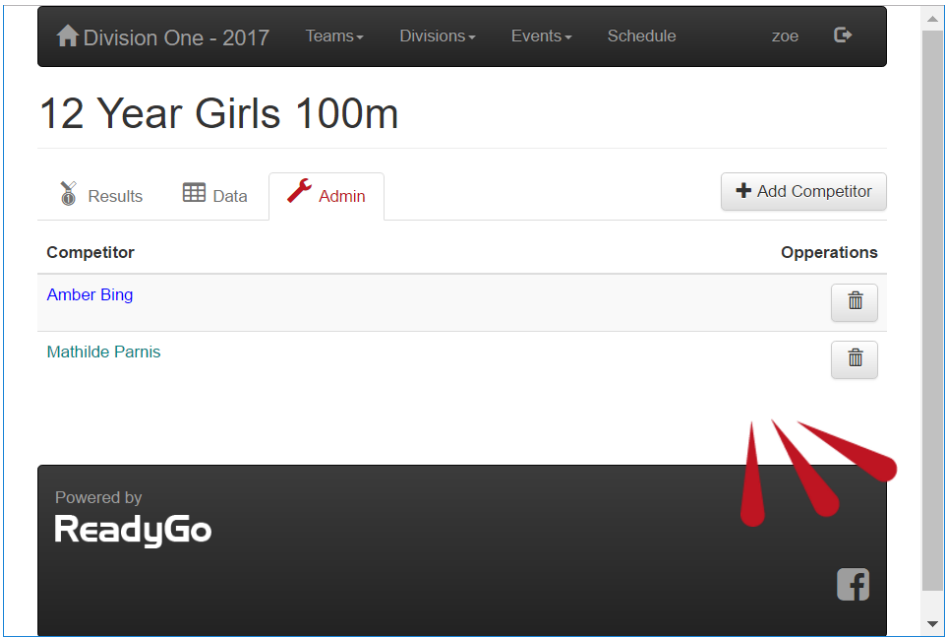



8. You can now either use the drop down to add your competitor to the event or type in their name. If you are adding a competitor that is younger than the age group, you just need to type his name in the “Younger Competitors” section.



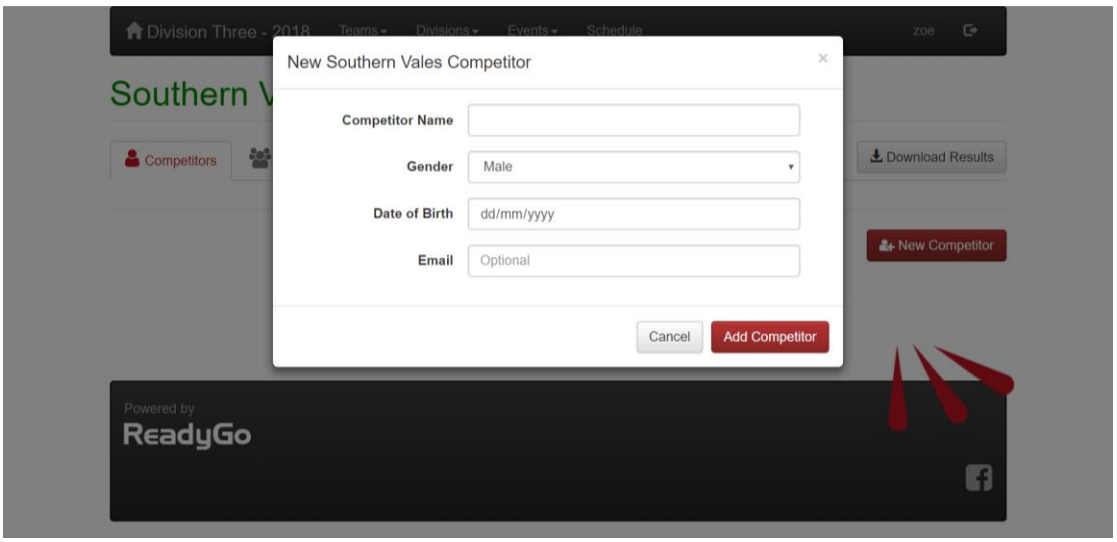
## How to remove a competitor from an event

1. To remove or change a competitor that you have already entered, please go to the specific event (eg 100m, 12 Year Girls) and click on the "admin" tab as shown below. By clicking on the bin to the right of the competitor's name, you will be able to delete them.



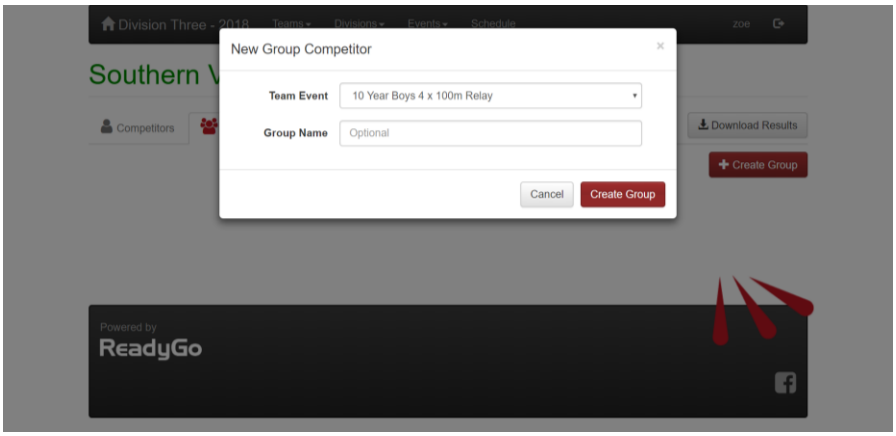
## How to import more competitors into the program

1. If you would like to add competitor into the program you will need to go to the menu bar at the top of the screen (black) and click on “Teams”. If you choose your team name it will then show you a list of all of your competitors sorted into age and gender. Scroll down to the bottom of the page and there will be a red box that says “New Competitor”. If you click on that box, you can then add in a new competitor. They will then be added into the program.

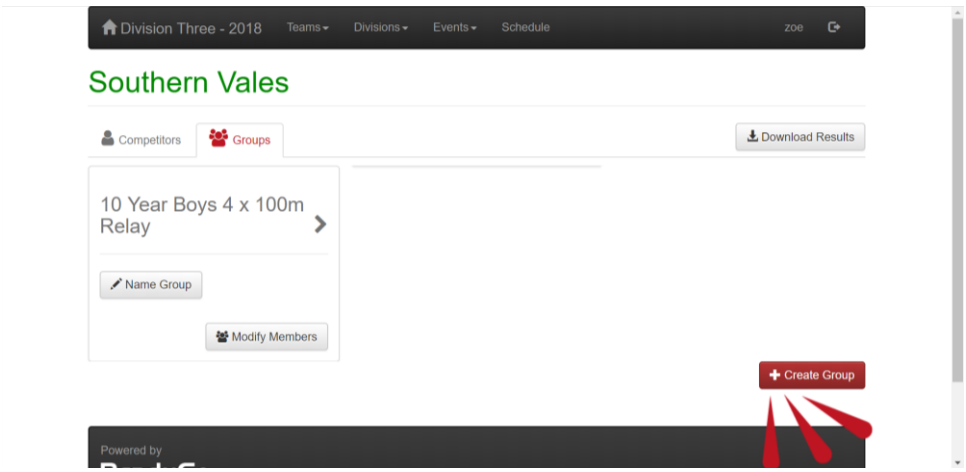


## How to enter teams into relay events

1. Once you have entered into your division, you will need to go to the menu bar at the top of the screen (black) and click on “Teams”. If you choose your school name and then click on the “groups” tab. Click on “Create Group” and this will bring up another box. You are then able to select the “Team Event” by using the drop down arrow. You are also able to give your team a group name if you want, but this is optional. You can keep adding these groups until all of the relays have been added.




2. Once you have entered a relay team, it will appear in the program as shown below. You can then change the Name of the group if you want (not compulsory) and you can also add in the names of each competitor in your relay team (this is also not compulsory).



# On the Day

**For a smooth start to the day, please take note of the following:**

- **8.30am**
  - All Athletics coordinators must be at the venue**.** If this is not possible, please contact the SACSA Sports Coordinator prior to the carnival.

- **8.45am**
  - All officials and marshals must report to 100m finish line, to collect folders and get final instructions.

- **8:55am**
  - All athletics should have arrived at the SA Athletic Stadium.
  - Open in Prayer
  - 1500m runners should be at the South East side of the track under the large shade ready for marshalling at 9.00am for a 9.15am start.
  - High Jump officials must move to their area to begin event at 9.00am

- **9.00am**
  - First Event begins
    - High Jump (U16)
  - All other field event competitors and officials must be at their respective venues for a 9.15am start

- **9.15am**
  - First Event begins
    - Track – 1500m
    - Field – Discus (U15)
      Javelin (U14)
      Long Jump (Open)

Please note: Only competitors and officials are allowed out the back of the stadium for shot put. Unfortunately, no student spectators are allowed.

## 2019 Lane Allocation

| Division One | | |
|---|---|---|
| **2018 Place** | **2019 LANE** | **TEAM** |
| 1 | **4** | KINGS |
| 2 | **5** | Tyndale (SE) |
| 4 | **3** | TORRENS VALLEY |
| 5 | **6** | TEMPLE |
| 6 | **2** | INVESTIGATOR |
| 1st in Div 2 | **1** | CEDAR |

| Division Two | | |
|---|---|---|
| **2018 Place** | **2019 LANE** | **TEAM** |
| 2 | **4** | SVCC |
| 3 | **5** | HOPE |
| 4 | **3** | EMMAUS |
| 5 | **6** | PORTSIDE |
| 6 | **2** | HORIZON |
| 7 | **1** | PRESCOTT |
| 1st in Div 3 | **7** | HILLS |

| Division Three | | |
|---|---|---|
| **2018 Place** | **2019 LANE** | **TEAM** |
| 3rd in Div 1 | **4** | SUNRISE |
| 2 | **5** | MID NORTH |
| 3 | **3** | TYNDALE STRATH |
| 4 | **6** | HARVEST |
| 5 | **2** | TYNDALE MB |
| 6 | **1** | BLAKES CROSSING |
| 7 | **7** | RIVERGUM |
| DNE | **8** | DOMINO SERVITE |

*Schools will need to stay in their allocated lane for the day, including the relays.* **Promotion / relegation system -** The team finishing last in each division will be relegated to the lower division. The team finishing on top in each division will be promoted to the higher division.

# 2019 Responsibilities/Equipment Roster

| School | Responsibilities | Location | Number of helpers | Equipment |
|---|---|---|---|---|
| **SACSA** | Set up on the day - Arrive @ 7:30am | | Zoe & Andy (Kings) | Stationary & Placecards (1-40) |
| | Announcer/Photo Finish Liaison | Offices | Andy (Kings) | Bunting flags |
| | Opening/closing in prayer | | Marcel Rijken (Temple) | Javelins |
| | Risk Management | | Zoe | SACSA Shades x 2 |
| | Security | | TBC | Prodder |
| | Photo Finish | Offices | ASA | Cones |
| | | | **Total - 2 Staff** | |
| **Temple** | Set up on the day - Arrive @ 7:30am | | | Megaphone |
| | Relay Changeover Judge & Marshal #2 | 200m start | 1 staff | 30m tape x2 |
| | Starters Marshal 1: Team A - 1500/400/800 | | | Shades x 1 |
| | Starters Marshal 2: Team A - 1500/400/800 | | 1 senior student | 6 laptops |
| | Finishing Track Marshal | Finish Line | 1 staff (Steph) | |
| | Recording Data | Office | 6 students (with laptop each) | |
| | | | **Total - 2 Staff/7 students** | |
| **Tyndale** | Set up on the day - Arrive @ 7:30am | | 1 staff | Starting gun, caps, ear muffs |
| **(SE)** | Chief Judge (1st-3rd placegetters) | Finish Line | | Coloured cones |
| | Starter: Team B - 100/200/Relay | | 1 staff | Seiko Stopwatch x1 |
| | Finishing Place Givers | Finish Line | 10 students | Shade x 1 |
| | | | | 2 sets Placecards (1-9) |
| | | | **Total - 2 staff/10 students** | |
| **Kings** | Photo Finish (Assist) | Office | 1 student (senior) | Shades x 1 |
| | Relay Changeover Judge & Marshal #1 | 1500m start | 1 staff | Bunting flags |
| | Track Referee | | | Extra Tape Measures |
| | Track Event Sheet Runners | SACSA Tent | 2 students | Spare Gun/caps |
| | Assistant Field Event Referee (see Daryl) | | 1 staff | Secondary Relay batons |
| | Triple Jump (Boys) - Students only | NW pits | 2 students | Shot puts: 3x3kg, 2x4kg, 2x5kg |
| | | | **Total - 2 staff/5 students** | Discus: 3x1kg, 2x1.5kg |
| **Cedar** | High Jump (Girls) | SW Mat | 1 staff + 2 students | |
| | High Jump (Boys) | SE Mat | 1 staff + 2 students | |
| | | | **Total - 2 staff/4 students** | |
| **Emmaus** | Field Referee | | 1 staff (Daryl) | |
| | Relay Changeover Judge & Marshal #3 | 100m start | | |
| | Long Jump (Girls) | SW Pit | 1 staff + 2 students | |
| | Long Jump (Boys) - Students only | NW Pit | 2 students | |
| | | | **Total - 2 staff/4 students** | |

# 2019 Responsibilities/Equipment Roster

| School | Responsibilities | | Number of helpers | Equipment |
|---|---|---|---|---|
| **TVCS** | Starters Marshal 1: Team B - 100/200/Relay | | 1 staff | 100m tape |
| | Starters Marshal 2: Team B - 100/200/Relay | | 1 senior student | |
| | *Marshal the 1st runner for all relays | | | |
| | Triple Jump (Girls) - Students only | SW Pit | 2 students | |
| | | | **Total - 1 staff/3 students** | |
| **Investigator** | Long Jump (DIV B U14 Girls @ 10.15am - 11.30am) | SE Pit | 1 staff + 2 students | 100m tape x 1 |
| | Triple Jump (DIV B U14 Girls @ 12:30pm - 1.30pm) | SE Pit | | |
| | | | **Total - 1 staff/2 students** | |
| **Prescott** | Javelin (Boys) | NW Area | 1 staff + 2 students | 30m tape x 1 |
| | | | **Total - 1 staff/2 students** | |
| **Portside** | Shot put (Girls) | Outer Arena | 1 staff + 2 students | 30m tape x 1 |
| | | | **Total - 1 staff/2 students** | |
| **Horizon** | Discus (Boys) | NE Arena | 1 staff + 2 students | 100m tape x 1 |
| | | | **Total - 1 staff/2 students** | |
| **SVCC** | Recorder (Track) | SACSA Tent | 1 staff + 1 student | |
| | Ribbon Distribution (Track) | SACSA Tent | 2 students | |
| | | | **Total - 1 staff/3 students** | |
| **Hope** | Long Jump (DIV B U14 Boys @ 10.15am - 11.30am) | NE Pit | 1 staff + 2 students | 1 x 50m tape |
| | Triple Jump (DIV B U14 Boys @ 12:30pm - 1.30pm) | NE Pit | | |
| | | | **Total - 1 staff/2 students** | |
| **Tyndale** | Discus (Girls) | SE Arena | 1 staff + 2 students | 100m tape x 1 |
| **Strath/MB** | | | **Total - 1 staff/2 students** | |
| **Mid North** | Shot Put (Boys) - students only | Outer Arena | 2 students | |
| | | | **Total - 2 students** | |
| **Harvest** | Recording Data | Offices | 1 staff (Martin) | |
| | | | **Total - 1 Staff** | |
| **Hills** | Recording Data | Offices | 1 staff + 2 students | 30m tape |
| | | | **Total - 1 staff/2 students** | 3 x laptops |
| **Blakes** | Javelin (Girls) | SW | 1 staff + 2 students | |
| | | | **Total - 1 staff/2 students** | |
| **Sunrise** | Field Event Result sheet collection | | 2 students | 30m tape x 1 |
| | | | **Total - 2 students** | |
| **ASA** | Triple Jump (Girls) | SW Pit | 1 staff | |
| | Triple Jump (Boys) | NW Pit | 1 staff | |
| | Long Jump (Boys) | NW Pit | 1 staff | |
| | Shot Put (Boys) | Outer Arena | 1 staff | |
| | Starter: Team A - 1500/400/800 | | 1 staff | |
| | Photo Finish | Offices | 1 staff | |
| | | | **Total - 6 staff** | |

## PLEASE NOTE:

- See page “officials” for a description of each responsibility above.
- Please ensure that all equipment is named clearly
- If you are unable to supply the equipment allocated to your school, please contact the SACSA Sports Coordinator or Athletics convenor, two weeks before the event.

# Important Information

## Important Dates

- **Wednesday 6th March, 2019** – Fill in the "Intent to Compete form online
- **Tuesday 19th March, 2019** – Receive CSV file via email, fill it out and send it back to (zoe@sacsasports.com.au) by no later than this date.
- **Friday 29th March, 2019 -** Enter competitors into ReadyGo by no later than this date.

## Stadium Spectator Costs

Athletics SA charge a fee for spectators. Competitors, staff and officials will not be charged.
Adults: $6.00
Concession: $4.50

## Number of Events per Competitor

***Division One:*** 5 individual events, plus 2 relays.
***Division Two & Three:*** 6 individual events, plus 2 relays.

Students may only compete in an event ONCE. If they choose to compete in a higher age group, they therefore forfeit their position in that event in any other age group. E.g. if a 13 year old girl has competed in U15 High Jump, she cannot compete in High Jump again.

## Age of Competitors (2019)

| Year of Birth | Age Group |
|---|---|
| 2001 | Open |
| 2002 | Open |
| 2003 | U16 / 16 yr olds |
| 2004 | U15 / 15 yr olds |
| 2005 | U14 / 14 yr olds |
| 2006 | U14 / 14 yr olds |

Year 7's can choose to compete in either Secondary Athletics or Primary Athletics Carnival. They are not allowed to compete in both.

## Under 14's A & B

- Due to the large Under 14 age group, schools can nominate two U14 athletes in all events **other than** the 800m, 1500m, High Jump and 4 x 100m relay.
- Please note: U14 Div B Long/Triple Jump - Eastern pits, Div A - Western pits.
- In track events, the best athlete from each school must run in race A, with the 2nd best in race B.

## Point Allocations

All track and field events will use the same points scale below.

| | 1st | 2nd | 3rd | 4th | 5th | 6th | 7th | 8th |
|---|---|---|---|---|---|---|---|---|
| **All Track & Field Events incl. U14 A Events** | 10 | 8 | 6 | 5 | 4 | 3 | 2 | 1 |
| **U14 B Track & Field Events only** | 5 | 4 | 3 | 2 | 1 | 1 | 1 | 1 |

**Please note: This will vary depending on how many schools in each division**

## Trophy Presentation

***Championship Trophy*** **-** The Championship Trophy for each division is awarded for highest points scored on day.

***Challenge Shield*** **-** The Challenge Shield is awarded by dividing the number of points that each school receives by the number of students enrolled at their school (Years 8-12).

Please note: Division 1 schools with less than 150 students (Yr 8-12), points are divided by Division 2 schools with less than 100 students, points are divided by 100. Division 3 schools with less than 50 students, points is divided by 50.

## Preparation of Marshals, Judges, Timekeepers etc.

Please ensure you are sending staff that are capable, aware and act under the rules of their allocated job.

Field event official need to ask competitors if they will need to leave to attend a track event. The Official will need to make allowances for their return.

## Uniform

All competing students must be dressed in correct PE/Athletic uniform including:

- Hats (worn when waiting to compete).
- Shorts (not track pants)
- PE shirt / Athletics top
- Sports shoes or Spikes (5ml max), no bare feet allowed.

## Relays

Schools are in charge of sending each relay competitor to their their relay positions around the track. SACSA will not wait for teams/individuals that are late. Please note, relays are only worth single points.

## Clash of Events

- Track events have priority.
- Competitors need to notify the field event official before moving to the track event.
- Competitors need to return to the field event in the allocated event time.
- Please be aware of event closing times to ensure you return prior to this time.

- Once the event is closed, it will not be reopened.
- High Jump – High Jump official WILL NOT be able to move the bar back down when they return. They may be able to attempt a few different heights one after another prior to leaving, but it will be up to the High Jump official to make that decision based on timing. Please be mindful of this when selecting other events for High Jumpers to compete in.

## Location of Field Events

Please see attached map for location of each event.

## Lost Property

Each school is responsible for their own lost property as it will not be collected by the convenors.

## Weather Policy

Please refer to the SACSA Sports Weather Policy at www.sacsasports.com.au

## Students Not Competing

Students not competing must remain in their school's designated area and must be supervised at all times.

## Areas Out of Bounds

Students are to stay clear of the finish line, the SACSA Tent & field event areas. They are not permitted on the infield unless they are competing.

***Please make sure that your staff and students are aware of any important points. We must ensure that all staff and students act under the rules and expectations set down for the benefit of all.***

# Officials

Schools providing marshals need to make sure that staff/students are aware of their duties. We must ensure all staff/students act under the rules and expectations set, for the benefit of all.

## Field Event Referee

- Meet with field event officials before start of day
- Give out folders and equipment
- Review correct procedures and recording of the field events with officials
- Review duty of care
- Ensure all field events are being conducted correctly throughout the day
- Administer correction if there are any inconsistencies with the measurement of throws or jumps in reference to the specifications and rules of the respective event.

## Field Event Officials

- Be on time for pre-start meeting
- Collect folder from Field Event Official
- Know the correct procedures for running the event
- Hand our ribbons to 1st, 2nd or 3rd place getters.
- Do not close an event until the allocated time, even if all competitors have left.
- Ensure all results sheets are completed i.e. points and position columns
- Give results sheet to a specified runner, do not hand them in yourself.

## Track Referee

- Observes all track events i.e. sprints, middle distance, hurdles and 4 x 100 relays
- Check to see all races are starting at the correct starting point
- Work with other starters marshals
- Keep the track area cleared of spectators and competitors
- Adjudicate any problems leading to disqualification of an athlete and/or relay team

## Starters Marshal 1 & 2: Team A and Team B

- Each Team will have one staff and one senior student.
- Team A marshals the students at the start of the 1500/400/800.
- Team B marshals the students at the start of the 100/200/Relay
- Marshals need to be at their event 15 minutes prior to the start of the event to begin marshalling competitors.
- When marshalling, make sure all competitors are in their age groups and lanes.

## Starter: Team A and Team B

- Starter for Team A will start the 1500/400/800m races.
- Starter for Team B will start the 100/200/Relay races.
- Call up competitors for each perspective race
- Shout the following commands:
    - Runners take your mark
    - Set – (let runners who are crouch starting, get set) & wait until all competitors are still.
    - Fire Gun (If false start, fire gun twice and restart race)
- Communicate with Finish Marshal and Starter Marshal as to whether all is ready for the next race.
- Ensure track is clear before beginning event.

## Finish Track Marshal

- Keep runners in correct finishing order
- Responsible for student place givers
- Ensure there is one place giver for each lane
- Coordinate place cards being given to correct competitor positions.
- Communicate with Starters Marshal to indicate whether all place getters are ready for the next event
- Responsible for back up Time Keeper
- Direct competitors to recording table
- Work with Chief Judge

## Chief Judge

- Work with Finish Track Marshal
- Document 1st – 3rd competitors just in case any mistakes are made with timing.
- Use Seiko stop watch to time distance events.
- Print event times and give to the recorders tent at the end of each distance even

## Back-up Time Keeper

- One timekeeper to time first position (backup for electronic timing)

## Track Event Recorder

- Record runners 1st – 9th
- Handout ribbons to 1st, 2nd, 3rd

## Field Event Results Sheet Collector

- Please meet the field referee (Darryl Porter) at the SACSA marquee at the start of the day for instructions.
- Collect timetable from field referee – Tick off events as you collect the event sheets.
- Collect all events sheet after the close of each event.
- Do not wait for all events to finish, when one event finishes, collect sheet and take this to the upstairs recorders area.

# Event Specific Guidelines

## FIELD EVENTS

- Ask competitors if they need to leave during your event. Mark this on your event sheet so you know who to expect back.
- Do not close an event until the allocated time, even if you have no other competitors.
- Ensure all results sheets are completed i.e. points and position columns
- Hand out ribbons to 1st, 2nd or 3rd place getters
- A specified runner has been allocated to collect your results sheets. Do not brin these sheets up yourselves.

## HIGH JUMP

- Bar height will not change if competitors arrive late. They will need to jump at the current bar height when they arrive.
- Please ensure the next high jump event does not start late.
- If a student indicates that they need to leave, you may want to give them a few chances on some heights before they leave - Official's discretion.
- Two attempts only at each height; the last three jumpers will have 3 attempts.
- Students are allowed to start at any height but they must clear the current height to be able to proceed.

Starting heights for High Jump

| | | |
|---|---|---|
| U14 Boys | 1.20m | 4 rises of 5cm, followed by rises of 3cm |
| U14 Girls | 1.10m | 4 rises of 5cm, followed by rises of 3cm |
| U15 Boys | 1.25m | 3 rises of 5cm, followed by rises of 3cm |
| U15 Girls | 1.20m | 3 rises of 5cm, followed by rises of 3cm |
| U16 Boys | 1.25m | 4 rises of 5cm, followed by rises of 3cm |
| U16 Girls | 1.25m | 4 rises of 5cm, followed by rises of 3cm |
| Open Boys | 1.35m | 4 rises of 5cm, followed by rises of 3cm |
| Open Girls | 1.25m | 4 rises of 5cm, followed by rises of 3cm |

## SHOT PUT

- Make sure the shot is put to the neck with one hand only.
- Ensure the shot stays in close proximity to the neck or chin and the hand shall not be dropped below this position during the throw.
- The shot shall not be taken behind the line of the shoulders.
- If the shot is released and is removed from the neck as well as falling behind the shoulder axis, it is a foul. Please give one warning.
- Be flexible but teacher proper entrance/exit from the back of the ring.
- Correct measuring point is **from the inner edge of the ring.**

## DISCUS

- The competitor must start the throw from a stationary position inside the circle.
- During the throw, the competitor may touch the inside edge of the circle or the inside edge of the line making the circle, but may not touch any other part of the circle or the ground outside the circle.
- Be flexible but teacher proper entrance/exit from the back of the circle
- Correct measuring technique **is from the inner edge of the circle.**

## JAVELIN

- Competitors may begin with a run up and must stop before the foul line.
- The Javelin must land with the point first, making a mark in the ground.
- A foul is called if:
    - The Javelin lands outside the sector lines
    - Their foot breaks the foul line
    - The javelin lands flat or with the tail touching the ground first.
- To measure the throw, the prodder (zero end of the tape) is placed where the javelin first marked the ground, through the foul line to the 'V' 8m back from the foul line. The throw is measured however at the foul line.

| Age Group | Shot Put (kg) | Discus (kg) | Javelin (g) |
|---|---|---|---|
| U14 Boys | 3 (white) | 1 | 600 |
| U14 Girls | 3 (white) | 1 | 400 |
| U15 Boys | 4 (red) | 1 | 700 |
| U15 Girls | 3 (white) | 1 | 500 |
| U16 Boys | 4 (red) | 1 | 700 |
| U16 Girls | 3 (white) | 1 | 500 |
| Open Boys | 5 (yellow) | 1.5 | 700 |
| Open Girls | 3 (white) | 1 | 500 |

## LONG JUMP/TRIPLE JUMP

- The long and triple jump is measured from the mark in the sand made by the athlete nearest to the take-off point back to the end of the take off line.
- The triple jump take off board is already set up at the SA Athletics Stadium and is usually 5 – 9 metres back from the edge of the Pit.
- The long jump take off board is around 1 metre from the pit. The measurement needs to be taken from the front of the take-off board, not the back.

## 800m/1500m

- All divisions will run together.
- ***Any competitor that walks a distance race will be removed from the event, a disqualification will be given and a DNF will be recorded ***
- At the end of the race, the finishing marshal and track judge will sort out division places.

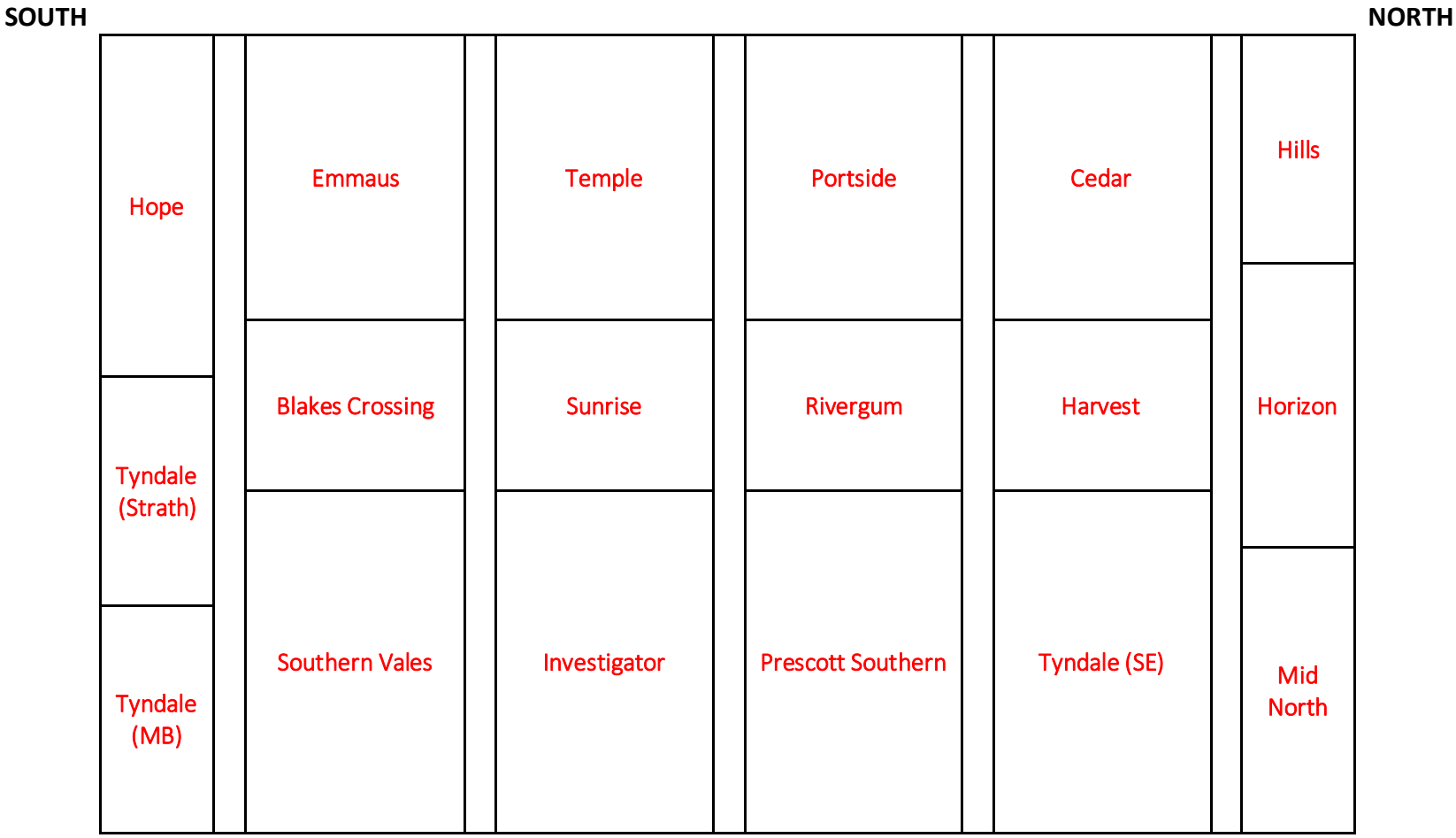
# 2019 Program of Events

| Event # | Time | Event Name | Gender | Age | Location |
|---|---|---|---|---|---|
| **1** | 9.00 - 10.10 | HIGH JUMP | Female | U16 | SW Mat |
| **2** | 9.00 - 10.10 | HIGH JUMP | Male | U16 | SE Mat |
| **3** | 9.15 - 10.15 | LONG JUMP | Female | OPEN | SW Pit |
| **4** | 9.15 - 10.15 | LONG JUMP | Male | OPEN | NW Pit |
| **5** | 9.15 - 10.30 | JAVELIN | Female | U14 Div. A & B | SW |
| **6** | 9.15 - 10.30 | JAVELIN | Male | U14 Div. A & B | NW |
| **7** | 9.15 - 10.00 | DISCUS | Female | U16 | SE Ring |
| **8** | 9.15 - 10.00 | DISCUS | Male | U16 | NE Ring |
| **9** | 9.15 | **1500M** | Female | U14 | SE Corner of Track |
| **10** | 9.23 | **1500M** | Male | U14 | SE Corner of Track |
| **11** | 9.30 - 10.15 | SHOT PUT | Female | U15 | Outside Arena Ring 2 |
| **12** | 9.30 - 10.15 | SHOT PUT | Male | U15 | Outside Arena Ring 1 |
| **13** | 9.30 - 10.30 | TRIPLE JUMP | Female | U15 | SW Pit |
| **14** | 9.30 - 10.30 | TRIPLE JUMP | Male | U15 | NW Pit |
| **15** | 9.31 | **1500M** | Female | U15 | SE Corner of Track |
| **16** | 9.39 | **1500M** | Male | U15 | SE Corner of Track |
| **17** | 9.47 | **1500M** | Female | U16 | SE Corner of Track |
| **18** | 9.55 | **1500M** | Male | U16 | SE Corner of Track |
| **19** | 10.00 - 10.45 | DISCUS | Female | OPEN | SE Ring |
| **20** | 10.00 - 10.45 | DISCUS | Male | OPEN | NE Ring |
| **21** | 10.03 | **1500M** | Female | OPEN | SE Corner of Track |
| **22** | 10.10 - 11.20 | HIGH JUMP | Female | OPEN | SW Mat |
| **23** | 10.10 - 11.20 | HIGH JUMP | Male | OPEN | SE Mat |
| **24** | 10.11 | **1500M** | Male | OPEN | SE Corner of Track |
| **25** | 10.15 - 11.00 | SHOT PUT | Female | U16 | Outside Arena Ring 2 |
| **26** | 10.15 - 11.00 | SHOT PUT | Male | U16 | Outside Arena Ring 1 |
| **27** | 10.15 - 11.30 | LONG JUMP | Female | U14 - Div. A | SW Pit |
| **28** | 10.15 - 11.30 | LONG JUMP | Female | U14 - Div. B | SE Pit |
| **29** | 10.15 - 11.30 | LONG JUMP | Male | U14 - Div. A | NW Pit |
| **30** | 10.15 - 11.30 | LONG JUMP | Male | U14 - Div. B | NE Pit |
| **31** | 10.20 | **100M** | Female | U14 - Div. A | NW Corner of Track |
| **32** | 10.26 | **100M** | Female | U14 - Div. B | NW Corner of Track |
| **33** | 10.30 - 11.15 | JAVELIN | Female | U15 | SW |
| **34** | 10.30 - 11.15 | JAVELIN | Male | U15 | NW |
| **35** | 10.30 - 11.30 | TRIPLE JUMP | Female | U16 | SW Pit |
| **36** | 10.30 - 11.30 | TRIPLE JUMP | Male | U16 | NW Pit |
| **37** | 10.32 | **100M** | Male | U14 - Div. A | NW Corner of Track |
| **38** | 10.38 | **100M** | Male | U14 - Div. B | NW Corner of Track |
| **39** | 10.44 | **100M** | Female | U15 | NW Corner of Track |
| **40** | 10.45 - 11.30 | DISCUS | Female | U14 Div. A & B | SE Ring |
| **41** | 10.45 - 11.30 | DISCUS | Male | U14 Div. A & B | NE Ring |

| Event # | Time | Event Name | Gender | Age | Location |
|---|---|---|---|---|---|
| **42** | 10.50 | **100M** | Male | U15 | NW Corner of Track |
| **43** | 10.56 | **100M** | Female | U16 | NW Corner of Track |
| **44** | 11.00 - 11.45 | SHOT PUT | Female | OPEN | Outside Arena Ring 2 |
| **45** | 11.00 - 11.45 | SHOT PUT | Male | OPEN | Outside Arena Ring 1 |
| **46** | 11.02 | **100M** | Male | U16 | NW Corner of Track |
| **47** | 11.08 | **100M** | Female | OPEN | NW Corner of Track |
| **48** | 11.14 | **100M** | Male | OPEN | NW Corner of Track |
| **49** | 11.15 - 12.00 | JAVELIN | Female | U16 | SW |
| **50** | 11.15 - 12.00 | JAVELIN | Male | U16 | NW |
| **51** | 11.20 | **400M** | Female | U14 - Div. A | SW Corner of Track |
| **52** | 11.20 - 12.30 | HIGH JUMP | Female | U14 | SW Mat |
| **53** | 11.20 - 12.30 | HIGH JUMP | Male | U14 | SE Mat |
| **54** | 11.25 | **400M** | Female | U14 - Div. B | SW Corner of Track |
| **55** | 11.30 | **400M** | Male | U14 - Div. A | SW Corner of Track |
| **56** | 11.30 - 12.30 | DISCUS | Female | U15 | SE Ring |
| **57** | 11.30 - 12.30 | DISCUS | Male | U15 | NE Ring |
| **58** | 11.30 - 12.30 | LONG JUMP | Female | U15 | SW Pit |
| **59** | 11.30 - 12.30 | LONG JUMP | Male | U15 | NW Pit |
| **60** | 11.30 - 12.30 | TRIPLE JUMP | Female | OPEN | SW Pit |
| **61** | 11.30 - 12.30 | TRIPLE JUMP | Male | OPEN | NW Pit |
| **62** | 11.35 | **400M** | Male | U14 - Div. B | SW Corner of Track |
| **63** | 11.40 | **400M** | Female | U15 | SW Corner of Track |
| **64** | 11.45 - 1.00 | SHOT PUT | Female | U14 Div. A & B | Outside Arena Ring 2 |
| **65** | 11.45 - 1.00 | SHOT PUT | Male | U14 Div. A & B | Outside Arena Ring 1 |
| **66** | 11.45 | **400M** | Male | U15 | SW Corner of Track |
| **67** | 11.50 | **400M** | Female | U16 | SW Corner of Track |
| **68** | 11.55 | **400M** | Male | U16 | SW Corner of Track |
| **69** | 12.00 - 1.00 | JAVELIN | Female | OPEN | SW |
| **70** | 12.00 - 1.00 | JAVELIN | Male | OPEN | NW |
| **71** | 12.00 | **400M** | Female | OPEN | SW Corner of Track |
| **72** | 12.05 | **400M** | Male | OPEN | SW Corner of Track |
| **73** | 12.10 | **200M** | Female | U14 - Div. A | NE Corner of Track |
| **74** | 12.14 | **200M** | Female | U14 - Div. B | NE Corner of Track |
| **75** | 12.18 | **200M** | Male | U14 - Div. A | NE Corner of Track |
| **76** | 12.22 | **200M** | Male | U14 - Div. B | NE Corner of Track |
| **77** | 12.26 | **200M** | Female | U15 | NE Corner of Track |
| **78** | 12.30 - 1.30 | LONG JUMP | Female | U16 | SW Pit |
| **79** | 12.30 - 1.30 | LONG JUMP | Male | U16 | NW Pit |

| Event # | Time | Event Name | Gender | Age | Location |
|---|---|---|---|---|---|
| **80** | 12.30 - 1.30 | TRIPLE JUMP | Female | U14 - Div. A | SW Pit |
| **81** | 12.30 - 1.30 | TRIPLE JUMP | Female | U14 - Div. B | SE Pit |
| **82** | 12.30 - 1.30 | TRIPLE JUMP | Male | U14 - Div. A | NW Pit |
| **83** | 12.30 - 1.30 | TRIPLE JUMP | Male | U14 - Div. B | NE Pit |
| **84** | 12.30 - 1.40 | HIGH JUMP | Female | U15 | SW Mat |
| **85** | 12.30 - 1.40 | HIGH JUMP | Male | U15 | SE Mat |
| **86** | 12.30 | **200M** | Male | U15 | NE Corner of Track |
| **87** | 12.34 | **200M** | Female | U16 | NE Corner of Track |
| **88** | 12.38 | **200M** | Male | U16 | NE Corner of Track |
| **89** | 12.42 | **200M** | Female | OPEN | NE Corner of Track |
| **90** | 12.46 | **200M** | Male | OPEN | NE Corner of Track |
| **91** | 12.50 | **800M** | Female | U14 | SW Corner of Track |
| **92** | 12.55 | **800M** | Male | U14 | SW Corner of Track |
| **93** | 1.00 | **800M** | Female | U15 | SW Corner of Track |
| **94** | 1.05 | **800M** | Male | U15 | SW Corner of Track |
| **95** | 1.10 | **800M** | Female | U16 | SW Corner of Track |
| **96** | 1.15 | **800M** | Male | U16 | SW Corner of Track |
| **97** | 1.20 | **800M** | Female | OPEN | SW Corner of Track |
| **98** | 1.25 | **800M** | Male | OPEN | SW Corner of Track |
| **99** | 1.30 | **4 x 100M RELAY** | Female | U14 | Runners at corners of track |
| **100** | 1.35 | **4 x 100M RELAY** | Male | U14 | Runners at corners of track |
| **101** | 1.40 | **4 x 100M RELAY** | Female | U15 | Runners at corners of track |
| **102** | 1.45 | **4 x 100M RELAY** | Male | U15 | Runners at corners of track |
| **103** | 1.50 | **4 x 100M RELAY** | Female | U16 | Runners at corners of track |
| **104** | 1.55 | **4 x 100M RELAY** | Male | U16 | Runners at corners of track |
| **105** | 2.00 | **4 x 100M RELAY** | Female | OPEN | Runners at corners of track |
| **106** | 2.05 | **4 x 100M RELAY** | Male | OPEN | Runners at corners of track |

# Seating Allocation




Kings and Torrens Valley to sit in permanent shelters outside grandstand.

# SA Athletics Stadium Layout