

## Balmain PSSA Zone Athletics Event Program

### Run sheet

9am	Boys 8-10	1500m timed finals		Multi Class event	200m timed finals
	Girls 8-10	1500m timed finals		Boys 8-10	200m timed finals
	Boys 11 yrs	1500m timed finals		Girls 8-10	200m timed finals
	Girls 11 yrs	1500m timed finals		Boys 11 yrs	200m timed finals
	Boys 12 yrs	1500m timed finals		Girls 11 yrs	200m timed finals
	Girls 12 yrs	1500m timed finals		Boys 12/13 yrs	200m timed finals
	Boys 10 yrs	100m		Girls 12/13 yrs	200m timed finals
	Girls 10 yrs	100m		Boys 8 yrs	100m finals
	Boys 9 yrs	100m		Girls 8 yrs	100m finals
	Girls 9 yrs	100m		Boys 9 yrs	100m finals
	Boys 8 yrs	100m		Girls 9 yrs	100m finals
	Girls 8 yrs	100m		Boys 10 yrs	100m finals
	Multi Class event	100m timed finals		Girls 10 yrs	100m finals
	Boys 11 yrs	100m		Boys 11 yrs	100m finals
	Girls 11 yrs	100m		Girls 11 yrs	100m finals
	Boys 12 yrs	100m		Boys 12 yrs	100m finals
	Girls 12 yrs	100m		Girls 12 yrs	100m finals
	Boys 13 yrs	100m		Boys 8-10 Relay	4 x 100m timed finals
	Boys 8-10	800m timed finals		Girls 8-10 Relay	4 x 100m timed finals
	Girls 8-10	800m timed finals		Boys Senior Relay	4 x 100m timed finals
	Boys 11 yrs	800m timed finals		Girls Senior Relay	4 x 100m timed finals
	Girls 11 yrs	800m timed finals			
	Boys 12/13 yrs	800m timed finals			
	Girls 12/13 yrs	800m timed finals			

## FIELD EVENTS

**First Marshal Call: 8.45am Field Events Start: 9.00am**

Session		High Jump	Long Jump	Discus	Shot Put
1 9.00 am	area A area B	Junior Boys Junior Girls	12/13 yrs Boys 12/13 yrs Girls	Junior Boys	11 yrs Boys 11 yrs Girls
9.45am	area A			Junior Girls	
10:15am	area A			Multi class	
2 10.30am	area A area B	11 yrs Boys 11 yrs Girls	Junior Boys Junior Girls	11 yrs Boys	12/13 yrs Boys 12/13 yrs Girls
11.15am	area A			11 yrs Girls	Multi class
3 12.00	area A area B	12/13 yrs Boys 12/13 yrs Girls	11 yrs Boys 11 yrs Girls	12/13 yrs Boys	Junior Boys Junior Girls
12.45pm	area A		Multi class	12/13 yrs Girls	

**N.B. Field events will be run concurrently with track events. Events will proceed as soon as facilities are available. The carnival organiser reserves the right to change times and events at any time during the carnival. Times are approximate and may change. The carnival may move along faster or slower depending on the number of competitors.**

Times for events are not provided as there are many factors that may affect the timing such as number of competitors, number of heats, photo finish etc.

### **BALMAIN ZONE COMPETITION RULES**

**RULES:** are in accordance with the IAAF except where otherwise stated.

**ENTRIES:** Schools are eligible to enter 2 competitors in 100M and 200M track events, each school is permitted 1 relay team per division; In field events 1 athlete of reasonable standard and all 2<sup>nd</sup> athletes must meet the qualifying distance. Except for High Jump where all athletes must meet the qualifying height. Top times will be accepted for 800m and 1500m based on the number of lanes available.

**HIGH JUMP, SHOT, DISCUS, LONG JUMP:** All competitors have three throws/jumps (except where time does not permit 3 throws/jumps and an equal number of throws/jumps will be given to each competitor). Top 5 in each round will be measured for Shot put and Discus. Places will be awarded on the best from any round. Except at High Jump where competitors will have 3 consecutive jumps at a height.

**AGE GROUPS:** Competitors compete in the age they turn this year.

**UNIFORMS:** Competitors to wear school sports uniform. Shoes must be worn.

**EQUIPMENT:** Competitors must use equipment provided by the association. Spikes (7mm) may be used in the 100m, 200m, relay, long jump and high jump events only. Starting blocks may be used.

**MARSHALING:** All competitors in an event must be at the marshaling point before the first heat is run. Track events take preference over field events. If a child is at a field event when their track event is called, they should see the field recorder and advise them. Once the track event is complete the competitor should return straight to the field event.

**PROTESTS:** No protest shall be considered unless a written protest is lodged at the recording table by the School Team Manager (teacher), within 30 minutes of the conclusion of any event.

**ENCLOSURES:** Only officials on duty, and competitors whose events have been called, shall be allowed on the field. Once competitors are in the hands of the officials controlling events, they are to receive no coaching or advice from parents, coaches or team managers. Penalty: disqualification of competitor. No parents allowed on the field unless acting as an official. Penalty: disqualification of competitor.

**Note:** The programme may be altered at the discretion of the carnival manager should circumstances arise.

### **The start**

1. (a) In races of 100m and 200m the commands shall be "On your marks" and "Set".  
(b) in races of 800m and 1500m the command shall be "On your marks".

All races shall normally be started by the report of the Starter's gun held upwards.

On the command "On your marks" or "Set", as the case may be, all athletes shall, at once and without delay, assume their full and final starting position. If, for any reason, the Starter is not satisfied that all is ready for the start to proceed after the athletes are on their marks, he shall order all athletes to withdraw from their marks and the Starter's Assistants shall assemble them again.

2. Where an athlete in the judgement of the Starter,
  - (a) after the command "On your marks" or "Set", and before the report of the gun, causes the start to be aborted, for instance by raising a hand and/or standing or sitting up in the case of a crouch start, without a valid reason, (such reason to be evaluated by the relevant Referee); or
  - (b) fails to comply with the commands "On your marks" or "Set" as appropriate, or does not place himself in his final starting position after a reasonable time; or
  - (c) after the command "On your marks" or "Set" disturbs other athletes in the race through sound or otherwise, the Starter shall abort the start. The Starter may warn the athlete for improper conduct (disqualify in case of a second infringement of the Rule during the same competition).

### **False Start**

3. An athlete, after assuming a full and final starting position, shall not commence his start until after receiving the report of the gun. If, in the judgement of the Starter or assistant starter, he does so any earlier, it shall be deemed a false start. In the track events, only one false start per race shall be allowed without the disqualification of the athlete(s) responsible for the false start. Any athlete(s) responsible for further false starts in the race shall be disqualified by the Starter.

### **Lane Infringement**

4. (a) in all races run in lanes, each athlete shall keep within his allocated lane from start to finish. This shall also apply to any portion of a race run in lanes.
5. An athlete shall not be disqualified if he
  - (a) is pushed or forced by another person to step or run outside his lane or on or inside the kerb or line marking the applicable border, or
  - (b) steps or runs outside his lane in the straight or outside the outer line of his lane on the bend with no material advantage thereby being gained and no other athlete being jostled or obstructed so as to impede his progress. (Note: Material advantage includes improving his position by any means, including removing himself from a "boxed" position in the race by having stepped or run inside the inside edge of the track.)
6. An athlete, after voluntarily leaving the track, shall not be allowed to continue in the race and shall be recorded as not finishing the event. Should the athlete attempt to re-enter the race, he shall be disqualified by the Referee.

### **Obstruction**

7. If an athlete is jostled or obstructed during an event so as to impede his progress, then:
  - (a) if the jostling or obstruction is considered unintentional or is caused otherwise than by an athlete, the Referee may, if he is of the opinion that an athlete (or his team) was seriously affected, order that the race be re-held or allow the affected athlete (or team) to compete in a subsequent round of the event;
  - (b) if another athlete is found by the Referee to be responsible for the jostling or obstruction, such athlete (or his team) shall be liable to disqualification from that event. the Referee may, if he is of the opinion that an athlete (or his team) was seriously affected,

order that the race be re-held excluding any disqualified athlete (or team) or allow any affected athlete (or team) (other than any disqualified athlete or team) to compete in a subsequent round of the event.

### **800m**

8. The 800m event shall be run in lanes with up to 2 competitors per lane. Runners stay in lanes as far as the nearer edge of the breakline where athletes may leave their respective lanes. The breakline shall be an arced line marked after the first bend, across all lanes other than lane 1. To assist athletes to identify the breakline, small cones shall be placed on the lane lines immediately before the intersection of the lane lines and the breakline. If an athlete does not follow this rule they shall be disqualified.

Alternatively, the 800m event can be run in a waterfall start.

### **1500m**

9. Runners compete over three-and-three-quarter laps of a 400m track. They make a bunched, waterfall standing start and can break immediately for the inside.

### **The Finish**

10. The athletes shall be placed in the order in which any part of their bodies (i.e. torso, as distinguished from the head, neck, arms, legs, hands or feet) reaches the vertical plane of the nearer edge of the finish line.

### **BASIC Relay RULES**

- *Relay teams comprise four athletes who exchange batons as they run around the track*
- *Relay batons must be handed between athletes in designated change over zones (30m long) In 2018 the 10m acceleration zone and 20m change over zone merged.*
- *It is the position of the baton that is observed by officials at the changeovers. It is the baton that must be within the changeover zones. The athlete does not necessarily have to have their body within the changeover zones*
- *If a baton is dropped, it must be picked up by the athlete who drops it (it is okay for that athlete to step into another lane to get it so long as it does not impede any other athletes). The runner needs to return to where the baton was dropped and cannot advance their position without it.*
- *Athletes must remain in their lanes after baton changes*
- *4 x 100m relay is run entirely in lanes – athletes in the same team must stay in their lane for the whole race*
- *Disqualification of the whole team will occur if:*
  - *The starting athlete exceeds the number of allowable false starts*
  - *If the baton is not passed within a change over zone*
  - *If the baton is dropped and not picked up by the athlete who dropped it*
  - *If a competitor deliberately interferes with an athlete in another team*
- *When all or the first portion of a Relay Race is being run in lanes, an athlete may place one check-mark on the track within his own lane, by using adhesive tape, maximum 5cm x 40cm, of a distinctive colour which cannot be confused with other permanent markings. No other check-mark may be used.*