



AFL
ATHLETICS
BADMINTON
BASKETBALL
CROSS COUNTRY
FOOTBALL
NETBALL
RIJKEN CUP
SWIMMING
TABLE TENNIS
TOUCH FOOTBALL
VOLLEYBALL

ATHLETICS CHAMPIONSHIPS

SECONDARY - 13yr old's - OPEN

DIV 2 & 3

THURSDAY 30TH APRIL 2026

8:30am - 3.00pm



SA ATHLETICS STADIUM

145 Railway Terrace, Mile End

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Carnival Contacts

Luke Shearer

SACSA Executive Sports Coordinator

e: luke@sacsasports.com.au

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 in competition, and enjoyment for all. As Christian Schools this is what sets us apart – cooperation, mutual respect and camaraderie, all 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 uses 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:

Friday 6th March 2026

If you have any issues, please contact the SACSA Executive 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 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 CSV. excel spreadsheet will need to look like the one below:

Name	Gender	Date of birth	Team
John Smith	M	DD-MM-YYYY	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 CSV. spreadsheet will need to be sent back to the SACSA Sports Coordinator via email luke@sacsasports.com.au by no later than:

Friday 27th March 2026

3. The SACSA Sports Coordinator will enter all 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:

Thursday 9th April 2026

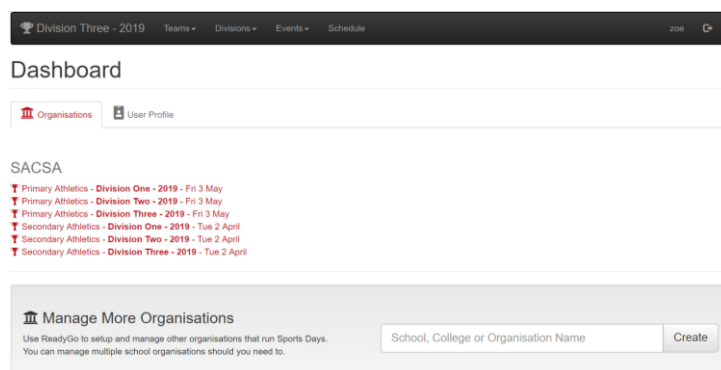
How to set up an account/login

1. You will be sent an email shown below:
Hello,
Luke Shearer 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:

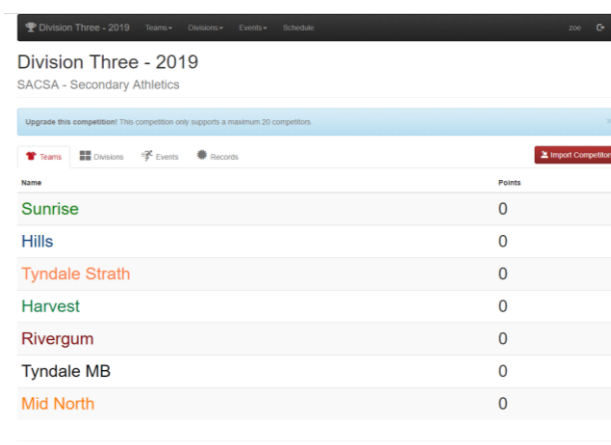
4. If you did not use the Ready Go program last year, please click on "New here? Create an account..." at the bottom of the red login box. Please enter in your name, email address and set up a password as shown below. If you have used it before and cannot remember your password, please click on "Forgot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

How to enter competitors into events

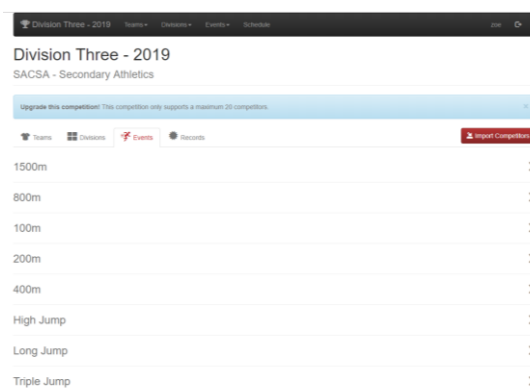
1. You will then be directed to the dashboard where you will see our name "SACSA" in grey. Please click on one of the options in red below "SACSA" to enter straight into your carnival.
If you have forgotten which division your school is in, you can access the Athletics Booklet online (www.sacsasports.com.au/sports/athletics)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



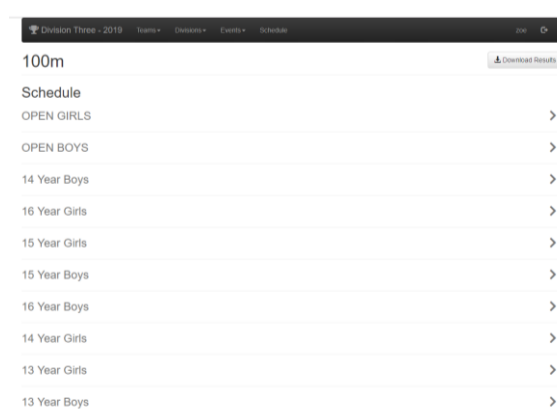
2. Once you have entered into your division, you will see the following screen (Example below is for Division three only).



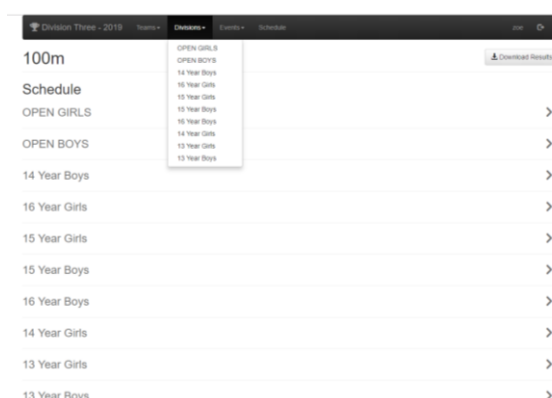
3. You can now start placing competitors into their events by clicking on "Events" (Either the grey option or on the top black menu bar at the top of the page).



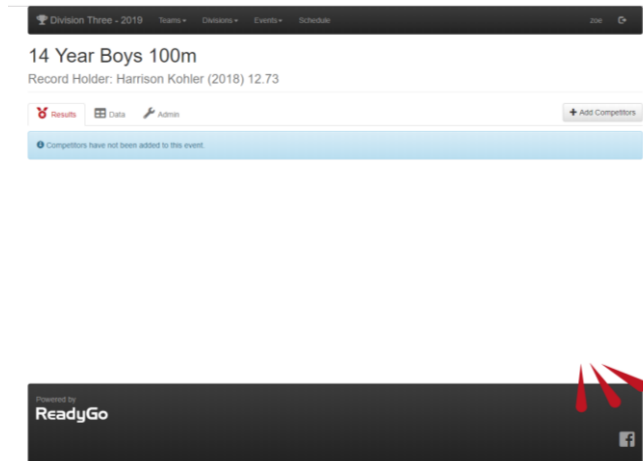
- If you click on each individual event, you will have the option to then choose the age group you would like to enter competitors into as show below.



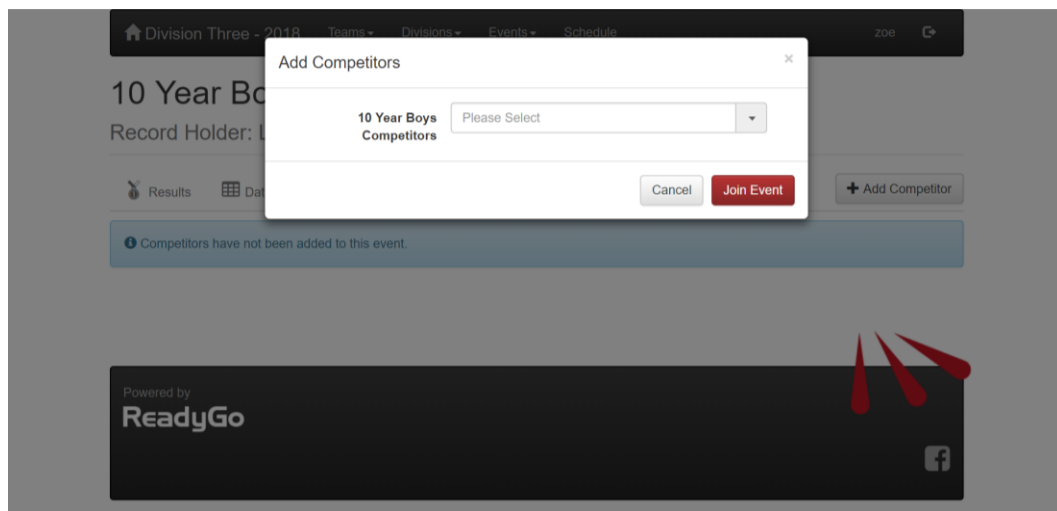
- Alternately, if you would like to add competitors into events by age groups, you can click on "Divisions" on the black menu bar at the top of the screen. This will show a drop down as shown below. You can then access all the events in that age group.



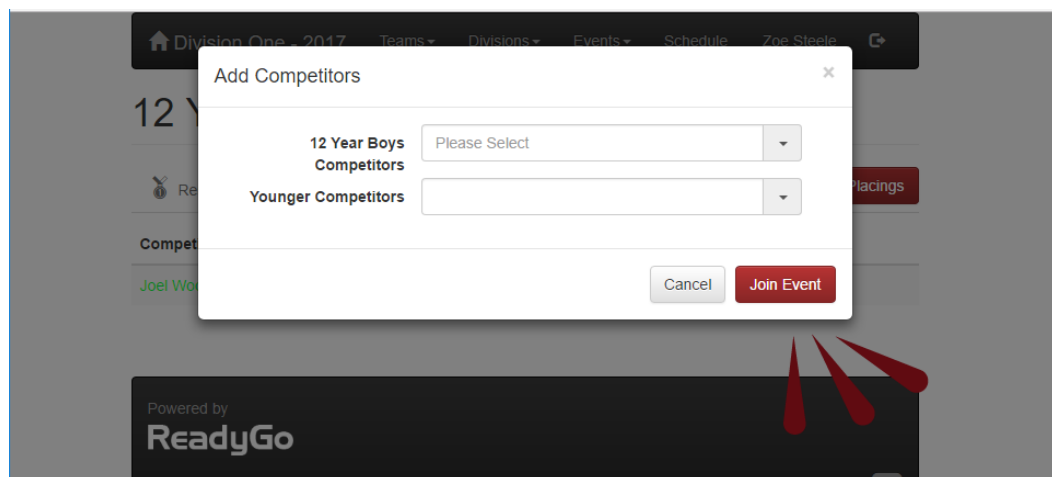
- Once you are into the correct event and age group, you will see the screen below (Shown for the 14 Year Boys 100m event)...



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

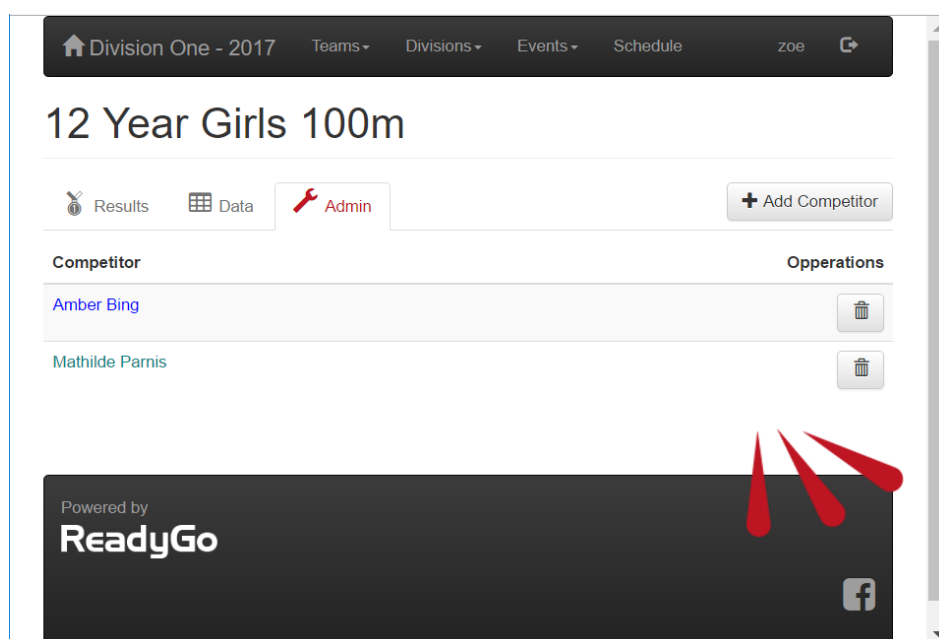


8. You can now either use the drop down to add your competitor to the event or type in their name. If you are adding a competitor that is younger than the age group, you just need to type his name in the "Younger Competitors" section.



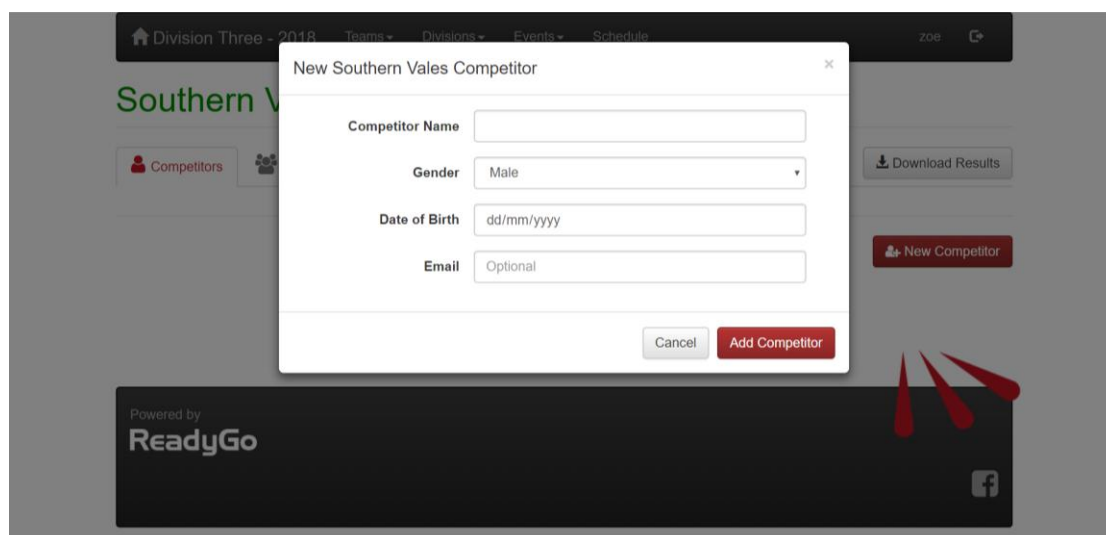
How to remove a competitor from an event

1. To remove or change a competitor that you have already entered, please go to the specific event (e.g. 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.



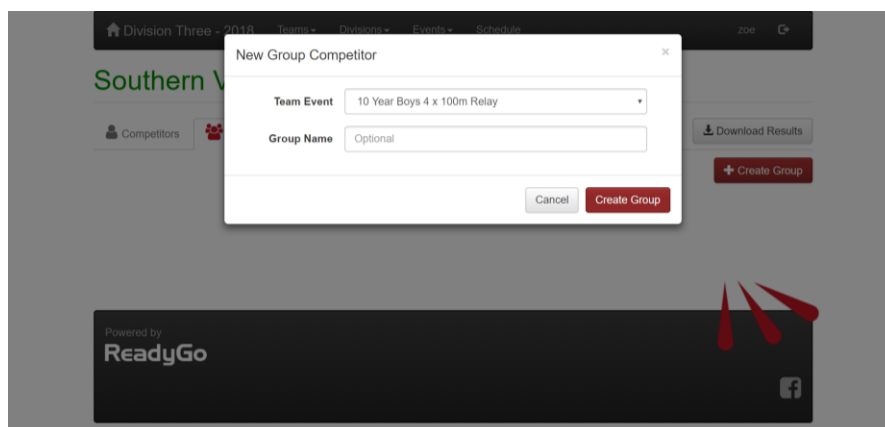
How to import more competitors into the program

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 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.

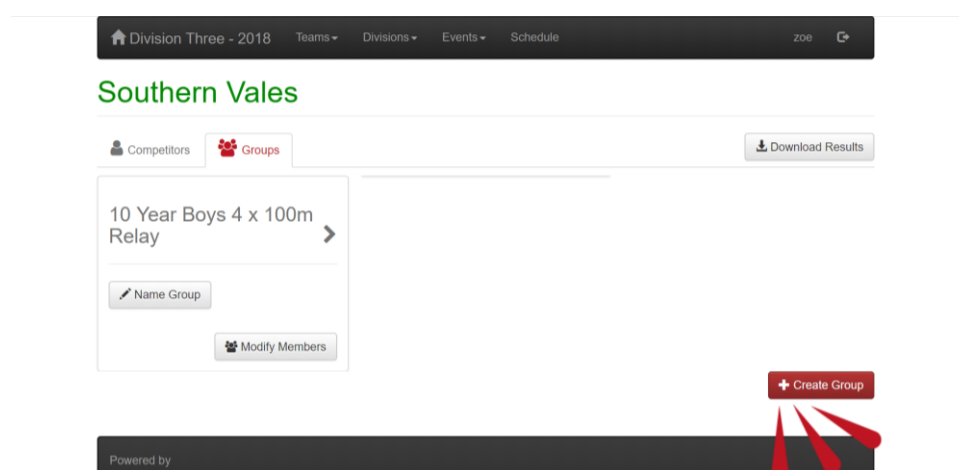


How to enter teams into relay events

1. Once you have entered 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 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:

- **8.15 - 8.30am**
 - All Athletic coordinators must be at the venue.
If this is not possible, please contact the SACSA Executive Sports Coordinator prior to the carnival.
- **8.45am**
 - All athletes should have arrived at the SA Athletic Stadium.
 - **All officials and marshals must report to 100m finish line, to collect folders and get final instructions.**
 - Open in prayer
- **8:50am**
 - All field event & track event competitors and officials must be at their respective areas.
 - 1500m runners should be at the Southeast side of the track behind the SACSA shade ready for marshalling
- **9.10am**
 - Events begin

2026 Lane Allocation

Schools will need to stay in their allocated lane for the day, including the relays.

A Promotion / Relegation system is put in place each year but is up to the discretion of the SACSA Executive committee to finalise each division.

DIVISION 2	
2026 LANE	TEAM
1	PORTSIDE
2	HOPE
3	BLAKES CROSSING
4	TVCS
5	HORIZON
6	SVCC
7	PRESCOTT STH

DIVISION 3	
2026 LANE	TEAM
1	TYNDALE MB
2	TEMPLE MARION
3	RIVERGUM
4	TYNDALE STRATH
5	MID NORTH
6	MT TORRENS

2026 Responsibilities Roster

PLEASE NOTE: See page 20 - "officials" for a description of each responsibility below.

Duties						
Announcer	1 staff			SACSA/ Tyndale SE		
Starter	1 staff			Blakes CCC		
Starting Track Marshal	1 staff			Blakes CCC		
Pre -Track Marshals	2 staff			TVCS		
Finish Line/Recording	2 staff			SACSA		
Finish Line Marshal	1 staff + 2 Students			SVCC		
Field Marshal	1 staff			SACSA		
Presentation Area	2 staff			SACSA		
min requirement						
Girls	School			Boys	School	
1 staff + 2 Students	Hope			1 staff + 2 Students	Hope	Discus
1 staff + 2 Students	Prescott STH			1 staff + 2 Students	Prescott STH	High Jump
1 staff + 2 Students	Mt Torrens			1 staff + 2 Students	Tyndale STRATH	Javelin
1 staff + 3 Students	Tyndale MB			1 staff + 3 Students	Rivergum	Long Jump
1 staff + 2 Students	Portside			1 staff + 2 Students	Portside	Shot Put
1 staff + 3 Students	Horizon			1 staff + 3 Students	Horizon	Triple Jump
Relay Areas	2 staff each area			1 - Horizon	1500m	
				2 - Prescott STH	200m	
				3 - Hope	100m	
				Start - TVCS		

Important Information

Stadium Spectator Costs

Is a free event for all

Number of Events per Competitor

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

Each school can only send 1 competitor per event (except for 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 has competed in U15 High Jump, they cannot compete in High Jump again.

Age of Competitors (2026)

Year of Birth	Age Group
2008	Open
2009	Open
2010	Open
2011	15 yr olds
2012	14 yr olds
2013	13 yr olds

Students that wish to compete in an older age group may do so but may only compete in either the 8yr old's – 12yr old's Athletics Carnival or the 13yr old's – Open Athletics Carnival, not both.

All students must compete in their **year of birth** as shown above in any events.

Point Allocations

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

	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th	9 th
All Track & Field Events	10	9	8	7	6	5	4	3	2

Trophy Presentation

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

Challenge Shield - The Challenge Shield (for Div 2 and Div 3 schools only) is awarded by dividing the number of points that each school receives by the number of students enrolled at their school (Years 7-12).

Please note:

Division 2 schools with less than 100 students, points are divided by 100.

Division 3 schools with less than 50 students, points are 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 event.

Times/Distances

Previous records will be recorded on score sheets for comparison.

Field Event Officials please notify the announcer of records being broken.

Relays

Schools are in charge of sending each relay competitor to their relay positions around the track. **SACSA will not wait for teams/individuals that are late.**

Please note, relays are only worth single points.

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.

SACSA Footwear and Shoes

- Footwear is compulsory for ALL athletes in ALL events.
- All shoes must be a running style shoe. A running style shoe is one that encloses the foot and is fastened with laces and/or Velcro.
- The wearing of footwear with blades or cleats constructed of hard plastic will not be permitted. All spike shoes must be worn with all holes filled with a complete set of spikes with no more than two blanks/slugs installed.
- Spike shoes (5ml max) will only be permitted to be worn in the events listed in the following table:

Age Groups	Track Events	Field Events	Relays	Cross-Country
U13, U14, U15, U16, U17 (All Secondary)	All events except Race Walks	All jump events & Javelin	All events	No spike shoes allowed

Clash of Events

In the case of any clashed/overlapping event

- 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 any event is closed, it will not be reopened.
- High Jump – A High Jump official will let a competitor have 1 attempt at consecutive heights rather than 2 attempts at each height if returning from a track event until they hit the height everyone else is at. If the competitor chooses to re-enter at the height, it is at, they can and normal jumping rules apply.

Location of Field Events

Please see attached map for location of each event.

Lost Property

Each school is responsible for their own lost property if anything is found please take it to the SACSA officials tent.

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/officials 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
- Send students to the SACSA Tent for their ribbons to 1st, 2nd or 3rd place getters.
- **Do not close an event until the allocated time, even if all competitors have left.**

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 Team:

- Each Team will have 2 staff and 2 senior students if needed.
- Marshal the students at the start of the 1500/400/800/100/200/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

- Starter will start the 1500/400/800m/100/200/Relay races.
- Call up competitors for each perspective race
- Use microphone/shout the following commands:
 - Runners take your mark
 - Set – (let runners who are crouch starting, get set) & wait until all competitors are still.
 - Fire trigger (If false start, fire button 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 Marshalling Team:

- Keep runners in correct finishing order
- Responsible for student Helpers
- Communicate with Starters Marshal and Timing marshals to indicate whether all things are ready for the next event.
- Direct competitors to recording table/SACSA Shade
- Work with Chief Judge

Chief Judge

- Work with Finish Track Marshalling Team
- Document 1st – 3rd competitors just in case any mistakes are made with timing.

Track Event Recorder

- Hand out ribbons to 1st, 2nd, 3rd at the SACSA Shade.

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 are completed on the iPad i.e. points and position columns
- Send students to the SACSA Tent for their ribbons to 1st, 2nd or 3rd place getters

HIGH JUMP

- Competitors need to notify the field event official before moving to the track event.
- 30 to 35mins for Secondary time slots – field event will stay open for that time. When there is a clash between field and track events, assist your students in going to their field event, and keep an eye on marshalling their age group for their track event. If a high jumper leaves a 1.15m, if they return and the bar is at 1.30m, the bar must be lowered to when they left, however they may need to jump consecutive jumps to get back to date with the competition.
- 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.
- If the competitor chooses to re-enter at the height, it is at. They can and normal jumping rules apply.
- 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.

13yr olds Boys	1.15 m	5 rises of 5cm, followed by rises of 3cm
13yr olds Girls	1.05 m	5 rises of 5cm, followed by rises of 3cm
14yr olds Boys	1.20m	4 rises of 5cm, followed by rises of 3cm
14yr olds Girls	1.10m	4 rises of 5cm, followed by rises of 3cm
15yr olds Boys	1.25m	3 rises of 5cm, followed by rises of 3cm
15yr olds Girls	1.20m	3 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**.
- Any Marshal out on the infield MUST be wearing a Fluro Vest.

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.
- Any Marshal out on the infield MUST be wearing a Fluro Vest.

Age Group	Shot Put (kg)	Discus (kg)	Javelin (g)
13yr olds Boys	3 (white)	750g	600
13yr olds Girls	3 (white)	750g	400
14yr olds Boys	3 (white)	1	600
14yr olds Girls	3 (white)	1	400
15yr olds Boys	4 (red)	1	700
15yr olds 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

- **Boys and Girls of their age group 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.

2026 Program of Events

2026 ATHLETICS PROGRAM		DIVISION 2 and 3		Arrive 8:15 - 8:30am and runners warm up			
				Marshal mtg at 8:40			
				Opening 8:50			
TRACK EVENT 1	Event times			Order			
1500m	9:10	9:40		13/14 Girls - 13/14 Boys - 15/Open Girls - 15/Open Boys			
	10min change over						
200m	9:50	10:10		13 Girls - 13 Boys - 14 Girls - 14 Boys - 15 Girls - 15 Boys - Open Girls - Open Bo			
	5mins between Track and Field						
FIELD EVENTS 1	35 mins blocks						
	9:50 head out to Field events			Block 1 - 10.15 start	Finish 10:50	Block 2 - 10.50 start	Finish 11:25
			Discus	15 B & G		Open B&G	
			High Jump	15 B & G		Open B&G	
			Javelin	13 B&G		14 B&G	
			Long Jump	Open B&G		13 B&G	
			Shot Put	14 B&G		15 B & G	
			Triple Jump	14 B&G		15 B & G	
	5mins between Field and Track						
TRACK EVENT 2							
	11:10 call out for 800m						
800m	11:30	11:50		13/14 Girls - 13/14 Boys - 15/Open Girls - 15/Open Boys			
	10min change over						
100m	12:00	12:15		13 Girls - 13 Boys - 14 Girls - 14 Boys - 15 Girls - 15 Boys - Open Girls - Open Bo			
	5mins between Track and Field						
FIELD EVENTS 2	35 mins blocks						
	12:00 head out to Field events			Block 3 - 12.20 start	finish 12:55	Block 4 - 12:55 start	finish 1:30
			Discus	13 B&G		14 B&G	
			High Jump	13 B&G		14 B&G	
			Javelin	15 B & G		Open B&G	
			Long Jump	14 B&G		15 B & G	
			Shot Put	Open B&G		13 B&G	
			Triple Jump	Open B&G		13 B&G	
	5mins between Field and Track						
TRACK EVENT 3							
	1:15 call out for 400m						
400m	1:35	1:55		13 Girls - 13 Boys - 14 Girls - 14 Boys - 15 Girls - 15 Boys - Open Girls - Open Bo			
	10min change over						
4 x 100m	2:05	2:25	DIV 2 RELAYS	13 Girls - 13 Boys - 14 Girls - 14 Boys - 15 Girls - 15 Boys - Open Girls - Open Bo			
	2:35 Final Presentation		DIV 3 RELAYS	14 Girls - 14 Boys - Open Girls - Open Boys			
	3:00 leave						

Seating Allocation Secondary Aths

ALL SCHOOLS WILL BE SEATED IN THE MAIN GRANDSTAND

SOUTH END

NORTH END

CAFE		TOILETS									
Temple Marion		Horizon		Hope		Prescott STH		Southern Vales		Mt Torrens	
		Tyndale (MB)									
Mid North		Tyndale (Strath)		Blakes Crossing		Portside		Torrens Valley		Rivergum	

Entry to
Track/SACSA
SHADE

FRONT OF GRANDSTAND

Entry to Pits

SA Athletics Stadium Layout

