

COMBINED ATHLETIC SPORTS

CONDUCT:

1. See General Regulations Governing Sporting Competitions.
2. Athletics is conducted under the rules of the International Association of Athletics Federation (IAAF) and Athletics Victoria unless otherwise stated.

Note:

- a. The APS will maintain the two false start rule with a yearly review of the AV Start rule.
 - b. The APS Athletics Records recognise the best performance in each event and each age group, irrespective of the wind gauge reading, in the APS Heats and Finals.
 - c. In *Long Jump* competitors are allowed three jumps each and in *Discus* and *Shot Put* competitors are allowed four throws/put each.
3. The Combined Sports shall be held on the **second Saturday of Term 4** with any necessary heats being run on the preceding Wednesday. **The Junior Secondary Athletics Meet shall be held on the Wednesday morning of the APS Boys Heats.**
 4. In under age events, competitors shall be under the age if the competitor's date of birth is on or after the first day of November in the year of competition. Boys competing in open events are under 19 years of age on 1 January of the same year.
 5.
 - a. A competitor may compete in as many events as the school shall decide but a competitor may not compete in the same event in more than one age group. For the purposes of this event the Heats and Finals are considered part of the same event.
 - b. All events will start at the advertised time, and no event may be held back because a competitor at the time is competing in another event. A competitor who leaves a field games event to compete in a track event must first obtain permission of the official in charge of the event.
 - c. **Simultaneous events:** Having reported to the field event, a competitor may excuse themselves to take part in another event at the same time. Having left the field event, a competitor has 15 minutes from the last competitor completing their final round of that event to return and complete their remaining rounds.
 - d. If the track program falls behind, the High Jump competition freezes at the current height and recommences when determined by the Executive Officer/Arena Manager.
 - e. **Only adults should be given the role of "spiking" performances (LJ, TJ, DT, SP) both for safety in Shot and Discus and also for accuracy of the event.**
 6.
 - a. No non-competitor shall be allowed in the arena with a competitor. Any breach of this rule could result in the disqualification of the competitor. (**Note:** this rule prohibits emergencies coming on to the arena).
 - b. Any protests must be made in writing through the school Delegate to the Executive Officer of APS Sport.
 7. **Heats:** Boys who compete in the Heats may be replaced in the Finals.
 - a. A competitor who is disqualified in either heat or final shall be placed last in his division.
 - b. A competitor has not competed unless he has been in the starter's hands. Should a school not compete in an event, it shall receive no (0) points for that event.
 - c. In all track events in which Heats are run in all age groups, the Division 1 finalists will be:
 - i. 1st & 2nd placegetters in each Heats;
 - ii. the next two best times;
 - iii. competitors who equal the second fastest time in (ii) and cannot be judged slower (by judges or photofinish).
 - d. **When using Meet Manager, circular seeding will be used to allocate competitors into Heats, then the determined lanes allocated for the Division 1 and Division 2 Finals.**
 8. After Qualifying for Division 1 on Wednesday, a school cannot gain points unless they enter a competitor in the event on the Saturday.
 - a. Division 1 Finalists race for the first points awarded to the first six places. Other competitors will race in the Division 2 Finals and compete for points allotted to places seventh to eleventh:
 - b. In the Finals, points shall be awarded as follows:

1st	12	2nd	10	3rd	9	4th	8	5th	7	6th	6
7th	5	8th	4	9th	3	10th	2	11th	1		
 - c. Where there are two finals, i.e., Division 1 and Division 2 points will be awarded in Division 2 finals as for 7th, 8th, 9th, 10th and 11th places.

Division 1:	1st	12	2nd	10	3rd	9	4th	8	5th	7	6th	6
Division 2:	1st	5	2nd	4	3rd	3	4th	2	5th	1		
 - d. Any athlete who does not finish or infringes in a Division 2 Final or in the 1500 metres, 3000 metres, 800 metres or 4 x 800 metre relay will be awarded 1 point.

9. Extra stopwatches and timekeepers must be available at the Heats to ensure accurate timing in case the electronic system fails.
10. The numbers against the competitors' names in races indicate the position at the start from left to right for track events, and in field events the order of competing.
11. **Relays:**
 - a. In the 4 x 100 metre, members of a team other than the first athlete may commence running not more than ten metres outside the takeover zone but the baton must be passed within the 20 metre takeover zone.
 - b. In the 4 x 400m relay races, the first lap, as well as that part of the second lap up to the exit from the first bend, will be run entirely in lanes (i.e. 500 metres).
 - c. The 4 x 800m (as for the 800m events) will start in lanes with drawn competitors "doubled up" in lanes 3, 5 & 7 with competitors running in lane order as listed in the program. The first 100m will be run in lanes and finish at the end of the straight.
 - d. The baton must be carried in the hand throughout the race. If dropped, it must be recovered by the athlete who dropped it. In all relay races, the baton must be passed within the takeover zone. The passing of the baton is completed at the moment it is in the hand of the receiving athlete only. Within the takeover zone, it is only the position of the baton which is decisive, and not the position of the body or limbs of the competitors.
 - f. **Relays run in lanes**
Competitors after handing over the baton should remain in their lanes to avoid obstruction to other competitors. Should any competitor wilfully impede a member of another team by running out of position or lane at the finish of their leg, they are liable to cause the disqualification of their own team.
 - g. **Relays running in inside lane**
Incoming runners must try not to impede outgoing runners and must move out of the way quickly.
 - h. Assistance by pushing off or by any other method will cause disqualification.
12. **High jump:**
 - a. Starting heights shall be as follows and then as the judge decides:

Open	1st Jump	1.65m	2nd Jump	1.70m
U17	1st Jump	1.60m	2nd Jump	1.65m
U16	1st Jump	1.50m	2nd Jump	1.55m
U15	1st Jump	1.40m	2nd Jump	1.45m
U14	1st Jump	1.35m	2nd Jump	1.40m
 - b. The second jump height in the High Jump competition for all age groups will be a 5cm increment. Subsequent increases will be at the discretion of the AV Officials running the event.
 - c. An athlete winning the high jump may have three more attempts (within the rules of jumping) at any heights they may choose. If they should break the record, they may have further attempts at a higher level.
 - d. If the track program falls behind, the High Jump competition freezes at the current height and recommences when determined by the Executive Officer/Arena Manager.
13. **Triple Jump:** Take-off board will be marked at 8, 9, 10 and 11 metres.
14. **Hurdles, Discus, Shot Put, AAU Specifications**

Hurdle heights & specifications

Age	Distance of race	Number of hurdles	Hurdle height	Distance to 1st hurdle	Distance between	Distance to Finish	Marker
Open	110m	10	106.7	13.72	9.14	14.02	Red
U20	110m	10	91.5	13.72	9.14	14.02	Red
U17	110m	10	91.5	13.72	9.14	14.02	Red
U16	100m	10	84	13	8.50	10.50	Yellow
U15	100m	10	84	13	8.50	10.50	Yellow
U14	90m	9	76	13	8	13	White
U13	80m	9	76	12	7	12	Black

Under-age field implements:

Age Group	U13	U14	U15	U16	U17	Open
Discus	1kg	1kg	1kg	1kg	1.5kg	1.5kg
Shot	3kg	3kg	4kg	4kg	5kg	6kg
Shot Diameter	95-110mm	95-110mm	95-110mm	98-115mm	98-115mm	102-12m

ORGANISATION OF APS LEAD UP MEETS:

The following instructions regarding responsibilities for host schools of lead up meetings:

- Confirm with the APS Office the programme for the meeting and discuss any possible changes before the Program is circulated.
- Prepare and provide Field game recording sheets, folders and pens.
- Contact the Venue Management prior to the meeting to establish which equipment is/isn't provided by the track and confirm gate opening details.
- Liaise with the Venue Management on the day and arrive well before the meeting to ensure distribution of equipment and organisation of the meeting.
- Informing competing schools of equipment needed to be brought by each school.
- Marshall and starting of all track events.
- Provide announcements over the PA for the efficient running of the programme.
- Provide starter, starting pistol and caps for the meeting.
- Copy and distribute completed Field games results to all competing schools in the week following the meeting."
- **The APS Office will arrange for the Finals Day Field Referee to attend the last lead up meet to instruct school officials on the correct conduct of events.**

TO COACHES**Combined Sports**

1. The entrances to the arena are at Gate 1 (Albert Road) corner of the ground.
3. **Warm-up:** No warming up should take place on the track until the Girls' Combined Sports and their presentation is finished. Limited warming up is allowed on No 1 track, but athletes have to sit down while a race is in progress. They must not be on the track if circular races are about to start. Emergencies and coaches are not allowed on to the arena.
4. **Uniform: Athletes must compete in the correct school approved uniform. School approved athletics shorts may be of a loose-fitting and/or tight fitting style. Compression garments may be worn as a base layer with school approved shorts over the top. Compression garments, where worn, should not have visible trademarks or logos.** Competitors should not wear any emblem on their tracksuits except the usual school badges. Please try to stop the use of football jumpers and other coloured tracksuits.
5. Competitors must report at the start for their race, on time. The event will normally be called five minutes before the due starting time. There is no marshalling area.
6. **Spikes** - 9mm running track and 12mm high jump.
7. **Starting blocks: Schools may use their own starting blocks or use the ones provided by the venue.**
8. **Re-starting:** Would you please warn your athletes that they must remain steady while in SET position. They will be held for about two seconds before the gun is fired.
For sprint events - a crouch start must be used for 100m, 200m and 400m events, including the first leg of the 4 x 400m relay. This is an international rule introduced a few years ago.
9. **Relays:** After the warm-up, practice the changes on the track. Chalk marks or powder only may be used - do not scratch the track. Report to the changeover point when the event is called.
10. Only the official batons are to be used in the relay races, but schools are to provide their own batons for warming up.
11. **Lanes:** The inside lane is **not** used for the 200m, 400m, 800m and 4 x 100m relays so the school which drew number one lane will be in number two, etc. The lane each school has drawn is the lane shown on the programme.
12. Incoming relay runners must move quickly out of the way of other competitors. Usually this is off to the inside of the track.
13. The photo finish camera and electronic scoreboard will be used for official times and places.
14. **Banners, trumpets, drums etc.**, are not to be brought into the ground or used.

TRACK MARKINGS IN USE AT LAKESIDE STADIUM, MELBOURNE

The IAAF Technical Committee, in conjunction with a leading track marking firm, has produced an international standard scheme for marking synthetic tracks. The colours have been chosen after consulting IAAF member Federations and selecting the markings which (a) were in most common use, and (b) would prove most effective in clearly showing up on the coloured track. These have been adopted at Lakeside Stadium.

The colour code is:

1. Full white mark - start of all events except 800m and 4 x 400m relay.
2. Start 800m where lanes are used - green centre, white each end.
3. Start 4 x 400m relay - blue centre, white each end.
4. 4 x 100m relay changeover zones - yellow markings thus:

Start _____ / *Finish* _____ /

are located at 200m start area.

Full blue lines 10m either side 200m line - 3rd changeover zone.

5. 4 x 200m relay changeover zone - blue markings thus:

Start _____ / *Finish* _____ /

are located at 200m start area.

Full blue lines 10m either side of 200m lines - 3rd changeover zone.

6. 4 x 400m relay changeover zones - blue markings thus:

Start _____ / *Finish* _____ /

also for 4 x 200m 2nd changeover zone.

Full blue lines 10m either side of finish - 2nd and 3rd changeover zones.

7. Acceleration marks - orange marking - 90% across lane with small areas left open at either side - used for 4 x 100m relay and 4 x 200m relay. There are two sets of these at the 200m start. One set is used for 4 x 100m relay. The other set for 4 x 200m relay. At the 400m start there is one set for both 4 x 200m relay 2nd change and 4 x 400m relay 1st change.
8. Hurdle positions for 100m - small yellow squares at either side of the lane (front and back straight).
9. Hurdle positions for 110m - small red squares at either side of the lane (front and back straight).
10. Hurdle positions for 400m - small green squares at either side of the lane.
11. Hurdle positions for 90m - small white squares at either side of the lane (front straight only).
12. Hurdle positions for 80m - small black squares either side of the lane (front straight only).
13. Steeplechase - barrier positions marked in Lanes 1 and 3 only - large white square on left hand side of the lane.

APS BOYS' COMBINED ATHLETICS PROGRAMME & RECORDS

1	1.00pm	Under 17 High Jump [Mat 1]	2.12m	2012	J C Baden, Melbourne
2	1.00	Under 15 Shot Put	17.26m	2016	O J Courtnay, Geelong College
3	1.00	Under 16 Triple Jump [East Pit]	14.09m	2011	H G Smith, St Kevin's
4	1.00	Under 15 Long Jump [West Pit]	6.45m	2004	A M Smith, Haileybury
5	1.00	Under 14 High Jump [Mat 2]	1.76m	2015	H O Manton, Melbourne
6	1.00	Under 17 Discus	42.04m	2019	P J Somerville, Xavier
7	1.00	Open 800 Metre	1:48.83	2013	L D Mathews, St Kevin's
8	1.05	Under 16 800 Metre	1:54.39	1989	J J Ischia, Scotch
9	1.10	Under 15 800 Metre	1:57.53	1987	M J Holcombe, Caulfield
10	1.18	Open 110 Metre Hurdles [91.5cm]	13.38	2008	S W Baines, Melbourne
11	1.24	Under 17 110 Metre Hurdles [91.5cm]	14.03	2007	S W Baines, Melbourne
12	1.32	Under 16 100 Metre Hurdles [84cm]	13.13	2013	A M McGrath, Brighton
13	1.38	Under 15 100 Metre Hurdles [84cm]	13.54	2015	A R Leferink, Brighton
14	1.45	Under 17 Triple Jump [East Pit]	14.33m	2012	D Johnson, St Kevin's
15	1.45	Open Shot Put	16.83m	2016	J G Joycey, Xavier
16	1.45	Under 15 Discus	46.58m	2018	K V Ofahengaue, Brighton
17	1:45	Under 16 Long Jump [West Pit]	6.50m	1986	C L Mathai, Xavier
18	1.46	Under 17 800 Metre	1:52.02	1990	J J Ischia, Scotch
19	1.50	Under 15 High Jump [Mat 2]	1.92m	1995	R D Manefield, Caulfield
20	1.51	Under 14 800 Metre	2:05.62	2016	N G O'Brien, Geelong College
21	1.59	Open 100 Metre	10.62	1992	N C Rennie, Carey
22	2.04	Under 17 100 Metre	10.67	2018	M Monleh, Wesley
23	2.11	Under 16 100 Metre	10.91	2016	A R Leferink, Brighton
24	2.16	Under 15 100 Metre	11.06	2018	J D Peris, Melbourne
25	2.21	Under 14 100 Metre	11.60	2012	A E S Dowling, Carey
26	2.26	Open 400 Metre	47.64	1982	P G Dunne, St Kevin's
27	2.30	Under 14 Discus	35.28m	2019	N C Smith, Caulfield
28	2.30	Under 17 Shot Put	17.30m	2018	O J Courtnay, Geelong College
29	2.30	Open Triple Jump [East Pit]	15.00m	2013	D Johnson, St Kevin's
30	2:30	Under 17 Long Jump [West Pit]	6.92m	1992	A N Faichney, Scotch
31	2.33	Open 3000 Metre	8:21.40	1974	F R E de Castella, Xavier
32	2.46	Under 15 1500 Metre	4:15.10	1981	D E Paulin, Carey
33	2.52	Under 16 1500 Metre	4:07.10	1982	D B Kenneally, Wesley
34	2:55	Under 16 High Jump [Mat 2]	2.08m	2015	J P Lightfoot, Xavier
35	2.58	Under 14 200 Metre	24.22	2019	R Chen, Scotch
36	3.03	Under 15 200 Metre	22.29	2018	J D Peris, Melbourne
37	3.08	Under 16 200 Metre	21.74	2016	A R Leferink, Brighton
38	3.13	Under 17 200 Metre	21.80	2013	M K Romanin, St Kevin's
39	3.15	Under 14 Long Jump	6.18m	2012	D Luu, Caulfield
40	3:15	Under 15 Triple Jump [East Pit]	13.73m	2000	M A Cooter, Caulfield
41	3.15	Under 16 Shot Put	17.99m	2017	O J Courtnay, Wesley
42	3.15	Open Discus	55.68m	2019	O J Courtnay, Geelong College
43	3.15	Open High Jump [Mat 1]	2.29m	2014	J C Baden, Melbourne
44	3.19	Open 200 Metre	21.39	2013	W M Johns, Caulfield
45	3.25	Open 4x800 Metre Relay	7:44.60	1995	Scotch College
46	3.37	Under 14 1500 Metre	4:32.86	2019	J V Bowen, St Kevin's
47	3.45	Under 17 1500 Metre	3:57.99	1988	N J Adkin, Caulfield
48	3.53	Under 17 4x100 Metre Relay	43.14	1983	Caulfield Grammar
49	4.00	Open Long Jump [West Pit]	7.28m	2008	D P Bailey, St Kevin's
50	4:00	Under 14 Triple Jump [East Pit]	11.85m	2019	J E Payne, Geelong College
51	4:00	Under 14 Shot Put	17.67m	2015	O J Courtnay, Geelong College
52	4.00	Under 16 Discus	50.16m	2019	K V Ofahengaue, Brighton
53	4:01	Under 16 4x100 Metre Relay	43.85	2019	Melbourne Grammar
54	4.09	Under 15 4x100 Metre Relay	44.88	2018	Melbourne Grammar
55	4.17	Under 14 4x100 Metre Relay	47.27	2014	Brighton Grammar
56	4.25	Open 4x400 Metre Relay	3:19.64	2015	St Kevin's College
57	4.35	Under 17 4x400 Metre Relay	3:23.20	1981	Xavier College
58	4.45	Under 16 4x400 Metre Relay	3:27.67	1986	Caulfield Grammar
59	4.55	Under 15 4x400 Metre Relay	3:36.36	2015	Wesley College
60	5.05	Open 1500 Metre	3:51.40	1985	D E Paulin, Carey
61	5:10	Open 4x100 Metre Relay	41.86	2008	Melbourne Grammar

DRAW FOR APS ATHLETIC HEATS (If Meet Manager is not being used)

Event	1st Heat 5-heat lanes					2nd Heat 6-heat lanes					
	1	2	3	4	5	6	7	8	9	10	11
1	1	2	4	7	11	9	10	3	5	6	8
2	2	3	5	8	1	10	11	4	6	7	9
3	3	4	6	9	2	11	1	5	7	8	10
4	4	5	7	10	3	1	2	6	8	9	11
5	5	6	8	11	4	2	3	7	9	10	1
6	6	7	9	1	5	3	4	8	10	11	2
7	7	8	10	2	6	4	5	9	11	1	3
8	8	9	11	3	7	5	6	10	1	2	4
9	9	10	1	4	8	6	7	11	2	3	5
10	10	11	2	5	9	7	8	1	3	4	6
11	11	1	3	6	10	8	9	2	4	5	7
12	3	2	11	8	4	6	5	1	10	9	7
13	4	3	1	9	5	7	6	2	11	10	8
14	5	4	2	10	6	8	7	3	1	11	9
15	6	5	3	11	7	9	8	4	2	1	10
16	7	6	4	1	8	10	9	5	3	2	11
17	8	7	5	2	9	11	10	6	4	3	1
18	9	8	6	3	10	1	11	7	5	4	2
19	10	9	7	4	11	2	1	8	6	5	3
20	11	10	8	5	1	3	2	9	7	6	4
21	1	11	9	6	2	4	3	10	8	7	5
22	2	1	10	7	3	5	4	11	9	8	6
23	9	6	5	8	4	3	2	1	11	10	7
24	3	2	11	8	4	6	5	1	10	9	7

The draw for the field events will follow the above sequence, if Meet Manager is not used.

APS BOYS' JUNIOR COMBINED ATHLETICS MEETING

AT LAKESIDE STADIUM ON WEDNESDAY 14 OCTOBER 2021

Starting time: 9.30 am
Finishing time: 11.40 am

PROGRAMME

TRACK EVENTS ↓

Time	Age group		Event	Div.	Number of competitors
9.30	U14	Circle	800m	A&B	1 each grade
9.40	U15		800m	A&B	1 each grade
9.50	U14	Straight	100m	A-H	1 each grade
10.00	U15		100m	A-H	1 each grade
10.10	U14	Circle	200m	A-D	1 each grade
10.20	U15		200m	A-F	1 each grade
10.30	U14	Circle	1500m	A	2 each grade
10.40	U14	Straight	Hurdles	A & B	1 each grade
10.50	U15	Circle	1500m	A	2 each grade
11.00	U15	Straight	Hurdles	A & B	1 each grade
11.10	U14	Circle	4x400m	A	
11.20	U15	Circle	4x400m	A	
11.30	U14	Circle	4x100m	B & A	
11.40	U15	Circle	4x100m	B & A	

FIELD EVENTS ↓

Time	Age group	Event	Div.	Number of competitors
9.30	U15	Shot Put	A & B	1 each grade
9.30	U14	Long Jump	A	1 each grade
9.30	U15	Triple Jump	A	1 each grade
9.30	U14	Discus Throw	A	1 each grade
10.10	U15	Long Jump	A	1 each grade
10.10	U14	Triple Jump	A	1 each grade
10.10	U15	Discus Throw	A	1 each grade
10.15	U14	High Jump	A & B	1 each grade
10.50	U14	Shot Put	A & B	1 each grade
10.50	U15	High Jump	A & B	1 each grade

Please Note: COMPETITORS SELECTED FROM YEARS 7 & 8 ONLY

Lanes for 100m: 1- 2- 3- 4- 5-
 6- 7- 8- 9- 10- 11-

Lanes for 200m, Hurdles & 4x100m Relay:

Heat 1: Lane 2- Lane 3- Lane 4- Lane 5- Lane 6- Lane 7-
Heat 2: Lane 2- Lane 3- Lane 4- Lane 5- Lane 6-

Lanes for 800m, 1500m & 4x400m Relay:

 Lane 1- Lane 2- Lane 3- Lane 4- Lane 5-
 Lane 6- Lane 7- Lane 8-

Order for Field Events:

 1- 2- 3- 4- 5-
 6- 7- 8- 9- 10- 11--

