

SCHOOL SPORT AUSTRALIA

Track & Field Championships

RULES AND GUIDELINES

Section A – Championship Overview

- A - 1.** These Rules and Guidelines should be read in conjunction with the School Sport Australia Policies, Championship Protocols and the Sport Championship Organisational Manual.
- A - 2.** The Championships shall be conducted under the rules as used by World Athletics and the World Para Athletics (WPA) with the exception of the following or as stated elsewhere in these Rules and Guidelines:
- A - 2.1.** World Athletics TR26.8.4 Ties will not be enforced.
 - A - 2.2.** World Athletics TR6.4.1 and WPA Rule 7.4 (a) Assistance to Athletes is varied as follows: Communication with athletes is permitted by official Team Officials provided they located in the area reserved for this purpose.
 - A - 2.3.** World Athletics TR8 and WPA Part B 9 Jury of Appeal – see G - 1 below.
 - A - 2.4.** World Athletics TR15 and WPA Rule 16 Starting Blocks – see Rule B - 6 below
 - A - 2.5.** World Athletics TR16.6 and TR16.7 and WPA Rule 17.7 False Starts – this is replaced by Rule B - 7 below.
 - A - 2.6.** World Athletics TR17.8 to TR17.13, TR29.10 to TR29.12 and WPA Rules 18.11 to 18.16, 27.11 and 27.12 Wind Gauge – see Rule B - 5 below.
 - A - 2.7.** World Athletics TR26.1 and TR26.4 – Vertical Jumps are varied as per Rule B - 17.4 and B - 17.5 below.
 - A - 2.8.** World Athletics TR4.3 and TR25.6 and WPA Rules 5.2 and 24.6 Order of Competition shall not be enforced. However, in throws and horizontal jumps, a competitor must complete all attempts before the scheduled starting time of the next event or forfeit those attempts. This may be varied by the relevant Referee and/or Competition Manager - see also Rule B - 8.1 below.
- A - 3.** The Championships shall be conducted in accordance with current Memorandum of Understandings between School Sport Australia and Athletics Australia, Little Athletics Australia and the Australian Paralympic Committee.
- A - 4. Eligibility**
- All students must be either 10, 11 or 12 years of age on 31 December in the year of competition.

Added December 2020

A - 5. Age Dispensation

There is no age dispensation allowance in the 10 - 12 Years Track & Field Championships.

A - 6. Team Size

A - 6.1. Each State/Territory shall be permitted to enter the following number of competitors:

<i>EVENT</i>	<i>COMPETITORS PER AGE GROUP ABLE BODY</i>	<i>COMPETITORS PER AGE GROUP MULTI CLASS</i>
<i>100 Metres</i>	<i>Four (4)</i>	<i>Three (3)</i>
<i>200 Metres</i>	<i>Three (3)</i>	<i>Three (3)</i>
<i>800 Metres</i>	<i>Three (3)</i>	<i>Three (3)</i>
<i>1500 Metres</i>	<i>Three (3)</i>	<i>No Event</i>
<i>High Jump</i>	<i>Three (3)</i>	<i>No Event</i>
<i>Long Jump</i>	<i>Three (3)</i>	<i>Three (3)</i>
<i>Shot Put</i>	<i>Three (3)</i>	<i>Three (3)</i>
<i>Discus</i>	<i>Three (3)</i>	<i>Three (3)</i>
<i>Combined Event</i>	<i>Three (3)</i>	<i>No Event</i>
<i>4 x 100 Metre Relay</i>	<i>One (1)</i>	<i>One (1) 10-12 years</i>
<i>Medley Relay</i>	<i>One (1)</i>	<i>One (1) 10-12 years</i>
<i>4 x 100 Metre Combined Relay</i>	<i>One (1)</i>	

Amended November 2024

A - 6.2. Multi Class Athletes will nominate as per their peers (i.e. there is no team size limit).

A - 6.3. Multi Class Athletes may compete in able body events for which they qualify through the same selection process as able body athletes.

A - 6.4. For the purposes of these Championships, Multi Class and Able Body events are considered the same event. Therefore, Multi Class Athletes cannot compete in an Able Body and a Multi Class event of the same distance or type.

A - 6.5. Each member State/Territory is responsible for the selection of their team providing they comply with the relevant rules within the School Sport Australia Track and Field Rules and Guidelines.

- A - 6.6.** Competitors must compete in their own age group only e.g. a ten-year-old cannot compete in an eleven-year-old age group. This shall not apply to Open Age events and Final Day events.

Amended November 2019

A - 7. Attendance at Championships

All students who participate in the School Sport Australia Track & Field Championships must remain at the Championship location throughout the duration of the Championships and be bound by all Championship arrangements, except in exceptional circumstances as per School Sport Australia policy.

Added December 2020

A - 8. Mixed Gender Events

No mixed gender events shall be conducted on Medal Event Days of the Championships.

A - 9. Entries

A - 9.1. Each State/Territory will be required to submit their entries on the prescribed format issued by the National Track & Field Advisor.

A - 9.2. Entries for Days 1, 2 and 3 must be received no later than three (3) weeks prior to the commencement of competition or a date as agreed by the National Track & Field Advisor and the host member body.

Previous rule A 7.3 deleted November 2019

A - 9.3. Names for all Track Relay runners (4x100m, Medley) must be included as part of the entries in running order.

Amended November 2019

A - 9.4. Performances must accompany all entries (except Final Day entries) from competing states/territories for heat draws and seeding purposes.

Amended November 2019

A - 9.5. All events will be offered irrespective of the number of entries received.

A - 10. Withdrawals, Substitutions and Additions

A - 10.1. Forms shall be made available for distribution at the Pre-Championship Meeting.

A - 10.2. The deadline for withdrawals, substitutions and additions shall be advised by the National Track & Field Advisor in conjunction with the host member body.

A - 11. Supervision

- A - 11.1.** All states and territories MUST supervise their athletes during all activities on the warmup day and in the warmup area until athletes enter the call room. Parents are forbidden to be on the field of play during warm up day and competition, or in the warmup area or call room. It is the responsibility of all team officials to make sure this rule is enforced.
- A - 11.2.** Only team officials appointed by the relevant State/Territory School Sports Association are permitted in the warmup area.
- A - 11.3.** Access Passes to be allocated to teams on request. They are to be used when teams need the assistance parent helpers to access the Warmup area. The National Track & Field Advisor to provide passes for requesting teams at the Pre Championships Meeting.

Amended March 2017

A - 12. Failure to Participate

- A - 12.1.** As per World Athletics TR4.4 and WPA Rule 5.3.
- A - 12.2.** An athlete shall be excluded from participation in all further events (including other events in which he is simultaneously participating) in the competition, including relays, in cases where:
- A - 12.2.1.** An athlete qualified in a preliminary round of an event for further participation in that event but failed to participate further.
- A - 12.2.2.** An athlete failed to compete honestly with a bona fide effort. The relevant referee will decide on this and corresponding reference must be made in the official results. This does not apply to individual events in Combined Events.
- A - 12.3.** A medical certificate, provided by the appointed medical /first aid providers at the Championships, may be accepted as sufficient reason to accept that the athlete became unable to compete after competing in a previous round, but will be able to compete in further events (except Combined Events individual events) on a subsequent day of competition.
- A - 12.4.** Note: World Athletics TR4.4.1 and WPA Rule 5.3(a) does not apply to this competition.

Added March 2017

Section B – Competition Structure

B - 1. Competition Itinerary

B - 1.1. The appropriate itinerary for the Championships is:

DAY	ACTIVITY	TIME
ONE	Teams Arrive	am
	Classification and Venue Familiarisation	afternoon
	Pre Event Meeting	e.g. 6 pm
	Opening Ceremony	Afternoon
	Medal Events Start	After Opening Ceremony
TWO	Alternate Classification and Venue Familiarisation	am
	Medal Events Competition Continues	Full Day
THREE	Medal Events Competition Continues	Full Day
FOUR	Medal Events Competition Continues	Half Day
	Half Day Excursion	Half Day
	Team Officials Dinner	evening
FIVE	Final Day	Full day
	Post Event Meeting	Conclusion of competition
	Teams may choose to depart – state/territory choice	No earlier than 8 pm
SIX	Teams Depart – state/territory choice	am

Table Amended November 2019

B - 1.2. The itinerary may be varied in a Pacific School Games year or by permission of the School Sport Australia Board.

B - 2. Program of Events:

B - 2.1. The School Sport Australia National Track and Field Advisor will prepare the daily schedule of events.

B - 2.2. Events

B - 2.2.1. Medals Events:

	10 YEARS BOYS & GIRLS	11 YEARS BOYS & GIRLS	12 YEARS BOYS & GIRLS	10-12 YEARS BOYS & GIRLS
100 Metres	Yes	Yes	Yes	No
100 Metres Multi Class	Yes	Yes	Yes	No
200 Metres	Yes	Yes	Yes	No
200 Metres Multi Class	Yes	Yes	Yes	No
800 Metres	Yes	Yes	Yes	No
800 Metres Multi Class	Yes	Yes	Yes	No
1500 Metres	Yes	Yes	Yes	No
4 x 100 M Relay	Yes	Yes	Yes	No
4 X 100 M Relay Multi Class	No	No	No	Yes
4 x 100 M Combined Relay	Yes	Yes	Yes	Yes
Medley Relay	Yes	Yes	Yes	No
Combined Event	Yes	Yes	Yes	No
Long Jump	Yes	Yes	Yes	No
Long Jump Multi Class (ambulant only)	Yes	Yes	Yes	No
High Jump	Yes	Yes	Yes	No
Shot Put	Yes	Yes	Yes	No
Shot Put Multi Class	Yes	Yes	Yes	No
Discus	Yes	Yes	Yes	No
Discus Multi Class	Yes	Yes	Yes	No

Amended November 2024

NOTE: Frame Running athletes are only eligible to compete in the 100m Multi-class event.

Added July 2021

B - 2.2.2. Relay Day:

Amended November 2019

Event	10 Years			11 Years			12 Years			Multi Class 10-12 Years		
	Boys	Girls	Mixed	Boys	Girls	Mixed	Boys	Girls	Mixed	Boys	Girls	Mixed
4x200m	No	No	Yes	No	No	Yes	No	No	Yes	No	No	No
Long Jump	Yes	Yes	No	Yes	Yes	No	Yes	Yes	No	Yes	Yes	No
Shot Put	Yes	Yes	No	Yes	Yes	No	Yes	Yes	No	Yes	Yes	No
8x100m	No	No	Yes	No	No	Yes	No	No	Yes	No	No	Yes
8x80m Shuttle	No	No	Yes	No	No	Yes	No	No	Yes	No	No	Yes

B - 2.3. Pacific School Games

B - 2.3.1. In any Pacific School Games, events may be added to the program. The events, age groups and conduct of added events will be determined in the year prior to the Pacific School Games as recommended by the Post Championships meeting of that year and approved by the School Sport Australia Board of Management.

B - 3. Multi Class Competition

B - 3.1. Multi Class Athlete events shall cover all WPA, INAS and Deaf Classifications. Athletes must hold a valid classification as recognised by the Paralympics Australia (PA), Sport Inclusion Australia (SIA) and Deaf Sports Australia (DSA) upon entry into these Championships.

B - 3.2. Places will be calculated using the Athletics Australia **Baseline Performance Scoring System** for the various classes.

Amended July 2021

B - 3.3. Selection of Multi Class Athletes should be based on their Baseline percentage placing State/Territory Championships.

State/Territories may impose their own percentage standards to suit the size of the team they wish to select.

Amended July 2021

B - 3.4. Verifications of classification of Multi Class Athlete team members will be done against the National Athletics Classification master list and in conjunction with APC, SIA and DSA.

- B - 3.5.** Multi Class Athlete team members with a physical impairment who have a review status may be required to attend a classification session at the Championships. Where possible, teams will be notified one week prior to the Championships.

Amended March 2017

B - 3.6. Guide Runners

- B - 3.6.1.** T11 and T12 athletes are permitted guide runners. Guide runners are optional for T12 class. However, if used, **this** must be nominated at the time of submission of entries.

- B - 3.6.2.** Student guide runners (of T11 and T12 classified athletes who medal) receive a suitable memento, provided by the host member body, at the time of presentation.

B - 4. Timing

- B - 4.1.** Each competitor in track event heats and finals shall be timed, irrespective of their placing.

B - 5. Wind Gauge

- B - 5.1.** The use of a wind gauge is optional. It is not required for meet records.

B - 6. Starting Blocks

- B - 6.1.** Starting blocks are optional and athletes are allowed to perform a standing start for sprints and relays events.

B - 7. False Starts

- B - 7.1.** Any competitor making a false start shall be warned *and the field will also be warned. Any competitor making a false start after this will be disqualified.* In the case of Combined Events, if a competitor is responsible for making *two (2)* false starts will be disqualified.

Amended January 2019

B - 8. Clash of Events

- B - 8.1.** Where a competitor has a clash of a field event with a track event, he/she shall be permitted to complete the field event, where possible, taking the trials out of order if necessary.
- B - 8.2.** Team Officials are permitted to 'marshal' on behalf of a competitor.
- B - 8.3.** Specific instructions shall be provided by the host member body Competition Director at the Pre-Championship Meeting.

B - 9. Marshalling Times/Areas

B - 9.1. An appropriate Call Area is to operate at each Championships.

B - 9.2. Recommended Marshalling Times:

Track Events	15 minutes
Field Events	30 minutes

B - 9.3. If a venue does not have separate warm up facilities, these marshalling times may be extended to allow more preparation time at the event site.

B - 10. Competition Times

B - 10.1. Refer School Sport Australia General Policies and Guidelines.

B - 10.2. The scheduled starting time shall be allocated for all events in the program.

B - 10.3. A thirty (30) minute interval should be programmed between the conclusion of the Opening Ceremony and the first marshalling call.

B - 11. Track Events – Able Body

B - 11.1. In events with two (2) heats, the first three placegetters in each heat plus the next fastest times to make a final of eight (8).

B - 11.2. In events with three (3) heats, the first two placegetters for each heat plus the next fastest times to make a final.

B - 11.3. For four (4) heats in 100 m, on tracks with eight (8) lanes on the straight, there will be three rounds of competition (heats, semi-finals/finals). On tracks with ten (10) lanes on the straight, there will be two rounds of competition (heats/finals). The advancement will be the first two placegetters plus the fastest times to fill the available lanes in 100 m only.

B - 11.4. For four (4) or five (5) heats in 200 m, the advancement will be the winner and the next fastest to make a final of eight (8).

B - 12. Track Events – Multi Class

B - 12.1. All Multi Class track events will be conducted as timed finals as per World Athletics and WPA Rules using the times submitted with entries.

B - 13. 800 Metres – Able Body and Multi Class

B - 13.1. When the Track & Field Championships is conducted over two (2) or more days, heats and/or finals should be conducted on separate days and at appropriate times to avoid excessive heat and humidity.

B - 13.2. Spikes are permitted to be worn in all track events including the 800m.

B - 14. 1500 Metres – Able Body Only

B - 14.1. 1500 metres will be conducted as timed finals.

B - 14.2. Spikes are permitted to be worn in all track events including 1500m.

B - 14.3. Where possible, there should be at least one day's separation between the 1500m and 800m events.

Amended January 2019

B - 15. Combined Event

B - 15.1. The following events will be conducted over two days:

Day One: 100 m, Long Jump Day Two: Shot Put, 800 m

B - 15.2. The events comprising the Combined Event shall be conducted separately and not combined with an existing event.

B - 15.3. The Combined Event 800m may be moved, at the discretion of the National Track & Field Advisor, to another time slot in the day to accommodate safety and health concerns and shot put rescheduled into the program at a suitable time to accommodate this happening.

B - 16. Relays – Medal Events

There shall be two relays offered as medal events:

B - 16.1. 4 x 100 Metres Relay – teams shall consist of four (4) runners all eligible to compete in the relay entered. The 4 x 100 metres shall be the last event on Day 1 or 2 or 3 of medal events

B - 16.2. Medley Relay (2 x 200 m, 1 x 100 m, 1 x 300 m) – teams shall consist of four (4) runners who may be of varying ages, but the team must compete in the age division for which the oldest runner is eligible. The Medley Relay should be the last events on the last day of medal events.

B - 16.3. The Medley Relay format shall be:

B - 16.3.1. The first runner shall start on the 4x400 m relay marks.

B - 16.3.2. The second runner shall receive the baton within the 4x200 m change over marks. If there are no 4x200 m changeover areas marked on the track, then the 4x100 m changeover marks will be used.

B - 16.3.3. The third runner will receive the baton within the 4x400 m relay changeover area in lanes.

B - 16.3.4. The fourth runner will stand inside the dotted 1500 m assembly line, in lanes, and receive the baton before the green 800 m cut in line. Once they have received the baton, the runner must stay in their lane until they fully cross over the green cut in line after which they may diverge.

B - 16.4. Multi Class Athlete Relays**B - 16.4.1. 4x100m – as per Rule B - 16.1 above.**

It will be conducted as a combined age group 10-12 years for boys and girls.

The results will be calculated using the Baseline Scoring method for relays.

B - 16.4.2. Medley Relay – as per Rule B - 16.3 above

It will be conducted as a combined age group 10-12 years for boys and girls.

The results will be calculated using the Baseline Scoring method for relays.

B - 16.4.3. Multi Class Relays

A baton shall be used for all Multi Class Relay Races and shall be carried by hand throughout the race except when the following athlete classifications are involved T33-34, T51-52 and T53-54 (wheelchair), T43 (arm amputee) and any other classification that prevents the athlete from carrying a baton. In this instance, the changeover shall be by a touch on any part of the body of the outgoing athlete. The first touch must be within the Changeover Zone. All rules that apply to an exchange of the baton will apply to the touch. Pushing the outgoing athlete to gain an advantage during change-over shall result in disqualification. When one team cannot carry a baton, then all teams will use the touch method in that race.

Added May 2020

B - 16.5. An athlete may compete in one (1) relay only. Smaller States/Territories with small team sizes may use the same athletes for these relays. Where a state cannot field a relay team, they may form a composite team with another state. Where possible, notice should be given at the Pre-Championship Meeting.

B - 16.6. The composite relay teams shall have equal status as state relay teams.

B - 16.7. Relay Team Sheets will be distributed at the Pre-Championship Meeting for changes to submitted Relay teams only.

B - 16.8. The deadline for submission of Relay Team changes is one hour prior to the first corresponding Relay event or as advised by the National Track & Field Advisor.

B - 17. Field Events

B - 17.1. Field events should be run concurrently subject to the availability of officials and facilities.

B - 17.2. In all field events, except High Jump, all competitors will have three (3) attempts in rotation. The best eight (8) will qualify to have a further optional one (1) attempt. The best of all attempts shall count for placings.

Amended November 2024

B - 17.3. In Long Jump, plasticine boards will not be required.

B - 17.4. In High Jump, the starting heights shall be:

10 Year Girls	1.05 m	10 Year Boys	1.15 m
11 Year Girls	1.15 m	11 Year Boys	1.25 m
12 Year Girls	1.20 m	12 Year Boys	1.30 m

B - 17.5. Bar rises shall be 5 cm until a maximum of six (6) competitors remain then 3 cm. If the field comprises of less than eight (8) competitors, the increments are at the discretion of the Chief Judge in consultation with the Field Referee. After an athlete has won the competition, the height or heights to which the bar is raised shall be decided by the athlete, in consultation with the Chief Judge or Referee.

B - 17.6. The World Athletics Jump Off Rule to separate equal first place shall NOT be used.

B - 17.7. Where possible field events sectors/pits should be marked as follows:

- Discus - 5m interval lines and markers.
- Shot Put - 1m interval lines and markers
- Long Jump - indicator boards to be used

B - 18. Final Day

B - 18.1. Competition Format and Scheduling on Final Day

- B - 18.1.1.** On the Final Day, the host member body has the choice of holding either a Relay Day or a Teams Challenge Day. Either format is to be a relaxed, fun day to conclude competition at the Championships.
- B - 18.1.2.** It is recommended that the Relay Day or a Teams Challenge Day be held after the Excursion and prior to the Closing Ceremony.
- B - 18.1.3.** The Closing Ceremony will take place as soon after the conclusion of the Final Day as practical.

B - 18.2. Relay Day

B - 18.2.1. Relay Day General Conditions

- B - 18.2.1.1. Every team member must compete on the Final Day in at least one relay team.
- B - 18.2.1.2. The 4x100m Relay and the Medley Relay do NOT count for the purpose for fulfilling condition B - 18.2.1.1 above.
- B - 18.2.1.3. Competitors who become injured during the course of the Championships, and cannot take part in a relay team, will be utilized as 'officials' at a relay site.
- B - 18.2.1.4. A call room will operate for track relays only.
- B - 18.2.1.5. Field relay teams will report to the relevant event site when called.
- B - 18.2.1.6. Team Officials may be requested to assist at event sites, changeover zones etc.
- B - 18.2.1.7. School Sport Australia medallions will not be presented for these relays.
- B - 18.2.1.8. Championships Finalist Ribbons will not be presented for these events.
- B - 18.2.1.9. The host member body will organize suitable mementos (e.g. pennant) to be presented to all team members of the first three teams in each event.
- B - 18.2.1.10. All track relays will be run as timed finals with the 3 best times across all heats deciding the placegetters.
- B - 18.2.1.11. The results of the Multi Class Athlete relays will be determined using the Baseline Scoring method for relays.

B - 18.2.2. Relay Day Entries

- B - 18.2.2.1. States/Territories may enter up to two (2) teams per event per age group per gender in all Relay Day events. For mixed gender events, each State/Territory may enter up to two (2) teams per age group.
- B - 18.2.2.2. Multi Class Athlete relays will compete as one age group (10-12 years) until entries warrant expansion.

- B - 18.2.2.3. Team members may be of varying ages, but the team must compete in the age group for which the oldest team member is eligible.
- B - 18.2.2.4. States/Territories may form composite teams.
- B - 18.2.2.5. Changes to entries, on the Relay Day Team Sheet, must be handed to the National Track & Field Advisor preferably the day before the Relay Day competition or at least one hour prior to the first corresponding Relay event.

B - 18.2.3. Relay Day – 4x200m Relay

- B - 18.2.3.1. Each team shall consist of four (4) runners, two (2) of whom shall be boys and two (2) of whom shall be girls.
- B - 18.2.3.2. The order of running will be boy, boy, girl, girl.
- B - 18.2.3.3. The format shall be:

Runner Number	Changeover	Description
First Runner		Runners start on the 4x200m Relay start and run in lanes. If there is no 4x200m start line, then the 4x400m start line will be used.
Second Runner	Use the 4x200m changeover zone (First change). If there are no 4x200m changeover areas marked on the track, then the 4x100m changeover zones will be used.	The runners run in lanes.
Third Runner	Use the 4x400m changeover zone (Second change).	Runners will run in lanes for the first 100m and may cross into lane one after the 800m break line on the back straight.
Fourth Runner	Use the 4x200m changeover zone in lane one (Third change). If no 4x200m are marked on the track, the 4x100m changeover zone in lane one will be used.	Runners will be lined up by an official, in start list order. Runners must maintain this order and cannot change even if the incoming runners change order.

B - 18.2.4. Relay Day - Long Jump and Shot Put Relays

- B - 18.2.4.1. Each team shall consist of a minimum of three (3) and a maximum of four (4) athletes.
- B - 18.2.4.2. Each team member will have two attempts.
- B - 18.2.4.3. The best three (3) performances from four different team members will be added together to give the final team score.
- B - 18.2.4.4. The teams will be ranked on the final team score.
- B - 18.2.4.5. School Sport Australia records cannot be claimed from performances in these relays.
- B - 18.2.4.6. Shot Put weights will be those used for the individual events of that age group.
- B - 18.2.4.7. On the Relay Day, for Multi Class Athlete athletes, take off should be from the front of the pit or from a one (1) metre board and to be nominated by the athlete.

B - 18.2.5. Relay Day - 8x100m

- B - 18.2.5.1. Teams shall consist of eight (8) runners, four (4) of whom shall be boys and four (4) of whom shall be girls.
- B - 18.2.5.2. Runners will alternate boy/girl starting with a boy.
- B - 18.2.5.3. The number of teams allocated to each heat will be limited to reduce the crowding of runners at changeover zones for fifth, sixth, seventh and eighth runners.
- B - 18.2.5.4. The 8x100m relay format will be:

Runner Number	Changeover	Description
First Runner		Runners start at the 4x100m relay start and run in lanes
Second Runner	Use the 4x100m changeover zone (First change)	Runners run in lanes
Third Runner	Use the 4x100m changeover zone (Second change)	Runners run in lanes
Fourth Runner	Use the 4x100m changeover zone (Third change)	Runners may cut in after passing the end of their respective 4x100m changeover zone (yellow tick) Cones will be placed to indicate the cut in
Fifth Runner	Use the 4x400m changeover zone (Fourth change)	Runners will be lined up in lane order
Sixth Runner	Use the 4x100m changeover zone in lane one (Fifth change)	Runners will be placed on the track in the order the teams come into change at the fourth change
Seventh Runner	Use the 4x100m changeover zone in lane one (Sixth change)	Runners will be placed on the track in the order the teams enter the bend (Fifth runner)
Eighth Runner	Use the 4x100m changeover zone in lane one (Seventh change)	Runners will be placed on the track in the order the teams enter the back straight (Sixth runner)

B - 18.2.5.5. Once allocated a position, athletes must maintain that position even if the incoming runner changes position

B - 18.2.5.6. An official will call the order at each changeover five, six and seven (for runners six, seven and eight)

B - 18.2.6. Relay Day - 8 x 80 m Shuttle Relay

B - 18.2.6.1. Teams shall consist of eight (8) runners, four (4) of whom shall be boys and four (4) of whom shall be girls.

B - 18.2.6.2. Runners will alternate boy/girl starting with a boy.

B - 18.3. Teams Challenge Day

B - 18.3.1. Teams Challenge Day - Team Size

ABLE BODY TEAMS – Team Size of 8			MULTI CLASS TEAMS – Team Size of 8		
Age Group Categories	Boys	Girls	Age Group Categories	Boys	Girls
1. 10 years	1	1	1. 10 years	1	1
2. 11 years	1	1	2. 11 years	1	1
3. 12 years	1	1	3. 12 years	1	1
4. 10, 11 or 12 years*	1	1	4. 10, 11 or 12 years*	1	1
TOTAL	4	4	TOTAL	4	4

* NOTE: For Age Group Category 4, the Boys and girl cannot be from the same age group

B - 18.3.2. Teams Challenge Day - Team Entries

B - 18.3.2.1. States/Territories can have as many teams as they have team members.

B - 18.3.2.2. States/Territories must indicate the number of Teams they will enter at the Pre-Championship Meeting.

B - 18.3.2.3. States/Territories fill their teams from their own members in the first instance.

B - 18.3.2.4. If athlete numbers per State/Territory are such that a team cannot be formed, a State/Territory may:

B - 18.3.2.4.1. Create composite teams.

B - 18.3.2.4.2. Allow an athlete to complete twice e.g. run 2 legs of the Relay, jump twice etc.

B - 18.3.2.5. Entry spreadsheets must be submitted to the National Track & Field Advisor prior to the start of the Teams Challenge (to be confirmed at the Pre-Championships Meeting).

B - 18.3.3. Teams Challenge Day - Team Conditions

B - 18.3.3.1. All team members must compete in three (3) events (two (2) relays and one (1) field event)

B - 18.3.3.2. If an athlete becomes injured, then an athlete can compete twice e.g. run two (2) legs of the relay, jump twice

B - 18.3.4. Teams Challenge Day - Events

ABLE BODY TEAMS		MULTI CLASS TEAMS	
TRACK	FIELD	TRACK	FIELD
8x80m Shuttle Relay	Shot Put (standing)	8x80m Shuttle Relay	Vortex Throw (standing or seated)
8x100m Relay	Long Jump	8x100m Relay	
	Vortex Throw (standing)		

B - 18.3.5. Teams Challenge Day - Order of Events

- B - 18.3.5.1. Team meetings
- B - 18.3.5.2. Field Event Ballot
 - B - 18.3.5.2.1. One age group category will be allocated to one field.
 - B - 18.3.5.2.2. Field events will be allocated by ballot.
 - B - 18.3.5.2.3. All team lists must be submitted prior to this ballot taking place.
- B - 18.3.5.3. 8x80m Shuttle
- B - 18.3.5.4. Field Events
 - B - 18.3.5.4.1. As teams complete their shuttle relay, they will be directed to the events sites for their field events.
 - B - 18.3.5.4.2. A map of field events and team allocations will be available prior to the start of the Teams Challenge.
- B - 18.3.5.5. 8x100m
- B - 18.3.5.6. Presentations (could be part of Closing Ceremony)
- B - 18.3.5.7. Closing Ceremony

B - 18.3.6. Teams Challenge Day - Conduct of Events

- B - 18.3.6.1. No Call Room
- B - 18.3.6.2. Shuttle Relay
 - B - 18.3.6.2.1. Heats of 4 or 5 (2 lanes per team)
 - B - 18.3.6.2.2. Possibly 10-20 heats
 - B - 18.3.6.2.3. Random draw of heats
 - B - 18.3.6.2.4. No prescribed order of age or gender
 - B - 18.3.6.2.5. If there is a break or baton change happens outside the changeover zone, points will be deducted according to the Scoring Tables
- B - 18.3.6.3. Field Events
 - B - 18.3.6.3.1. Multiple sites
 - B - 18.3.6.3.2. Teams will be directed to the respective events sites, once they finish their Shuttle Relay
 - B - 18.3.6.3.3. Long Jump
 - B - 18.3.6.3.3.1. Timed Warm Up
 - B - 18.3.6.3.3.2. One Jump
 - B - 18.3.6.3.3.3. Limited run up
 - B - 18.3.6.3.3.4. No fouls, if run through 0 points or step over the edge of the pit, minus points according to the Scoring Tables
 - B - 18.3.6.3.3.5. Sectors will be marked by cones along the edges of the landing pits

B - 18.3.6.3.3.6. Points will be allocated according to where the athlete lands, their age group and Classification (for Multi Class Teams) according to the Scoring Tables

B - 18.3.6.3.3.7. Athletes do not have to take off from a board

B - 18.3.6.3.3.8. Method of leaving the pit, is not enforced unless the athlete falls or steps back on landing

B - 18.3.6.3.4. Vortex Throw

B - 18.3.6.3.4.1. Timed Warm Up

B - 18.3.6.3.4.2. One Throw

B - 18.3.6.3.4.3. Standing, no run up for able body athletes

B - 18.3.6.3.4.4. Standing or seated for multi class athletes

B - 18.3.6.3.4.5. Over balance over the foul line, minus points according to the Scoring Tables

B - 18.3.6.3.4.6. Sectors will be marked by cones along the edges of the landing sector

B - 18.3.6.3.4.7. Points will be allocated according to where the implement lands, their age group and Classification (for Multi Class Teams) according to the Scoring Tables

B - 18.3.6.3.5. Shot Put

B - 18.3.6.3.5.1. Timed Warm Up

B - 18.3.6.3.5.2. One Throw

B - 18.3.6.3.5.3. Standing, no run back, glide or rotation

B - 18.3.6.3.5.4. Over balance over the foul line, minus points according to the Scoring Tables

B - 18.3.6.3.5.5. This event will be conducted in Shot and Discus Circles

B - 18.3.6.3.5.6. Method of leaving the circle not enforced

B - 18.3.6.3.5.7. Sectors will be marked by cones along the edges of the landing sector

B - 18.3.6.3.5.8. Points will be allocated according to where the implement lands, their age group and Classification (for Multi Class Teams) according to the Scoring Tables

B - 18.3.6.3.6. 8x100m Relay

B - 18.3.6.3.6.1. Commence once all field events are complete

B - 18.3.6.3.6.2. Heats of up to 8

B - 18.3.6.3.6.3. Recommend that 10 yrs athletes run in either legs one, two or three (i.e. in lanes)

B - 18.3.6.3.6.4. Other than c. above, no prescribed order of age or gender

B - 18.3.6.3.6.5. If there is a break or baton change happens outside the changeover zone, points will be deducted according to the Scoring Tables

B - 18.3.7. Teams Challenge Day - Scoring

B - 18.3.7.1. All athletes score points for their performances that contribute to an overall team point score.

B - 18.3.7.2. Scoring Tables will be drawn up that reflects the event, age group category and classification (for Multi Class teams).

B - 18.3.7.3. Points will be based on the SSA Track and Field Records.

B - 18.3.7.4. Track Events

B - 18.3.7.4.1. Points will be allocated on places in heats regardless of what heat the team runs in according to the Scoring Tables.

B - 18.3.7.4.2. Times won't be taken, but places will be judged via Photo finish.

B - 18.3.7.5. Field Events

- B - 18.3.7.5.1. No measurements are taken.
- B - 18.3.7.5.2. Landing area and sand pit will be divided into point sectors.
- B - 18.3.7.5.3. Each sector will be worth points that contribute to the team score according to the Scoring Tables.
- B - 18.3.7.5.4. Point sectors will be appropriate for the age competing in those events and classification (for Multi Class teams).
- B - 18.3.7.5.5. The points scored by the boys and girl in a team is added together for their team's score at that event.

- B - 18.3.7.6. Teams will then be ranked on total team points.

B - 18.3.8. Teams Challenge Day - Awards

- B - 18.3.8.1. Pennant for the winning team from each state – able body and multi class.
- B - 18.3.8.2. First, Second and Third pennants for overall placed teams from Large States (New South Wales, Queensland, Victoria) for able body Teams and Multi Class teams.
- B - 18.3.8.3. First Second and Third pennants for overall placed teams from Small States (ACT, Northern Territory, South Australia and Tasmania) for able body and multi class teams.
- B - 18.3.8.4. Composite teams are eligible to win awards.

B - 18.4. Pacific School Games

- B - 18.4.1.** The Relay Day or Teams Challenge Day should be included in the Pacific School Games for Track and Field.

SECTION C - FACILITIES, EQUIPMENT

C - 1. Facilities

C - 1.1. As per the World Athletics and WPA Rules.

C - 1.2. The following facilities are recommended:

C - 1.2.1. All weather surface track with 8 circular lanes and 10 lanes on the 100 m straight.

C - 1.2.2. Two Discus circles and cages, one of which has 'tie down' facilities for Multi Class events or a separate throwing plate be provided.

C - 1.2.3. Two Shot Put rings and stop board (minimum), extra two required for the Relay Day, one of which has 'tie down' facilities for Multi Class events or a separate throwing plate be provided.

C - 1.2.4. Two Long Jump Pits and Boards (minimum), extra two required for the Relay Day.

C - 1.2.5. One High Jump Pit with uprights and bars (minimum) – bags to suit the age and weight of the athletes.

C - 1.2.6. Accessible seating for spectators and teams.

C - 1.2.7. Suitably accessible areas for teams within the grandstands or team tents be provided.

C - 1.2.8. Accessible Call Room area (room or tent) be available with required number of chairs and tables .

C - 1.2.9. Suitable number of toilet facilities including accessible toilets. If required, portable toilets can be hired to suit the number of competitors and spectators.

C - 1.2.10. Access to water and food via canteen facilities or outside caterers.

C - 1.2.11. Suitable area for the sale of Championship Souvenirs.

C - 1.3. Competition Area

C - 1.3.1. As per the World Athletics and WPA Rules.

C - 1.3.2. All areas of the field of play must be accessible for Multi Class athletes.

C - 1.3.3. Refer School Sport Australia Policies and Guidelines.

C - 1.4. Warm-up Facilities

- C - 1.4.1.** A warmup day/half day be scheduled before the start of competition, to allow all teams familiarisation with all events sites, surfaces and equipment.
- C - 1.4.2.** During competition, if available, a separate warm up area should be provided separate to the main competition area.
- C - 1.4.3.** Throws warm up areas should be isolated from any track/jumps warm up areas.
- C - 1.4.4.** If warm up facilities are not available, sufficient time shall be allowed at the competition site for adequate warm up.
- C - 1.4.5.** All areas of the warmup area must be accessible by Multi Class athletes.
- C - 1.4.6.** The back straight of the field of play will be available for wheelchair athletes for warm up.

C - 2. Equipment

- C - 2.1.** All competition equipment/implements are to be supplied by the host member body/Championships Organiser.
- C - 2.2.** The implement weights shall be:

Able Body Implement Weights:

Implement	10 Years	11 Years	12 Years
Shot Put	2 kg	2 kg	3 kg
Discus	500 g	750 g	750 g

Only rubber discuses are to be used for all age groups.

Multi Class Athlete Implement Weights:

The Multi Class Athletes will throw the shot put or discus weight applicable for their classification and age group. The implement weights for athletes with a disability will be no heavier than those thrown by the able body athletes.

Classification	10 Years		11 Years		12 Years	
	Shot Put	Discus	Shot Put	Discus	Shot Put	Discus
F01	2 kg	500 g	2 kg	750 g	3 kg	750 g
F11-13	2 kg	500 g	2 kg	750 g	3 kg	750 g
F20	2 kg	500 g	2 kg	750 g	3 kg	750 g
F21	2 kg (1.5 kg)	500 g (350 g)	2 kg	500 g	3 kg (2 kg)	750 g (500 g)
F32	1 kg	500 g	1 kg	500 g	1 kg	500 g
F33	1 kg	500 g	1 kg	500 g	2 kg (1 kg)	500 g
F34	2 kg	500 g	2 kg	500 g	2 kg	500 g
F35	2 kg	500 g	2 kg	500 g	2 kg	500 g
F36	2 kg	500 g	2 kg	500 g	2 kg	500 g
F37	2 kg	500 g	2 kg	500 g	2 kg	500 g
F38	2 kg	500 g	2 kg	500 g	2 kg	500 g
F40/41	1.5 kg	500 g	1.5 kg	500 g	2 kg	750 g (500 g)
F42	2 kg	500 g	2 kg	750 g	3 kg	750 g
F43/44	2 kg	500 g	2 kg	750 g	3 kg	750 g
F45	2 kg	500 g	2 kg	750 g	3 kg	750 g
F46	2 kg	500 g	2 kg	750 g	3 kg	750 g
F51	No Event	350 g	No Event	500 g	No Event	500 g
F52	1.5 kg	350 g	1.5 kg	500 g	2 kg	500 g
F53	1.5 kg	350 g	1.5 kg	500 g	2 kg	500 g
F54	1.5 kg	350 g	2 kg (1.5 kg)	500 g	2 kg	500 g
F55	1.5 kg	350 g	2 kg (1.5 kg)	500 g	2 kg	500 g
F56	1.5 kg	350 g	2 kg (1.5 kg)	500 g	2 kg	500 g
F57	1.5 kg	350 g	2 kg (1.5 kg)	500 g	2 kg	500 g
F60	2 kg	500 g	2 kg	750 g	3 kg	750 g
F61f	2 kg	500 g	2 kg	750 g	3 kg	750 g
F62	2 kg	500 g	2 kg	750 g	3 kg	750 g

F63	2 kg	500 g	2 kg	750 g	3 kg	750 g
F64	2 kg	500 g	2 kg	750 g	3 kg	750 g

Amended July 2021

Where boys and girls in a classification group throw different weight shot puts, the weight for the girls' shot put is indicated in brackets.

C - 2.3. Multi Class Wheelchairs and Throwing Frames:

C - 2.3.1. Wheelchairs and throwing frames are considered personal equipment and must be supplied by the athlete.

C - 2.3.2. All wheelchairs and throwing frames must comply with the World Para Athletics Rules.

C - 3. Photo finish:

C - 3.1. Photo finish equipment that supports the use of the 'Meet Manager' software shall be used. This equipment can be sourced from Athletics Australia if necessary.

C - 4. Computer Software

C - 4.1. 'Meet Manager' shall be the computer program used to conduct the Championships.

C - 4.2. 'Meet Manager' shall be used for determining the points for the Combined Event.

C - 4.3. The School Sport Australia National Track & Field Advisor shall prepare the 'Meet Manager' program each year.

SECTION D - UNIFORMS

D - 1. All competitors must wear the official uniform of their State/Territory.

D - 2. Competition/Hip Numbers, where supplied, must be firmly attached.

D - 3. Other items of clothing must be in accordance with World Athletics or World Para Athletics Rules.

SECTION E – INJURY

- E - 1.** Refer to School Sport Australia General Policy for the management of injuries.
- E - 2.** First Aid Officers/Sports Trainers
 - E - 2.1.** Minimum of two (2) First Aid Officers/Sports Trainers must be in attendance on each day of the Championships.
 - E - 2.2.** The First Aid Officers/Sports Trainers must be stationed on the field of play during competition.
- E - 3. Strapping**
 - E - 3.1.** Any athletes who regularly uses strapping tape should provide their own tape

SECTION F - COMPETITION OFFICIALS

- F - 1. Competition Director, Referees, Umpires and Judges**
 - F - 1.1.** As per the World Athletics and WPA Rules.
 - F - 1.2.** Refer School Sport Australia General Policies and Guidelines.
 - F - 1.3.** Where possible, all referees should be members of the Host Association.
- F - 2. Photo finish Operator**
 - F - 2.1.** If a suitably qualified Photo finish Operator is not available from within the host member body/State Athletics Association, the host member body shall budget for a suitable operator to be invited from another State/Territory.
- F - 3. Student Officials**
 - F - 3.1.** These may be sourced from local schools/clubs to perform various tasks at field event sites, start line crew, computer work and Call Room duties.
- F - 4. Announcer**
 - F - 4.1.** The Announcer will introduce all field events and all track finalists to the public prior to the commencement of the event.

SECTION G – PROTESTS AND APPEALS

G - 1. Protests/Appeals

G - 1.1. As per World Athletics TR8 and WPA Part B 9.1 with the following variations:

G - 1.1.1. The athlete concerned or his/her Team Manager/Coach only may, in the first instance, make an oral appeal to the Referee within 15 minutes of the completion of the event. Presentations will be held for 15 minutes.

G - 1.1.2. The relevant Team Manager/Coach only may make an appeal to the Jury of Appeal within 15 minutes of the completion of the event or the relevant Referee's decision, whichever comes first.

G - 1.1.3. The deposit of AUD\$20 cash must accompany an appeal to the Jury of Appeal.

SECTION H - JUDICIARY

H - 1. Jury of Appeal

H - 1.1. The Jury of Appeal to be comprised of a Chairperson (nominated by the host member body), the School Sport Australia National Track & Field Advisor (or his/her nominee) and one nominated State/Territory representative not involved in the appeal.

H - 1.2. Each State/Territory to nominate their representative at the Pre-Championship Meeting.

SECTION I - TROPHIES/AWARDS/MEDALS/RECORDS

I - 1. Medallions

I - 1.1. Refer School Sport Australia Policies.

I - 1.2. School Sport Australia medallions will be awarded to first, second and third place in all events on Medal Event Days of the Championships.

I - 1.3. Medallions for Multi Class Athlete events will be calculated using the Baseline Performance Scoring System method.

I - 1.4. Medal presentations are to be held as soon as possible after the completion of the event.

I - 1.5. Student guide runners (see Rule B - 3.6.2 above)

I - 2. Finalist Ribbons

- I - 2.1.** Finalist ribbons will be given to all track finalists (including relays), the final eight (8) competitors in field events and the top eight placegetters in Multi Class timed finals according to the Baseline Performance Scoring System calculations on Medal Event Days of the Championships.

I - 3. Relay Day Awards

- I - 3.1.** See Relay Day Rules B - 18.2.1.7, B - 18.2.1.8 and B - 18.2.1.9 above.

I - 4. Records**I - 4.1. Championship Meet Records**

- I - 4.1.1.** All School Sport Australia Track & Field Championships programs must include records for all events conducted on Medal Event Days of the Championships. All throwing records should list the weight of the implement.
- I - 4.1.2.** Multi Class Athlete records will be kept for each classification.
- I - 4.1.3.** All discontinued School Sport Australia Track & Field Championships event records should be included in all future School Sport Australia Track & Field Championships Programs.
- I - 4.1.4.** Track records established using handheld times must be given to the nearest one tenth of a second. Records established using electronic timing shall be given to the nearest one hundredth of a second.
- I - 4.1.5.** A certificate, supplied by School Sport Australia, shall be presented to all record breakers. Certificates shall also be awarded for any records set in qualifying rounds of competition as well as any other subsequent final round.
- I - 4.1.6.** Championships meet records can only be broken by performances attained at the School Sport Australia Championships or by performances attained at a Pacific School Games.
- I - 4.1.7.** Refer rule B - 5 for the use of a wind gauge and the effect on meet records.

I - 4.2. Pacific School Games Meet Records

- I - 4.2.1.** A complete set of Pacific School Games Records should be kept.
- I - 4.2.2.** Multi Class records will be kept for each classification.
- I - 4.2.3.** Pacific School Games records can only be broken by performances attained at a Pacific School Games.

SECTION J - OTHER

J - 1. Ceremonies

- J - 1.1.** Refer School Sport Australia General Policies and Guidelines.
- J - 1.2.** There shall be an Opening and a Closing Ceremony conducted. The Opening Ceremony to be held on the warmup day whenever possible. The Closing Ceremony must be the held at the end of the Championships and after the Excursion.
- J - 1.3.** Medal presentations are to be held as soon as possible after the completion of each event.

J - 2. Program

- J - 2.1.** Refer School Sport Australia General Policies and Guidelines.
- J - 2.2.** The Championships program shall contain:
 - J - 2.2.1.** Welcome Messages
 - J - 2.2.2.** Rules & Guidelines
 - J - 2.2.3.** History of the Championships
 - J - 2.2.4.** All records
 - J - 2.2.5.** List of competitors and team officials by State/Territory
 - J - 2.2.6.** Appropriate sponsor advertisements
 - J - 2.2.7.** List of medical facilities (medical and dental clinics, hospitals) in the local area including contact details
- J - 2.3.** The following rules shall be specially printed in the Championships Program:
 - J - 2.3.1.** World Athletics TR4.4 'Failure to Participate' - re withdrawing athletes from events.
 - J - 2.3.2.** School Sport Australia Policy re removal of children from Championships activities.
- J - 2.4.** Seeded Events
 - J - 2.4.1.** These will not be contained within the printed program.
 - J - 2.4.2.** These will be published on the School Sport Australia website in the few days prior to the commencement of the Championships to ensure accuracy.



School Sport Australia Track & Field Championships

Protest Form

NAME & STATE / TERRITORY OF ATHLETE: _____

EVENT & EVENT NUMBER: _____

NAME AND STATE / TERRITORY OF OTHER ATHLETES INVOLVED (IF APPLICABLE):

WORLD ATHLETICS RULE NUMBER (IF APPLICABLE): _____

SCHOOL SPORT AUSTRALIA RULE NUMBER (IF APPLICABLE): _____

REASON FOR PROTEST (Please use back of form if insufficient space):

SIGNATURE OF TEAM MANAGER: _____

P.T.O.

TIME RESULT ANNOUNCED: _____
TIME ORAL PROTEST TO REFEREE: _____
TIME WRITTEN REPORT LODGED: _____
JURY'S DECISION: _____

FEE PAID: YES / NO **FEE TO BE REFUNDED:** YES / NO

NAMES & SIGNATURES OF JURY MEMBERS:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____



School Sport Australia Track & Field Championships

Relay Team Sheet

BOYS

GIRLS

PLEASE CIRCLE

10 YEARS

11 YEARS

12 YEARS

PLEASE CIRCLE

4 x 100 m

MEDLEY

PLEASE CIRCLE

EVENT NO: _____ **STATE/TERRITORY:** _____

NAMES (IN RUNNING ORDER)

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- EM 1. _____
- EM 2. _____

SIGNED _____

(TEAM MANAGER)

- ♦ **ONLY SUBMIT IF THERE IS A CHANGE IN NAMES**
- ♦ **NOT REQUIRED IF THERE IS A CHANGE IN ORDER**
- ♦ **SUBMIT 1 HOUR PRIOR TO THE RELAYS**



School Sport Australia Track & Field Championships

Relay Team Sheet

BOYS

GIRLS

PLEASE CIRCLE

MULTI CLASS (10-12 Years)

PLEASE CIRCLE

4 x 100 m

MEDLEY

PLEASE CIRCLE

EVENT NO: _____ **STATE/TERRITORY:** _____

	<i>NAMES (IN RUNNING ORDER)</i>	<i>CLASSIFICATION</i>
1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____
EM 1.	_____	_____
EM 2.	_____	_____

SIGNED _____ **(TEAM MANAGER)**

- ♦ **ONLY SUBMIT IF THERE IS A CHANGE IN NAMES**
- ♦ **NOT REQUIRED IF THERE IS A CHANGE IN ORDER**
- ♦ **SUBMIT 1 HOUR PRIOR TO THE RELAYS**



School Sport Australia Track & Field Championships
Relay Day Team Sheet

BOYS

GIRLS

MIXED

PLEASE CIRCLE

10 YEARS

11 YEARS

12 YEARS

PLEASE CIRCLE

LONG JUMP

4 x 200 m

8 x 80 m

8 x 100 m

SHOT PUT

PLEASE CIRCLE

EVENT NO: _____ **STATE/TERRITORY:** _____

NAMES (IN COMPETITION ORDER)

1. _____
2. _____
3. _____
4. _____
5. _____ (Emergency 4x200)
6. _____ (Emergency 4x200)
7. _____ (NA LJ, SP, 4x200)
8. _____ (NA LJ, SP, 4x200)

SIGNED _____ **(TEAM MANAGER)**

- ♦ **ONLY SUBMIT IF THERE IS A CHANGE IN NAMES**
- ♦ **NOT REQUIRED IF THERE IS A CHANGE IN ORDER**
- ♦ **SUBMIT 1 HOUR PRIOR TO THE RELAYS**



School Sport Australia Track & Field Championships

Relay Day Team Sheet

BOYS

GIRLS

MIXED

PLEASE CIRCLE

MULTI CLASS (10-12 Years)

PLEASE CIRCLE

4 x 200 m

8 x 80 m

8 x 100 m

PLEASE CIRCLE

EVENT NO: _____ STATE/TERRITORY: _____

	<i>NAMES (IN COMPETITION ORDER)</i>	<i>CLASSIFICATION</i>
1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____
5.	_____	(Emergency 4x200)
6.	_____	(Emergency 4x200)
7.	_____	(NA 4x200)
8.	_____	(NA 4x200)

SIGNED _____

(TEAM MANAGER)

- ◆ **ONLY** SUBMIT IF THERE IS A CHANGE IN NAMES
- ◆ **NOT** REQUIRED IF THERE IS A CHANGE IN ORDER
- ◆ SUBMIT **1 HOUR PRIOR** TO THE RELAYS

APPENDIX - Combined able bodied and multi-class relay trial event at the Track & Field for 2021

As per a recommendation from the 2019 SSA Track and Field Championships and approved by the National Programs Committee at its meeting on 20 May 2020, a combined able bodied and multi-class athletes relay will be trialled at the 2021 Championships (since the 2020 Championships were cancelled due to COVID-19 restrictions).

Notwithstanding any of the Championship rules displayed above, in particular rule B – 16 which indicates there are two relays offered as medal events, for 2021 the trial event will mean there are three relays offered as medal events.

For 2021, the trial relay event will sit outside any restrictions on the number of events a student may enter.

The National Track and Field Advisor is to oversee the calculation of results of the trial relay as per the method displayed below.

We take the Australia open record and Baseline times for all four runners - 2 disability and 2 able body competitors and add together.

We then time the relay race.

Divide the record time by the relay race time and get a percentage. Highest percentage wins.

For example,

Baseline/Record times for athletes equals 2 minutes

Actual time run in rarely equal 4 minutes.

2 divided by 4 = 50%

Team thus achieves 50%

Eg 2 – As it would look at event (Baseline would obviously alter to match each athlete's classification)

Boys 100M Baseline T01 is 11.55 secs T31 is 29.1 secs WR Mens 100M is 9.58 secs (would then multiply by 2 as there would be two able runners)

Total record for this team would = 59.81 secs

If team ran 1 min 43.25 secs = 103.25

Team score would be 57.92% (59.81 divided by 103.25)

All athletes are compared to the best time as per their ability and should make for an even playing field.

At the end of the 2021 Championships, the Team Officials can decide if the event is to be permanently added to the Championship program. If they wish for it to be continued, then a recommendation is to be raised at the Post Championship Meeting.



School Sport Australia Track & Field Championships

Relay Team Sheet

BOYS

GIRLS

PLEASE CIRCLE

COMBINED RELAY

10 YEARS

11 YEARS

12 YEARS

PLEASE CIRCLE

4 x 100 m

PLEASE CIRCLE

EVENT NO: _____ **STATE/TERRITORY:** _____

	<i>NAMES (IN RUNNING ORDER)</i>	<i>CLASSIFICATION /ABLE BODY</i>
1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____
EM 1.	_____	_____
EM 2.	_____	_____

SIGNED _____ **(TEAM MANAGER)**

- ◆ **ONLY SUBMIT IF THERE IS A CHANGE IN NAMES**
- ◆ **NOT REQUIRED IF THERE IS A CHANGE IN ORDER**
- ◆ **SUBMIT 1 HOUR PRIOR TO THE RELAYS**

APPENDIX 1: MULTI-CLASS EVENTS

Outlined below is the list of classes for the SSA 10 – 12 Years Track & Field Championships to guide each state/territory when identifying potential athletes.

TRACK & JUMPS (prefix T for Track)

Discipline: Running and Jumping

T01	Deaf & hard of hearing
T11 - 13	Vision impaired
T20	Intellectual impairment
T21	Intellectual – Significant additional impairment e.g. Down Syndrome
T35 - 38	Coordination impairments - hypertonia, ataxia & athetosis
T40 - 41	Short stature
T42 - 44	Lower limb competing without prosthesis affected by limb deficiency, leg length difference, impaired muscle power or impaired passive range of movement
T45 - 47	Upper limb/s affected by limb deficiency, impaired muscle power or impaired passive range of movement
T60	Transplant
T61 - 64	Lower limb/s competing with prosthesis affected by limb deficiency and leg length difference

Discipline: Wheelchair racing

T32 - 34	Coordination impairments - hypertonia, ataxia & athetosis
T51 - 54	Limb deficiency, leg length difference, impaired muscle power or impaired passive range of movement

Discipline: Frame Running

TR71 - 72	athletes with severe co-ordination impairment (hypertonia, ataxia, athetosis)
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THROWS (prefix F for Field)

Discipline: Standing throws (ambulant)

F01	Deaf & hard of hearing
F11 - 13	Vision impaired
F20	Intellectual impairment
F21	Intellectual – Significant additional impairment e.g. Down Syndrome
F35 - 38	Co-ordination impairments (hypertonia, ataxia and athetosis)
F40 - 41	Short stature
F42 - 44	Lower limb competing without prosthesis affected by limb deficiency, leg length difference, impaired muscle power or impaired passive range of movement
F45 - 46	Upper limb/s affected by limb deficiency, impaired muscle power or impaired passive range of movement
F60	Transplant
F61 - 64	Lower limb/s competing with prosthesis affected by limb deficiency and leg length difference

Discipline: Seated throws

F32 - 34	Co-ordination impairments (hypertonia, ataxia and athetosis)
F51-57	Limb deficiency, leg length difference, impaired muscle power or impaired range of movement

Matrix of eligible events

Class	100m	200m	800m	Long Jump	Shot Put	Discus
01	✓	✓	✓	✓	✓	✓
11	✓	✓	✓	✓	✓	✓
12	✓	✓	✓	✓	✓	✓
13	✓	✓	✓	✓	✓	✓
20	✓	✓	✓	✓	✓	✓
21	✓	✓	✓	✓	✓	✓
32	✓	✓	✓		✓	✓
33	✓	✓	✓		✓	✓
34	✓	✓	✓		✓	✓
35	✓	✓	✓	✓	✓	✓
36	✓	✓	✓	✓	✓	✓
37	✓	✓	✓	✓	✓	✓
38	✓	✓	✓	✓	✓	✓
40	✓	✓			✓	✓
41	✓	✓			✓	✓
42	✓	✓	✓	✓	✓	✓
43	✓	✓	✓	✓	✓	✓
44	✓	✓	✓	✓	✓	✓
45	✓	✓	✓	✓	✓	✓
46	✓	✓	✓	✓	✓	✓
47	✓	✓		✓		
51	✓	✓	✓			✓
52	✓	✓	✓		✓	✓
53	✓	✓	✓		✓	✓
54	✓	✓	✓		✓	✓
55					✓	✓
56					✓	✓
57					✓	✓
60	✓	✓	✓	✓	✓	✓
61	✓	✓	✓	✓	✓	✓
62	✓	✓	✓	✓	✓	✓
63	✓	✓	✓	✓	✓	✓
64	✓	✓	✓	✓	✓	✓
TR71	✓					
TR72	✓					

Amended November 2024