

WESTLAKES ZONE

ATHLETICS CARNIVAL



HUNTER SPORTS CENTRE

Monday 27 May

8:30am – 2:00pm

School	Cardiff	Glendale	Lake Macquarie	Morisset	Toronto	West Wallsend
Colours	Teal & White	Dark Blue & White	Dark Blue & Red	Green & Yellow	Dark Blue, Light Blue & Red	Light Blue & Dark Blue

ATHLETICS CARNIVAL RULES

AGE DIVISIONS	Age is determined by the competitor's birthday in the current year. E.g. someone who has already turned 12 in 2023 is in the 12 year age group. Someone who is 12 but turning 13 in 2023 is in the 13 year age group.
LIMITATIONS	There is NO limitation to the number of events in which any one competitor may enter. Maximum of 3 competitors per school per individual event and 1 team per school per relay event. (3 competitors per school at the discretion of the Carnival Referee). Spikes on shoes must be no greater than 6mm
PROTESTS	Any Protests must be lodged via the Team Manager to the Carnival Organiser within 10 minutes
MARSHALLING	Competitors must report to marshals immediately after the announcer's call. Events will commence at the second call. The PA system is not used to call individual entrants.
STARTING ORDER	Starting orders will be ' take your mark ', ' set ', and then the starting gun/horn.
FALSE STARTS	Competitors who false start will be disqualified.
LANES	In all events with designated lanes, competitors must remain in their allocated lanes throughout the race. The penalty for leaving a lane is a disqualification. For races 400m and shorter there is no cutting in - all runners remain in their lanes from start to finish. For longer races, runners start in their lanes or in a waterfall start and cut into lane 1 after the race starts. Competitors must remain in lanes at the end of the event until dismissed by officials.
ZONE TEAM SELECTION	The Westlakes Zone Team will be selected after the carnival when all results are finalised. Qualification is based on times/distances, <i>not</i> placings. The top 4 times in the 100m will be selected for the 4 x 100m relay teams.
EVENTS NOT HELD AT ZONE CARNIVAL	Please note: any student wishing to enter the events listed below must see their school sports organiser; <ul style="list-style-type: none"> - Hurdle events - Pentathlon - 1500/3000m walk
GROUND RULES	All students are to remain off of the track and in their school areas unless participating in an event. When moving to or from an event, please ensure you do not interfere with an event in progress

	No student is to leave the venue unless signed out by a parent/carer
SICK OR INJURED ATHLETES	An athlete may submit times/distances on the day via their team manager. These times/ distances will be considered for entry to Regional.

EQUIPMENT SPECIFICATIONS	<u>SHOT PUT</u>	<u>Weight</u>	<u>SHOT PUT</u>	<u>Weight</u>
	12 boys	3kg	12 girls	3kg
	13 boys	3kg	13 girls	3kg
	14 boys	4kg	14 girls	3kg
	15 boys	4kg	15 girls	3kg
	16 boys	5kg	16 girls	3kg
	17+ boys	5kg	17+ girls	3kg
	<u>DISCUS</u>	<u>Weight</u>	<u>DISCUS</u>	<u>Weight</u>
	12 boys	750g	12 girls	750g
	13 boys	1kg	13 girls	1kg
	14 boys	1kg	14 girls	1kg
	15 boys	1kg	15 girls	1kg
	16 boys	1.5kg	16 girls	1kg
	17+ boys	1.5kg	17+ girls	1kg
	<u>JAVELIN</u>	<u>Weight</u>	<u>JAVELIN</u>	<u>Weight</u>
	12 boys	600g	12 girls	400g
	13 boys	700g	13 girls	500g
	14 boys	700g	14 girls	500g
	15 boys	700g	15 girls	500g
	16 boys	700g	16 girls	500g
	17+ boys	700g	17+ girls	500g
	<u>HIGH JUMP</u>	<u>Starting Height</u>	<u>HIGH JUMP</u>	<u>Starting Height</u>
	12 boys	1.30m	12 girls	1.20m
	13 boys	1.35m	13 girls	1.25m
	14 boys	1.40m	14 girls	1.30m
	15 boys	1.45m	15 girls	1.35m
	16 boys	1.50m	16 girls	1.40m
	17+ boys	1.55m	17+ girls	1.45m

HIGH JUMP: the bar will start at the starting height and will rise 5cm after the 1st, 2nd, and 3rd rounds. The bar will then be raised 2cm. Where competitors are attempting to equal or better a record, they may determine the height at which the bar is set. three misses will cause elimination from the event.

LONG JUMP & THROWING EVENTS: each competitor will have 3 throws/jumps.

TRACK EVENTS: All track events will be run as timed finals.

Track events take precedence over field events. If a clash in time for track and field events occurs, a competitor must report (or send a representative) to the field event official and have their name recorded, but then take part in the track event. If a competitor reports late and has not had their name recorded, they may still be allowed to compete, but only from the current stage of the event.

Starting blocks may be used in the 100m, 200m, 400m & relays. Only blocks provided by the venue may be used.

STAFF DUTIES

Role	Staff	Responsibilities
Organiser / Announcer	Sally Blackburn CHS	Please direct any concerns to the organiser if they cannot be rectified by staff at the event or the team manager + Announce events to athletes and staff
Recorders	CHS	Enter student results into Meet Manager database
Field Events		
Shot Put 1 & 2	GHS	three throws per event
Discus 1 & 2	WWHS	three throws per event
Javelin 1 & 2	MHS	three throws per event
High Jump 1 & 2	THS	three jumps = up to 2 "fails"
Long/Triple Jump 1 & 2	LMHS	three jumps per event
Track Events		
Marshalls	CHS	Marshall will ensure athletes are in the correct lanes
Starter	GHS	Confirm with Head Timekeeper both are ready to start. Advise athletes that it will be 'take your mark. Set. Gun' Trigger gun twice for a false start
Head Timekeeper	Hunter Sports Centre	Timing gates will determine the results and generate a 'receipt' to be entered into Meet Manager
Finish line	CHS	Timekeepers will time their allocated lane and hold athletes at the finish line until dismissed
Runners	Sports Coaching helpers	Runners will take bring the recording sheet from field events to recorders

ORDER OF EVENTS

Start: The carnival will commence at **9:00 am sharp**. Triple Jump and 1500m events will begin at 8:30am. Track times are a guide only.

**Please note 12 & 13 age groups will be combined for field events, however, have their own recording sheets*

	<u>TRACK</u>		<u>FIELD</u>
Start: 8:30am	BOYS & GIRLS All Ages 1500m		BOYS & GIRLS All Ages Triple Jump
Start: 9:00am	GIRLS All Ages 100m		BOYS 12+13 – Shot Put 1 14 – Discus 1 15 – Javelin 1 16 – High Jump 1 17+ - Long Jump 1
Start: 9:30am	BOYS All Ages 100m		GIRLS 12+13 – Shot Put 2 14 – Discus 2 15 – Javelin 2 16 – High Jump 2 17+ - Long Jump 2
Start: 10:00am	GIRLS All Ages 800m		BOYS 12+13 – Javelin 1 14 – Shot Put 1 15 – High Jump 1 16 – Long Jump 1 17+ - Discus 1
Start: 10:30am	BOYS All Ages 800m		GIRLS 12+13 – Javelin 2 14 – Shot Put 2 15 – High Jump 2 16 – Long Jump 2 17+ - Discus 2

Start: 11:00am	GIRLS All Ages 4x 100m Relay		BOYS 12+13 – High Jump 1 14 – Javelin 1 15 – Long Jump 1 16 – Discus 1 17+ - Shot Put 1
Start: 11:30am	BOYS All Ages 4x 100m Relay		GIRLS 12+13 – High Jump 2 14 – Javelin 2 15 – Long Jump 2 16 – Discus 2 17+ - Shot Put 2
Start: 12:00pm	GIRLS All Ages 200m		BOYS 12+13 – long Jump 1 14 – High Jump 1 15 – Discus 1 16 – Shot Put 1 17+ - Javelin 1
Start: 12:30pm	BOYS All Ages 200m		GIRLS 12+13 – long Jump 2 14 – High Jump 2 15 – Discus 2 16 – Shot Put 2 17+ - Javelin 2
Start: 1:00pm	GIRLS All Ages 400m		BOYS 12+13 – Discus 1 14 – Long Jump 1 15 – Shot Put 1 16 – Javelin 1 17+ - High Jump 1
Start: 1:30pm	BOYS All Ages 400m		GIRLS 12+13 – Discus 2 14 – Long Jump 2 15 – Shot Put 2 16 – Javelin 2

	17+ - High Jump 2
2:00pm	Conclusion/Leave Venue

It is expected that some events will run more quickly than others. Finish time is approximate.

