

General Information

1. The age of the athlete is their age as at midnight on 31 December of the current year (ie if a student turns 15 on 13 December, they are a 15 year old for purposes of this competition).
2. The following events, by age, are provided:

Age	100	200	400	800	1500	LJ	TJ	SP	HJ	DIS	JAV
12 Years	Y	Y	N	Y	N	Y	N	Y	Y	Y	N
13 - 17 Years	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y

3. Students must compete in their own age group. If a student misses the event they have been entered in, they are not permitted to then compete with another age group in that event (eg if a 14 year old misses their 100 metre event, they cannot compete with the 15, 16, etc age groups in the 100 metres).
4. Generally, the field events will be broken into a Girls site and a Boys site.
5. Please note the 16 and 17 years students will be classed as one age group for all events but separate results by age will be produced.
6. Students who are 12 years of age will compete with the 13 year olds but the results will be shown separately for each age group. 12 year old students will not progress to the ACT 13 & Over Track and Field Championships but may progress to the ACT 12 & Under Track and Field Championships.
7. In the track events, students must run in the heat and lane assigned to them. They are not, under any circumstances, allowed to switch their heat and/or lane with another student.
8. For other than the 12 year old students, the top five (5) students in each event will qualify to the ACT 13 & Over Track and Field Championships. For the 12 year old students, the top two (2) students will qualify to the ACT 12 & Under Track and Field Championships.
9. Multi Class (formerly Para or IPC) events are not offered at the Region level carnival. These events will be offered at the ACT 13 & Over Track and Field Championships. *Note: A student can compete in able-bodied events but not in the same event as they competed in as a Multi Class athlete.*

Entries

10. All entries are to be lodged by the School using the Entries Spreadsheet as provided by the Region Co-ordinator. Please note that it is not necessary for the entry to include a seed performance. Simply type "Y" in the cell corresponding to the student and the event.

11. Once the entries have been processed, the school will receive back a report listing the athletes alphabetically by surname and the events that that athlete has been entered. This report needs to be checked carefully and any amendments/corrections advised by the notified cut-off date.
12. Co-educational schools may enter up to two (2) athletes in each event (eg 13B 100 metres, 15G Long Jump). Non Co-educational schools may enter up to four (4) athletes in each event.

Substitutions

13. A Substitution Form must be submitted in either of the following situations:
 - a. replacing a student in an event by another student of the same gender and age; or
 - b. adding a student to an event where the school has not already entered the maximum number of students permitted for that event (eg they have only entered 1 student to the 14 Girls Shot but now have another student that they wish to enter to that event).
14. The student being added to the events must already be recorded in Meet Manager and the school is responsible for ensuring this is the case as no new student will be added to Meet Manager on the day.
15. The Substitution Form (copy attached to this document) must be completed by the teacher in charge of the school group on the day and then taken by the “incoming” student to the track marshalling area for that event or to the field event site as applicable. The student must hand the Substitution Form the relevant Chief as soon as they arrive at the marshalling Area/Field Event site.
16. The Chief Marshall/Field Chief is not to allow a student who is not already listed on the marshalling sheets/field recording sheets to compete at the event if they do not have a Substitution Form.
17. The Substitution Form will be passed to the Meet Manager operators with the relevant track marshalling sheet or field event recording sheet. If the incoming student is not already recorded in Meet Manager, those results will not be processed.

Other Entry Information

18. Requests for Inclusion, available from the Track and Field page of the School Sport ACT website, may be submitted by the school, not a parent, in regard to athletes who may have missed their school carnival due to injury, etc. These must be submitted to School Sport ACT no later than 5 working days prior to the date of the carnival. Please note that the form is a Request for Consideration. Submitting the form does not mean that the student is definitely entered to the events nominated.
19. Schools are not permitted to submit bulk entries for other than their own Region carnival. Individual Requests for Consideration can be submitted for a student to compete at a Region other than their own but the rules per Para 18 above apply.
20. **Change of School:** If a student has competed and qualified with one school then changes schools before the Regional event for their former school and/or after their new school’s carnival, they are permitted to be added to their new school’s Regional entries as an additional student.

Rules of Competition

21. The Secondary Region Track and Field Carnivals are conducted in accordance with the extant World Athletics (WA) Rules of Competition except for the following Local Rules of Competition.
22. The 12 year old student entries are limited to those events that are offered at the ACT 12 & Under Track and Field Championships and School Sport Australia National Championships. These events are:
 - Track – 100 metres, 200 metres and 800 metres. Entry to the 1500m event at the 12&U ACT Championship can be submitted using the separate entry form found on the School Sport ACT website.
 - Field – Long Jump, High Jump, Shot Put and Discus

Track Events

23. Students are allowed up to 2 false starts each in each track event.
24. All track events are run “Timed Finals” (ie there are not separate heats and finals). The seeding of students to heats and lanes is random.
25. A student may elect to use either a standing start or a crouch start. Where a student elects to use a crouch start, they must use starting blocks. The starting blocks may only be those provided at the venue.
26. Running spikes may be worn in the track events that are run entirely in lanes (I the 100, 200 and 400 metres). Running spikes are not permitted in the 800 and 1500 metre events.

Field Events

27. The weight specifications for Shot Put, Discus and Javelin implements are:

	Boys			Girls		
	Shot Put	Discus	Javelin	Shot Put	Discus	Javelin
12 years	3kg	750gm	N/A	3kg	750gm	N/A
13 Years	3kg	1kg	600gm	3kg	1kg	400gm
14 Years	4kg	1kg	700gm	3kg	1kg	500gm
15 Years	4kg	1kg	700gm	3kg	1kg	500gm
16 Years	5kg	1.5kg	700gm	3kg	1kg	500gm
17 years	5kg	1.5kg	700gm	3kg	1kg	500gm

28. In the Field events, students will have a maximum of three (3) trials only.

Clash of Events

29. The program has been designed to minimise clash of events. However, where a clash of events does occur, track events take precedence. Where this occurs, the student, or a representative, must report to the relevant field event chief and advise them of the clash. Immediately after completing the track event, the student must report directly to the field event and advise the event chief that they are now present.

Marshalling of Events

30. Marshalling times are 15 minutes for track events and 30 minutes for field events. Students will report directly to the nominated marshalling area when the Announcer makes the marshalling call.

Protests Process

31. Where a student or the school team manager disagrees with a decision of the relevant event official, they may approach that official for an explanation as to why the decision was made. If still not satisfied with the decision, they can refer it to the relevant Referee (ie Track Referee, Throws Referee or Jumps Referee).
32. If the decision is in regard to the placings of a track event, a copy of the photo finish image will be provided if requested. If time permits, the school team manager may be invited to view the photo finish image on screen and the Photo Finish operator will explain the technical aspects involved.
33. If still not satisfied with the decision, they can request that a Jury of Appeal be formed to hear a formal Protest. This will comprise the Carnival Convenor, the relevant Referee and a Team Manager from another school not involved in the Protest nor directly affected by it. The formal Protest must be lodged, in writing, within thirty (30) minutes of the results being posted for viewing.
34. The Jury of Appeal will review the written Protest and any relevant material, call and question witnesses and relevant officials before making a decision in regard to the Protest.
35. The Jury of Appeal decision is final and binding on all involved.

Points Score and Trophies

36. All events, other than the Gift races, are subject to scoring of points. The points score is based on the overall placing in each event. The points score is:

Place	Points
1 st	40
2 nd	33
3 rd	27
4 th	22
5 th	18
6 th	15
7 th	13
8 th	12
9 th	11
10 th	10
11 th	9
12 th	8
13 th	7
14 th	6
15 th	5
16 th	4
17 th	3
18 th	2
19 th	1
20+	1

37. All students who record at least one valid performance will score a minimum of one (1) point. If a student fails to complete a track event, records fouls only in a field event or is Disqualified from the event, they will score no points for that event towards their school total.
38. The Regional School Champion will be determined by the total Points Score divided by the total number of students **entered** from each school. The winning school will be presented with the Regional plaque, it is their responsibility to engrave before returning to SSACT before the following years events.
39. Age champions for each gender will also be recognised and will be based on the total points scored by each student.

Qualification to the ACT Championships

40. For other than the 12 year old students, the top five (5) students in each event will qualify to the ACT 13 & Over Track and Field Championships. For the 12 year old students, the top two (2) students will qualify to the ACT 12 & Under Track and Field Championships.
41. As soon as practicable after the conclusion of the Secondary North and Secondary South Regional Carnivals, schools, via the Event Coordinator, will be informed of the turning 12 year olds from their school who has qualified for the ACT 12&U Championship.

Records and Results

42. Results will be available to view on the day in hardcopy on a wall at the venue and made available to Event Coordinators as soon as possible after each Carnival. SSACT will be provided with website friendly results to post on the website. 1st, 2nd and 3rd place ribbons will be available for collection by schools by the end of the day.
43. Whilst records are kept and acknowledged at the Regional Carnivals, the provision of Record Pennants are reserved for records broken at the ACT Championship only.

SECONDARY SCHOOL REGION TRACK AND FIELD CARNIVALS PROGRAM OF EVENTS

Session Start Time	GIRLS					BOYS					
	12 years	13 years	14 Years	15 Years	16-17 years	12 years	13 years	14 Years	15 Years	16-17 years	
8:30am	Long Jump	Long Jump	Javelin	Discus	Shot Put	Long Jump	Long Jump	Javelin	Discus	Shot Put	Session 1
9:00am 9:25am	200 Metres	200 Metres	200 Metres	200 Metres	200 Metres	200 Metres	200 Metres	200 Metres	200 Metres	200 Metres	
9:30am	High Jump	High Jump	Long Jump	Javelin	Discus	High Jump	High Jump	Long Jump	Javelin	Discus	Session 2
10:00am 10:20am	800 Metres	800 Metres	800 Metres	800 Metres	800 Metres	800 Metres	800 Metres	800 Metres	800 Metres	800 Metres	
10:30am	/	Triple Jump	High Jump	Long Jump	Javelin	/	Triple Jump	High Jump	Long Jump	Javelin	Session 3
10:45am 11:15am	100 Metres	100 Metres	100 Metres	100 Metres	100 Metres	100 Metres	100 Metres	100 Metres	100 Metres	100 Metres	
11:30am	Shot Put	Shot Put	Triple Jump	High Jump	Long Jump	Shot Put	Shot Put	Triple Jump	High Jump	Long Jump	Session 4
12:15pm	100 Metre Gift Race										
12:30pm	Discus	Discus	Shot Put	Triple Jump	High Jump	Discus	Discus	Shot Put	Triple Jump	High Jump	
12:45pm 1:15pm	/	400 Metres	400 Metres	400 Metres	400 Metres	/	400 Metres	400 Metres	400 Metres	400 Metres	Session 5
1:30pm	/	Javelin	Discus	Shot Put	Triple Jump	/	Javelin	Discus	Shot Put	Triple Jump	
1:45pm	/	1500 Metres	1500 Metres	1500 Metres	1500 Metres	/	1500 Metres	1500 Metres	1500 Metres	1500 Metres	

Notes:

- *The 1500 metres will most likely be run as 2 Girls races and 2 Boys races. As such, they will be finished within 15 minutes of the scheduled start time.*
- *The 800 metres will most likely involve a maximum of 2 heats per age group. This means that they should be finished within 20~25 minutes of the scheduled start time.*
- *The 16-17 years involves a small number of competitors so their field events will be over quite quickly.*
- *The Gift race, when run, will be a mixed gender event. The overall winner of the 100 metres for each age group and gender will qualify for the Gift race. The 12 & 13 and the 16 & 17 years will each be treated as a single age group for the Gift race. Based on the performance in 100 metre events, the students will be handicapped such that the fastest runner will run of “scratch” (the 100 metre start line) and slowest runner will be positioned a calculated distance from the 100 metre start line.*
- *If time permits, relay events may be run but as a “fun” event only.*