

1. See General Regulations Governing Sporting Competitions.

Athletics is conducted under the rules of 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. All competitors are allowed one practice before Discus, Shot Put, Triple and Long jump events commence.
 - d. **Girls may compete at APS Finals in bike short length (above the knee) compression garments, in School or skin colour, with no/ limited visible branding.**
2. The Combined Girls' Athletic Sports shall be held on the morning of the **second Saturday of Term 4** (in October 2021) prior to the Boys' events.
 3. 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. Athletes competing in open events are under 19 years of age on 1 January of the same year.
 4.
 - a. A competitor may compete in as many events as their school shall decide but a competitor may not compete in the same event in more than one age group.
 - 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 their 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. Shot Put events, one age group be allocated per circle with the following age group event to compete in the alternate circle. School based officials to remain the same.'
 - f. **Only adults should be given the job of "spiking" performances (LJ, TJ, DT, SP) both for safety in Shot and Discus and also for accuracy of the event.**
 5. 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).
 6. **Points:** In the A Division finals points shall be awarded as follows:

| | | | | | | | | | | | |
|------------|----------|------------|---|------------|---|------------|---|------------|---|------------|---|
| 1st | 7 points | 2nd | 5 | 3rd | 4 | 4th | 3 | 5th | 2 | 6th | 1 |
|------------|----------|------------|---|------------|---|------------|---|------------|---|------------|---|

1 point for Did Not Finish (DNF) and disqualification (DQ). No competitor - 0

In the B Division finals points shall be awarded as follows:

| | | | | | | | | | | | |
|------------|------------|------------|-----|------------|---|------------|-----|------------|---|------------|-----|
| 1st | 3.5 points | 2nd | 2.5 | 3rd | 2 | 4th | 1.5 | 5th | 1 | 6th | 0.5 |
|------------|------------|------------|-----|------------|---|------------|-----|------------|---|------------|-----|

0.5 point for Did Not Finish (DNF) and disqualification (DQ). No competitor – 0

The 1500 metre events be run as the first runner across the line is the A competitor for a school and the second runner is considered the B competitor. No designation is required prior to the event.

The Shot Put events be run as the furthest put is the A competitor for a school and the second placed thrower from that school is considered the B competitor. No designation is required prior to the event.'
 7. 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.
 8. **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. Check marks - Chalk marks only may be used on a synthetic surface.
 - c. 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.

d. 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.

Relays running in inside lane

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.

e. Assistance by pushing off or by any other method will cause disqualification.

9. High jump:

Starting heights shall be as follows and then raised by 5cm for the next two heights and then as the judge decides:

| | | |
|------|----------|-------|
| Open | 1st jump | 1.25m |
| U17 | 1st jump | 1.25m |
| U16 | 1st jump | 1.20m |
| U15 | 1st jump | 1.15m |
| U14 | 1st jump | 1.10m |
| U13 | 1st jump | 1.05m |

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.

10. **Triple Jump:** Take-off board will be marked at 8, 9, 10 and 11 metres.

11. Hurdles: AAU Specifications

WOMEN Hurdle heights & specifications

| Age | Distance of race | Number of hurdles | Hurdle height | Distance to 1st hurdle | Distance between | Distance to finish | Marker |
|------|------------------|-------------------|---------------|------------------------|------------------|--------------------|--------|
| Open | 100 | 10 | 76 | 13 | 8.50 | 10.50 | Yellow |
| U17 | 100 | 10 | 76 | 13 | 8.50 | 10.50 | Yellow |
| U16 | 90 | 9 | 76 | 13 | 8.00 | 13.00 | White |
| U15 | 90 | 9 | 76 | 13 | 8.00 | 13.00 | White |
| U14 | 80 | 9 | 76 | 12 | 7.00 | 12.00 | Black |
| U13 | 80 | 9 | 76 | 12 | 7.00 | 12.00 | Black |

12. Discus and Shot put: AAU Specifications

Under-age field implements:

| Age Group | U13 | U14 | U15 | U16 | U17 | Open |
|-----------|-----|-----|-----|-----|-----|------|
| Discus | 1kg | 1kg | 1kg | 1kg | 1kg | 1kg |
| Shot | 3kg | 3kg | 3kg | 3kg | 3kg | 3kg |

13. Seating:

Will be determined by the APS Sport office on a rotational basis and working in with the Boys rotation.

14. Lane draw:

The lane draw for the APS Girls Athletics Finals is allocated at random by the Meet Manager program.

15. Organising school:

| | |
|------|-----|
| 2021 | GGS |
| 2022 | HY |
| 2023 | WC |
| 2024 | CY |

APS GIRLS' COMBINED ATHLETICS PROGRAMME & RECORDS

| No | Time | Event | Record | Year | Holder |
|----|--------------|---|---------------|-------------|--------------------------------------|
| 1 | 8.50am | Under 20 High Jump [Mat 1] | 1.71m | 2005 | M V Adams, Carey |
| 2 | 8.50 | Under 17 High Jump [Mat 2] | 1.68m | 2004 | M V Adams, Carey |
| 3 | 8.50 | Under 16 Long Jump [West Pit] | 5.81m | 2008 | B M Stratton, Caulfield |
| 4 | 8.50 | Under 14 Triple Jump [East Pit] | 11.26m | 2019 | S J Farrell, Caulfield |
| 5 | 8.50 | Under 13 Shot Put Div B [Circle 1] | 10.78m | 2017 | M A Scerri, Haileybury |
| 6 | 8.50 | Under 13 Shot Put Div A [Circle 1] | 10.78m | 2017 | M A Scerri, Haileybury |
| 7 | 9.00 | Under 20 Discus [Cage] | 40.58m | 2017 | L N Varley, Wesley |
| 8 | 9.00 | Under 20 800 Metre | 2:10.53 | 2001 | G E Clarke, Geelong College |
| 9 | 9.05 | Under 17 800 Metre | 2:13.44 | 2018 | S O'Sullivan, Wesley |
| 10 | 9.10 | Under 13 80 Metre Hurdles [76cm] | 13.50 | 2014 | M G Russell, Caulfield |
| 11 | 9.13 | Under 14 80 Metre Hurdles [76cm] | 12.81 | 2015 | M G Russell, Caulfield |
| 12 | 9.15 | Under 16 800 Metre | 2:11.02 | 1999 | G E Clarke, Geelong College |
| 13 | 9.15 | Under 14 Shot Put Div B [Circle 2] | 12.33m | 2013 | P A Montag, Wesley |
| 14 | 9.15 | Under 14 Shot Put Div A [Circle 2] | 12.33m | 2013 | P A Montag, Wesley |
| 15 | 9.20 | Under 15 800 Metre | 2:10.29 | 1998 | G E Clarke, Geelong College |
| 16 | 9.25 | Under 15 Triple Jump [East Pit] | 11.49m | 2010 | S J Ferrier, Carey |
| 17 | 9.25 | Under 14 Long Jump [West Pit] | 5.53m | 2012 | N I Owusu-Afriyie, Wesley |
| 18 | 9.25 | Under 20 100 Metre | 11.91 | 2008 | C Cuttler, Caulfield |
| 19 | 9.28 | Under 17 100 Metre | 12.06 | 2017 | M P Gross, Geelong Grammar |
| 20 | 9.35 | Under 15 90 Metre Hurdles [76cm] | 13.32 | 2007 | B M Stratton, Caulfield |
| 21 | 9.38 | Under 16 90 Metre Hurdles [76cm] | 13.15 | 2017 | M G Russell, Caulfield |
| 22 | 9.40 | Under 14 800 Metre | 2:16.30 | 1997 | G E Clarke, Geelong College |
| 23 | 9.40 | Under 15 Shot Put Div B [Circle 1] | 13.33m | 2014 | P A Montag, Caulfield |
| 24 | 9.40 | Under 15 Shot Put Div A [Circle 1] | 13.33m | 2014 | P A Montag, Caulfield |
| 25 | 9.45 | Under 17 Discus [Cage] | 34.76 | 2019 | O J Rundle, Caulfield |
| 26 | 9.45 | Under 13 800 Metre | 2:15.36 | 1996 | G E Clarke, Geelong College |
| 27 | 9.50 | Under 20 Long Jump [West Pit] | 5.76m | 1994 | G A Farley, Geelong Grammar |
| 28 | 9.50 | Under 17 Long Jump [East Pit] | 5.70m | 2019 | C J Bradshaw, Geelong College |
| 29 | 9.50 | Under 13 100 Metre | 12.81 | 2018 | J A Lim, Caulfield |
| 30 | 9.53 | Under 14 100 Metre | 12.59 | 2012 | N I Owusu-Afriyie, Wesley |
| 31 | 9.55 | Under 15 100 Metre | 12.38 | 2016 | M G Russell, Caulfield |
| | | | | 2018 | H M Cote, Caulfield |
| 32 | 9.55 | Under 14 High Jump [Mat 1] | 1.61m | 2012 | D Pjanic, Wesley |
| 33 | 9.55 | Under 13 High Jump [Mat 2] | 1.56m | 2019 | R B Jones, Geelong College |
| 34 | 9.58 | Under 16 100 Metre | 12.03 | 2017 | M G Russell, Caulfield |
| 35 | 10.05 | Under 17 100 Metre Hurdles [76cm] | 14.34 | 2014 | D M Shaw, Wesley |
| 36 | 10.08 | Under 20 100 Metre Hurdles [76cm] | 13.77 | 2016 | D M Shaw, Wesley |
| 37 | 10.10 | Under 16 Shot Put Div B [Circle 2] | 13.91m | 2017 | L N Varley, Wesley |
| 38 | 10.10 | Under 16 Shot Put Div A [Circle 2] | 13.91m | 2017 | L N Varley, Wesley |
| 39 | 10.13 | Under 20 400 Metre | 56.02 | 1996 | T C Lewis, Caulfield |
| 40 | 10.15 | Under 20 Triple Jump [East Pit] | 12.10m | 2011 | B M Stratton, Caulfield |
| 41 | 10.18 | Under 17 400 Metre | 56.39 | 2017 | M P Gross, Geelong Grammar |
| 42 | 10.22 | Under 14 400 Metre | 1:00.03 | 2009 | E I Fyffe, Geelong College |
| 43 | 10.26 | Under 15 400 Metre | 58.95 | 2007 | B M Stratton, Caulfield |
| 44 | 10.30 | Under 16 400 Metre | 57.28 | 1998 | G E Clarke, Geelong College |
| | | | | 2014 | J M Russell, Caulfield |
| 45 | 10.30 | Under 15 Long Jump [West Pit] | 5.51m | 2007 | B M Stratton, Caulfield |
| 46 | 10.30 | Under 15 Discus [Cage] | 31.97m | 2018 | M A Scerri, Haileybury |
| 47 | 10.35 | Under 16 High Jump [Mat 1] | 1.70m | 2019 | P Deane-Johns, Carey Grammar |
| 48 | 10.35 | Under 15 High Jump [Mat 2] | 1.63m | 1996 | J L Blumfield, Wesley |
| 49 | 10.35 | Under 13 200 Metre | 26.51 | 2014 | M G Russell, Caulfield |
| 50 | 10.38 | Under 14 200 Metre | 25.45 | 2012 | N I Owusu-Afriyie, Wesley |
| 51 | 10.40 | Under 17 Shot Put Div B [Circle 1] | 14.39m | 2016 | L N Varley, Wesley |
| 52 | 10.40 | Under 17 Shot Put Div A [Circle 1] | 14.39m | 2016 | L N Varley, Wesley |
| 53 | 10.40 | Under 17 Triple Jump [East Pit] | 11.92m | 2009 | B M Stratton, Caulfield |
| 54 | 10.45 | Under 20 4x100 Metre Relay | 48.96 | 2019 | Haileybury |
| 55 | 10.50 | Under 17 4x100 Metre Relay | 50.46 | 2007 | Carey Grammar |
| 56 | 10.55 | Under 20 1500 Metre Div B | 4:28.27 | 2001 | G E Clarke, Geelong College |
| 57 | 10.55 | Under 20 1500 Metre Div A | 4:28.27 | 2001 | G E Clarke, Geelong College |
| 58 | 11.05 | Under 15 200 Metre | 24.57 | 2013 | N I Owusu-Afriyie, Wesley |
| 59 | 11.05 | Under 13 Long Jump [West Pit] | 4.95m | 2000 | A E Clifton, Geelong Grammar |
| 60 | 11.08 | Under 16 200 Metre | 24.95 | 2014 | N I Owusu-Afriyie, Wesley |
| 61 | 11.10 | Under 20 Shot Put Div B [Circle 2] [3kg] | 13.69m | 2019 | L N Varley, Wesley |
| 62 | 11.10 | Under 20 Shot Put Div A [Circle 2] [3kg] | 13.69m | 2019 | L N Varley, Wesley |
| 63 | 11.10 | Under 14 1500 Metre Div B | 4:45.40 | 2018 | A L Bunnage, Haileybury |
| 64 | 11.10 | Under 14 1500 Metre Div A | 4:45.40 | 2018 | A L Bunnage, Haileybury |
| 65 | 11.15 | Under 16 Triple Jump [East Pit] | 11.63m | 2008 | B M Stratton, Caulfield |
| 66 | 11.15 | Under 16 Discus [Cage] | 36.90m | 2019 | M A Scerri |
| 67 | 11.20 | Under 20 200 Metre | 24.98 | 2008 | C Cuttler, Caulfield |
| 68 | 11.25 | Under 17 200 Metre | 24.42 | 2017 | M P Gross, Geelong Grammar |
| 69 | 11.30 | Under 16 1500 Metre Div B | 4:34.94 | 1999 | G E Clarke, Geelong College |
| 70 | 11.30 | Under 16 1500 Metre Div A | 4:34.94 | 1999 | G E Clarke, Geelong College |
| 71 | 11.40 | Under 13 4x100 Metre Relay | 54.36 | 2010 | Caulfield Grammar |
| 72 | 11.45 | Under 14 4x100 Metre Relay | 51.68 | 2014 | Caulfield Grammar |
| 73 | 11.50 | Under 16 4x100 Metre Relay | 50.39 | 2007 | Caulfield Grammar |
| 74 | 11.55 | Under 15 4x100 Metre Relay | 50.94 | 2015 | Haileybury |
| 75 | 12.00n | Under 20 4x400 Metre Relay | 3:55.28 | 2015 | Caulfield Grammar |

DRAW FOR APS GIRLS COMBINED ATHLETICS (If Meet Manager is not being used)

| Event | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 |
|-------|--------|--------|--------|--------|--------|--------|
| 1 | 1 | 2 | 3 | 4 | 5 | 6 |
| 2 | 2 | 3 | 1 | 6 | 4 | 5 |
| 3 | 3 | 4 | 1 | 2 | 6 | 5 |
| 4 | 4 | 6 | 2 | 5 | 3 | 1 |
| 5 | 5 | 1 | 4 | 2 | 6 | 3 |
| 6 | 6 | 2 | 3 | 4 | 5 | 1 |
| 7 | 1 | 2 | 6 | 5 | 3 | 4 |
| 8 | 2 | 3 | 6 | 1 | 5 | 4 |
| 9 | 3 | 5 | 1 | 4 | 2 | 6 |
| 10 | 4 | 6 | 3 | 1 | 5 | 2 |
| 11 | 5 | 1 | 2 | 3 | 4 | 6 |
| 12 | 6 | 3 | 1 | 5 | 4 | 2 |
| 13 | 1 | 2 | 5 | 6 | 4 | 3 |
| 14 | 2 | 4 | 6 | 3 | 1 | 5 |
| 15 | 3 | 5 | 2 | 6 | 4 | 1 |
| 16 | 4 | 6 | 1 | 2 | 3 | 5 |
| 17 | 5 | 2 | 6 | 4 | 3 | 1 |
| 18 | 6 | 3 | 4 | 2 | 1 | 5 |
| 19 | 1 | 3 | 5 | 2 | 6 | 4 |
| 20 | 2 | 4 | 1 | 5 | 3 | 6 |
| 21 | 3 | 5 | 6 | 1 | 2 | 4 |
| 22 | 4 | 1 | 5 | 3 | 2 | 6 |
| 23 | 5 | 2 | 4 | 1 | 6 | 3 |
| 24 | 6 | 4 | 2 | 1 | 3 | 5 |
| 25 | 1 | 3 | 6 | 4 | 2 | 5 |
| 26 | 2 | 4 | 5 | 6 | 1 | 3 |
| 27 | 3 | 6 | 4 | 2 | 1 | 5 |
| 28 | 4 | 1 | 2 | 6 | 5 | 3 |
| 29 | 5 | 3 | 1 | 6 | 2 | 4 |
| 30 | 6 | 4 | 3 | 5 | 2 | 1 |
| 31 | 1 | 3 | 4 | 5 | 6 | 2 |
| 32 | 2 | 5 | 3 | 1 | 6 | 4 |
| 33 | 3 | 6 | 1 | 5 | 4 | 2 |
| 34 | 4 | 2 | 6 | 5 | 1 | 3 |
| 35 | 5 | 3 | 2 | 4 | 1 | 6 |
| 36 | 6 | 5 | 1 | 2 | 3 | 4 |

| Event | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 |
|-------|--------|--------|--------|--------|--------|--------|
| 37 | 1 | 4 | 2 | 6 | 5 | 3 |
| 38 | 2 | 5 | 6 | 4 | 3 | 1 |
| 39 | 3 | 1 | 5 | 4 | 6 | 2 |
| 40 | 4 | 2 | 1 | 3 | 6 | 5 |
| 41 | 5 | 4 | 6 | 1 | 2 | 3 |
| 42 | 6 | 5 | 3 | 1 | 2 | 4 |
| 43 | 1 | 4 | 5 | 3 | 2 | 6 |
| 44 | 2 | 6 | 4 | 3 | 5 | 1 |
| 45 | 3 | 1 | 6 | 2 | 5 | 4 |
| 46 | 4 | 3 | 5 | 6 | 1 | 2 |
| 47 | 5 | 4 | 2 | 6 | 1 | 3 |
| 48 | 6 | 1 | 2 | 3 | 4 | 5 |
| 49 | 1 | 5 | 3 | 2 | 4 | 6 |
| 50 | 2 | 6 | 5 | 1 | 4 | 3 |
| 51 | 3 | 2 | 4 | 5 | 6 | 1 |
| 52 | 4 | 3 | 1 | 5 | 6 | 2 |
| 53 | 5 | 6 | 1 | 2 | 3 | 4 |
| 54 | 6 | 1 | 5 | 4 | 2 | 3 |
| 55 | 1 | 5 | 4 | 6 | 3 | 2 |
| 56 | 2 | 1 | 3 | 4 | 5 | 6 |
| 57 | 3 | 2 | 6 | 4 | 5 | 1 |
| 58 | 4 | 5 | 6 | 1 | 2 | 3 |
| 59 | 5 | 6 | 4 | 3 | 1 | 2 |
| 60 | 6 | 1 | 4 | 5 | 3 | 2 |
| 61 | 1 | 6 | 2 | 4 | 3 | 5 |
| 62 | 2 | 1 | 5 | 3 | 4 | 6 |
| 63 | 3 | 4 | 5 | 6 | 1 | 2 |
| 64 | 4 | 5 | 3 | 2 | 6 | 1 |
| 65 | 5 | 6 | 3 | 4 | 2 | 1 |
| 66 | 6 | 2 | 4 | 1 | 5 | 3 |
| 67 | 1 | 6 | 4 | 2 | 3 | 5 |
| 68 | 2 | 3 | 4 | 5 | 6 | 1 |
| 69 | 3 | 4 | 2 | 1 | 5 | 6 |
| 70 | 4 | 5 | 2 | 3 | 1 | 6 |
| 71 | 5 | 1 | 3 | 6 | 4 | 2 |
| 72 | 6 | 2 | 5 | 3 | 1 | 4 |

APS Co-Ed Athletics Meet - Sample Programme

at Bill Sewart Track, enter off Burwood Highway at rear of Nunawading Basketball Stadium. [Mel Map: 62 C7]
(Commencing at 9.00am - 12.15pm)

| Time | Track Events | Age group | Time | Field Events | Age group |
|---------------|--|----------------------------|---------------|---|--|
| 8:30 - 9.00am | | Warm up | 8:30 - 9.00am | | Warm up |
| 9.00am | 100m | U/13 - Open | 9.00am | Shot Put Triple jump Long jump High jump | U16, U17 & Open Girls U13 & U14 Boys U13, U14 & U15 Girls U17 & Open Boys |
| 9:40am | 800m Hurdles - 76cm - 84cms - 92cm - 99cm | U/13 - Open U/13 - Open | 9:30am | Shot Put Triple jump Long jump High jump | U13 & U14 Boys U15 & U16 Boys U16, U17 & Open Girls U13, U14 & U15 Girls |
| 10:10am | 4 x 100m Relay | U/13 - Open | 10:00am | Shot Put Triple jump Long jump High jump | U15 & U16 Boys U17 & Open Boys U13 & U14 Boys U16, U17 & Open Girls |
| 10:30am | 200m | U/13 - Open | 10:30am | Shot Put Triple jump Long jump High jump | U17 & Open Boys U13, U14 & U15 Girls U15 & U16 Boys U13 & U14 Boys |
| 10:50am | 1500m | U/13 - Open | 11.00am | Shot Put Triple Jump Long Jump High Jump | U13, U14 & U15 Girls U16, U17 & Open Girls U17 & Open Boys U15 & U16 Boys |
| 11:10am | 400m | U/13 - Open | | | |
| 11:30am | Approximate Track finish | | 11:30am | Approximate Field finish | |

(Long Jump, South Pit - 100m finish)
(Triple Jump, North Pit - 100m start)