

SSACT Big 3 Event Age Eligibility, Event Specifications and Qualifying Numbers

SSACT Swimming			
Event	Eligibility	Event Specifications	Qualifying Numbers
12&U Regional Primary Events (Belconnen, North/Gungahlin, South/Weston and Tuggeranong)	<ul style="list-style-type: none"> For students turning 8, 9, 10, 11 or 12 in the year of competition and attend a Primary School. (up to year 6 in Middle School/ Shared campus schools) 13 year olds attending Primary School are to compete at this event 	50m in Freestyle, Backstroke, Breastroke and Butterfly. 100m in Freestyle, Backstroke, Breastroke and Butterfly 200m Freestyle 200m Individual medley for 10–13 year olds	<p>Top 2 place getters per event in School Carnival can be entered</p> <p>Non- Coed schools may enter the top 4 place getters from the school carnival <i>Qualifying times apply, located on website Swimming page and resource portal.</i> <i>12 year times apply to 13 year olds in PS</i></p> <p>An entries spreadsheet will be sent to each School Sport Coordinator prior to the event.</p>
12&U ACT Championship	<ul style="list-style-type: none"> For students turning 8, 9, 10, 11 or 12 in the year of competition. Students turning 12 attending a Secondary School are to compete at this Championship against their age cohort. 13 year olds attending Primary School are not to compete at this event. 	50m in Freestyle, Backstroke, Breastroke and Butterfly. 100m in Freestyle, Backstroke, Breastroke and Butterfly 200m Freestyle 200m Individual Medley for 10–12 year olds	<p>Top 4 place getters per event at the Regional Carnival for the 200m events, 100m events and 50m strokes of Backstroke, Breastroke and Butterfly.</p> <p>Top 5 place getters for the 50m Freestyle can be entered to attend the ACT.</p> <p>Top 4 Turning 12 year olds at High School at each 13&O Regional Carnival (ASC, North & South) can be entered to attend the event.</p> <p><i>Qualifying times apply, located on website Swimming page and resource portal.</i></p> <p>An entries spreadsheet will be sent to each School Sport Coordinator prior to the event.</p> <p>Selection for the ACT representative team will be based on the number competitors, meeting qualifying times, per event in the SSA Swimming Championships program</p>

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			and any limit set on the maximum number of team members allowed by SSA and/or SSACT.
13&O Regional Events (South & North)	<ul style="list-style-type: none"> For students turning 12 to 16 in the year of competition and attend a Secondary School. 	50m in Freestyle, Backstroke, Breastroke and Butterfly. 100m in Freestyle, Backstroke, Breastroke and Butterfly 200m Freestyle 200m Individual Medley	<p>Top 4 place getters per event in School Carnival can be entered 12&U Qualifying times apply, located on website Swimming page and resource portal.</p> <p>An entries spreadsheet will be sent to each School Sport Coordinator prior to the event.</p>
13&O ACT Championship	<ul style="list-style-type: none"> For students turning 13 to 19 in the year of competition and attending a Secondary School or College. Includes students turning 13 in Primary School to compete against their age cohort. 	50m in Freestyle, Backstroke, Breastroke and Butterfly. 100m in Freestyle, Backstroke, Breastroke and Butterfly 200m Freestyle 200m Individual Medley	<p>Top 4 place getters per event at the Regional Carnival (inc. ASC) for the 200m events, 100m events and 50m strokes of Backstroke, Breastroke and Butterfly. Top 5 place getters for the 50m Freestyle can be entered to attend the ACT. 12&U Qualifying times apply, located on website Swimming page and resource portal.</p> <p>An entries spreadsheet will be sent to each School Sport Coordinator prior to the event.</p> <p>Selection for the ACT representative team will be based on the number competitors, meeting qualifying times, per event in the SSA Swimming Championships program and any limit set on the maximum number of team members allowed by SSA and/or SSACT. When registering for team selection students can enter their 200m, 400m, 1500m times for consideration.</p>

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SSACT Cross Country			
Event	Eligibility	Event Specifications	Qualifying Numbers
12&U Regional Primary Events (Belconnen, North/Gungahlin, South/Weston and Tuggeranong)	<ul style="list-style-type: none"> For students turning 8, 9, 10, 11 or 12 in the year of competition and attend a Primary School. (up to year 6 in Middle School/ Shared campus schools) 13 year olds attending Primary School are to compete at this event 	Specific distances for each age group can be found in the Event Program in the portal.	<p>Top 5 place getters from the School event can be entered</p> <p>An entries spreadsheet will be sent to each School Sport Coordinator prior to the event.</p>
12&U ACT Championship	<ul style="list-style-type: none"> For students turning 8, 9, 10, 11 or 12 in the year of competition. Students turning 12 attending a Secondary School are to compete at this Championship against their age cohort. 13 year olds attending Primary School are not to compete at this event. 	Specific distances for each age group can be found in the Event Program in the portal.	<p>Top 10 place getters per race at the Regional event can be entered</p> <p>Top 5 Turning 12 year olds at High School at each 13&O Regional Carnival (ASC, North & South) can be entered to attend the event.</p> <p>An entries spreadsheet will be sent to each School Sport Coordinator prior to the event.</p> <p>If a whole school/year group cohort is unable to attend the Regional event due to a pre-booked commitment e.g. camp, a Request for Inclusion must be sought and only the top 2 school place getters, per age and gender, will be considered – approval is not guaranteed.</p> <p>Top 6 place getters in each event can be offered a place on the ACT Cross Country team to compete at the SSA National Championship.</p>
13&O Regional Events (South & North)	<ul style="list-style-type: none"> For students turning 12 to 16 in the year of competition and attend a Secondary School. 	Specific distances for each age group can be found in the Event Program in the portal.	<p>Top 10 place getters from School event (maximum) can be entered</p>

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			<p>If a whole school/year group cohort is unable to attend the Regional event due to a pre-booked commitment e.g. camp, a Request for Inclusion must be sought and only the top 2 school place getters will be considered – approval is not guaranteed.</p> <p>An entries spreadsheet will be sent to each School Sport Coordinator prior to the event.</p> <p>Top 5 Turning 12 year olds at High School at each 13&O Regional Carnival (ASC, North & South) can be entered to attend the 12&U ACT Championships.</p>
<p>13&O ACT Championship</p>	<ul style="list-style-type: none"> For students turning 13 to 19 in the year of competition and attending a Secondary School or College. Includes students turning 13 in Primary School to compete against their age cohort. 	<p>Specific distances for each age group can be found in the Event Program in the portal.</p>	<p>Top 20 place getters per race at the Regional event can be entered.</p> <p>An entries spreadsheet will be sent to each School Sport Coordinator prior to the event.</p> <p>As the SSA National Championships has combined age groups the Top 6 place getters for each double age group event can be offered a place on the ACT Cross Country team. There is flexibility across the age groups to the maximum 60 selection spots. (See SSACT Cross Country Selection Policy for further information)</p>
SSACT Track and Field			
Event	Eligibility	Event Specifications	Qualifying Numbers
<p>12&U Regional Primary Events (Belconnen, North/Gungahlin,</p>	<ul style="list-style-type: none"> For students turning 8, 9, 10, 11 or 12 in the year of competition and attend a Primary School, (up to and 	<ul style="list-style-type: none"> Events specifically for 8 and 9 year olds; 70m and 100m. Events for 10, 11 and 12 year olds – 100m, 200m, 800m, Long Jump, Shot Put and Discus 	<p>Co-Educational schools may enter a maximum of 2 students for each event from their school carnival. Non Co-Educational schools may enter a</p>

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<p>South/Weston and Tuggeranong)</p>	<p>including Year 6 in Middle School/ Shared campus schools)</p> <ul style="list-style-type: none"> • 13 year olds attending Primary School are to compete at this event • No Multi Class Athlete events are offered at a Regional level, students are to be entered straight to ACT Championship. 	<p>(High Jump and 1500m nominations straight to ACT Championship – see Entry Forms in portal)</p> <ul style="list-style-type: none"> • Weight Specifications for Shot Put & Discus <table border="1" data-bbox="958 363 1473 510"> <thead> <tr> <th>Event</th> <th>10 Yrs</th> <th>11 Yrs</th> <th>12 Yrs</th> <th>13 Yrs</th> </tr> </thead> <tbody> <tr> <td>Shot Put</td> <td>2kg</td> <td>2kg</td> <td>3kg</td> <td>3kg</td> </tr> <tr> <td>Discus</td> <td>500gm</td> <td>750gm</td> <td>750gm</td> <td>1kg</td> </tr> </tbody> </table> <ul style="list-style-type: none"> • 12 and 13 year olds will compete together but placings will be separated in the results. • All Track events are ‘timed finals’ with no heats to final process, qualifiers to the ACT Championship are based on the top 4 times across all races in a specific event. 	Event	10 Yrs	11 Yrs	12 Yrs	13 Yrs	Shot Put	2kg	2kg	3kg	3kg	Discus	500gm	750gm	750gm	1kg	<p>maximum top 4 in each event from their school carnival.</p> <p>An entries spreadsheet will be sent to each School Sport Coordinator prior to the event.</p>
Event	10 Yrs	11 Yrs	12 Yrs	13 Yrs														
Shot Put	2kg	2kg	3kg	3kg														
Discus	500gm	750gm	750gm	1kg														
<p>12&U ACT Championship</p>	<ul style="list-style-type: none"> • For students turning 8, 9, 10, 11 or 12 in the year of competition. Students turning 12 attending a Secondary School are to compete at this Championship against their age cohort. • 13 year olds attending Primary School are not to compete at this event. 	<ul style="list-style-type: none"> • Events specifically for 8 and 9 year olds; 70m and 100m. • Events for 10, 11 and 12 year olds – 100m, 200m, 800m, 1500m, High Jump, Long Jump, Shot Put and Discus (High Jump and 1500m nominations entered separately – Entry Forms in portal) • Weight Specifications for Shot Put & Discus <table border="1" data-bbox="958 1037 1473 1184"> <thead> <tr> <th>Event</th> <th>10 Yrs</th> <th>11 Yrs</th> <th>12 Yrs</th> <th>13 Yrs</th> </tr> </thead> <tbody> <tr> <td>Shot Put</td> <td>2kg</td> <td>2kg</td> <td>3kg</td> <td>3kg</td> </tr> <tr> <td>Discus</td> <td>500gm</td> <td>750gm</td> <td>750gm</td> <td>1kg</td> </tr> </tbody> </table>	Event	10 Yrs	11 Yrs	12 Yrs	13 Yrs	Shot Put	2kg	2kg	3kg	3kg	Discus	500gm	750gm	750gm	1kg	<p>Top 4 from each event at their respective Regional Carnival can be entered to attend the ACT Championship.</p> <p>For turning 10-12 year olds selection to represent the ACT at the SSA National Championship is initially based on the following;</p> <ul style="list-style-type: none"> • Top 3 place getters for 200m, 800m, 1500m, Long Jump, High Jump, Shot Put and Discus. • Top 4 place getters for 100m and • Maximum 2 for the Multi Event
Event	10 Yrs	11 Yrs	12 Yrs	13 Yrs														
Shot Put	2kg	2kg	3kg	3kg														
Discus	500gm	750gm	750gm	1kg														
<p>13&O Regional Events (South & North)</p>	<ul style="list-style-type: none"> • For students turning 12 to 17 in the year of competition and attend a Secondary School. • No Para Athlete events are offered at a Regional level, students are to be entered straight to ACT Championship. 	<table border="1" data-bbox="958 1257 1473 1490"> <thead> <tr> <th>Track Events</th> <th>Field Events</th> </tr> </thead> <tbody> <tr> <td>100 Metres</td> <td>Long Jump</td> </tr> <tr> <td>200 Metres</td> <td>Triple Jump (*)</td> </tr> <tr> <td>400 Metres (*)</td> <td>High Jump</td> </tr> <tr> <td>800 Metres</td> <td>Shot Put</td> </tr> </tbody> </table>	Track Events	Field Events	100 Metres	Long Jump	200 Metres	Triple Jump (*)	400 Metres (*)	High Jump	800 Metres	Shot Put	<p>Schools may enter a maximum of 3 students for each track, 4 students may be entered for the 100m event and 2 students for each field event from their school carnival.</p>					
Track Events	Field Events																	
100 Metres	Long Jump																	
200 Metres	Triple Jump (*)																	
400 Metres (*)	High Jump																	
800 Metres	Shot Put																	

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		1500 Metres (*)	Discus				
			Javelin (*)				
* Indicates turning 12 year olds are not eligible to enter these events.							
		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
<ul style="list-style-type: none"> • 12 and 13 year olds will compete together but placings will be separated in results. • 16 and 17 year olds will be classed as one age group to compete but placings will be separated in results. • All Track events are 'timed finals' with no heats to final process, qualifiers to the ACT Championship are based on the top 5 times across all races in a specific event. (Top 2 for turning 12 year olds) • Each school can enter a 4x100m relay in each gender/age group – see Rules of Competition for specifications. 							

An entries spreadsheet will be sent to each School Sport Coordinator prior to the event.

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		<ul style="list-style-type: none"> See Secondary Region Rules of Competition and Events for field apparatus weight specifications and High Jump starting heights. 															
13&O ACT Championship	<ul style="list-style-type: none"> For students turning 13 to 19 in the year of competition and attending a Secondary School or College. Includes students turning 13 in Primary School to compete against their age cohort. 	<table border="1" data-bbox="949 357 1480 683"> <thead> <tr> <th>Track Events</th> <th>Field Events</th> </tr> </thead> <tbody> <tr> <td>100 Metres</td> <td>Long Jump</td> </tr> <tr> <td>200 Metres</td> <td>Triple Jump</td> </tr> <tr> <td>400 Metres</td> <td>High Jump</td> </tr> <tr> <td>800 Metres</td> <td>Shot Put</td> </tr> <tr> <td>1500 Metres</td> <td>Discus</td> </tr> <tr> <td>100 Metre Gift</td> <td>Javelin</td> </tr> </tbody> </table> <ul style="list-style-type: none"> See Secondary Region Rules of Competition and Events for field apparatus weight specifications and High Jump starting heights. Specialised events will not take place in the Championship Program on the day, but qualifying results can be obtained at one of three designated Athletics ACT High Noon meets. Event Details for the High Noon meets can be found on the Track and Field page of the website/ 	Track Events	Field Events	100 Metres	Long Jump	200 Metres	Triple Jump	400 Metres	High Jump	800 Metres	Shot Put	1500 Metres	Discus	100 Metre Gift	Javelin	<p>Top 5 turning 13 to 17 year olds in each event from their respective region, including ASC, will qualify for the ACT Championship</p> <p>13 year olds in Primary School will need to meet set qualifying performances to be eligible to enter the ACT Championship.</p> <p>Best 2 Nominations for U14 and Best 3 Nominations for U16 and U18 from each event at the ACT Championship or designated High Noon event, will be considered for ACT Team Selection by Athletics ACT to compete at the All Schools Athletic Championship. Further information can be found on the AACT website or queries referred to info.act@athletics.org.au</p>
Track Events	Field Events																
100 Metres	Long Jump																
200 Metres	Triple Jump																
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