

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. In **Long Jump** competitors are allowed three jumps each and in **Shot Put** competitors are allowed three put each.
- b. At all Primary Athletics Meets, including the APS Division Athletics Sports, final adjudication of rulings is at the discretion of the Meet Director.
- c. **In accordance with SSV Regulations, no spikes are to be worn in any circular events that are not run in lanes, in any age group.**
- d. Age groups calculated at 31 December in the year of competition.

WEEKLY ATHLETICS PROGRAMME

Week	Date	Field Events	Track Events
1	14 October	1.20pm 9/10 Shot, 11 Long, 12/13High 1.50pm 9/10 Long, 11 High, 12/13 Shot 2.10pm 9/10 High, 11 Shot, 12/13 Long ** High Jump - 3 competitors per age group each school ** Long / Shot - 6 competitors per age group each school	Program 1 100m 200m 800m Relays
2	21 October	1.20pm 9/10 Shot, 11 Long, 12/13High 1.50pm 9/10 Long, 11 High, 12/13 Shot 2.10pm 9/10 High, 11 Shot, 12/13 Long ** High Jump - 3 competitors per age group each school ** Long / Shot - 6 competitors per age group each school ** Hurdles on the back straight	Program 2 Relays 1500m 200m 100m Hurdles
3	28 October	1.20pm 9/10 Shot, 11 Long, 12/13High 1.50pm 9/10 Long, 11 High, 12/13 Shot 2.10pm 9/10 High, 11 Shot, 12/13 Long ** High Jump - 3 competitors per age group each school ** Long / Shot - 6 competitors per age group each school	Program 1 100m 200m 800m Relays
4	4 November	1.20pm 9/10 Shot, 11 Long, 12/13High 1.50pm 9/10 Long, 11 High, 12/13 Shot 2.10pm 9/10 High, 11 Shot, 12/13 Long ** High Jump - 3 competitors per age group each school ** Long / Shot - 6 competitors per age group each school ** Hurdles on the back straight	Program 2 Relays 1500m 200m 100m Hurdles
5	11 November	1.20pm 9/10 Shot, 11 Long, 12/13High 1.50pm 9/10 Long, 11 High, 12/13 Shot 2.10pm 9/10 High, 11 Shot, 12/13 Long ** High Jump - 3 competitors per age group each school ** Long / Shot - 6 competitors per age group each school	Program 1 100m 200m 800m Relays
6	18 November	1.20pm 9/10 Shot, 11 Long, 12/13High 1.50pm 9/10 Long, 11 High, 12/13 Shot 2.10pm 9/10 High, 11 Shot, 12/13 Long ** High Jump - 3 competitors per age group each school ** Long / Shot - 6 competitors per age group each school	Program 2 Relays 1500m 200m 100m
7	25 November	1.20pm 9/10 Shot, 11 Long, 12/13High 1.50pm 9/10 Long, 11 High, 12/13 Shot 2.10pm 9/10 High, 11 Shot, 12/13 Long ** High Jump - 3 competitors per age group each school ** Long / Shot - 6 competitors per age group each school	Program 1 100m 200m 800m Relays

NOTE:

1. Please note that schools are responsible for timing their own children if they so desire
2. Boys will run before girls in Track events
3. Maximum of 3 competitors in each Field Event.
4. Please remember sunscreen and hat
5. No limit to teams in relays. Please grade teams A, B, C in each age group.

APS DIVISION FINALS FOR ATHLETICS

IMPORTANT: TIMED FINALS (Times are a GUIDE only)

TRACK EVENTS

10.30	100m 9/10Y Boys	Final 1
		Final 2
10.34	100m 9/10Y Girls	Final 1
		Final 2
10.38	100m 11Y Boys	Final 1
		Final 2
10.42	100m 11Y Girls	Final 1
		Final 2
10.46	100m 12/13Y Boys	Final 1
		Final 2
10.50	100m 12/13Y Girls	Final 1
		Final 2
11.00	1500m 9/10Y Boys	Final
	1500m 9/10Y Girls	Final
	1500m 11Y Boys	Final
	1500m 11Y Girls	Final
	1500m 12/13Y Boys	Final
	1500m 12/13Y Girls	Final
11.30	80m Hurdles 9/10Y Boys (60cm)	Final 1
		Final 2
11.34	80m Hurdles 9/10Y Girls (60cm)	Final 1
		Final 2
11.38	80m Hurdles 11Y Boys (60cm)	Final 1
		Final 2
11.42	80m Hurdles 11Y Girls (60cm)	Final 1
		Final 2
Hurdle height adjustment		
11.47	80m Hurdles 12/13Y Boys (68cm)	Final 1
		Final 2
11.51	80m Hurdles 12/13Y Girls (68cm)	Final 1
		Final 2
12.00	200m 9/10Y Boys	Final 1
		Final 2
12.04	200m 9/10Y Girls	Final 1
		Final 2
12.08	200m 11Y Boys	Final 1
		Final 2
12.12	200m 11Y Girls	Final 1
		Final 2
12.16	200m 12/13Y Boys	Final 1
		Final 2
12.20	200m 12/13Y Girls	Final 1
		Final 2
12.25	800m 9/10Y Boys	Final
12.29	800m 9/10Y Girls	Final
12.33	800m 11Y Boys	Final
12.37	800m 11Y Girls	Final
12.41	800m 12/13Y Boys	Final
12.45	800m 12/13Y Girls	Final
12.50	4x100m Relay 9/10Y Boys	Final 1
		Final 2
12.58	4x100m Relay 9/10Y Girls	Final 1
		Final 2
1.06	4x100m Relay 11Y Boys	Final 1
		Final 2
1.14	4x100m Relay 11Y Girls	Final 1
		Final 2
1.22	4x100m Relay 12/13Y Boys	Final 1
		Final 2
1.30	4x100m Relay 12/13Y Girls	Final 1
		Final 2
1.40	Event concludes	

FIELD EVENTS

10.45	Shot Put 9/10Y	Girls	Circle 1
		Boys	Circle 2
10.45	High Jump 12/13 Y	Girls	Mat 1
		Boys	Mat 2
10.45	Long Jump 11Y	Girls	Pit South
		Boys	Pit North
11.30	Shot Put 11Y	Girls	Circle 1
		Boys	Circle 2
11.30	Long Jump 12/13Y	Girls	Pit South
		Boys	Pit North
11.30	High Jump 9/10Y	Girls	Mat 1
		Boys	Mat 2
12.15	Shot Put 12/13Y	Girls	Circle 1
		Boys	Circle 2
12.15	Long Jump 9/10Y	Girls	Pit South
		Boys	Pit North
12.15	High Jump 11Y	Girls	Mat 1
		Boys	Mat 2
1.00	Triple Jump	Boys	Pit North
1.30	Triple Jump	Girls	Pit South

DISCUS

Schools who participate in the Discus event are to hold their own trials and submit an Invitation Request Form to SSV via the APS Sport Office. SSV will select entries to compete at Regionals.

Boys 9/10, 11, 12/13 Years

Girls 9/10, 11, 12/13 Years

LANE DRAW	
Track Events & Relays	
Boys	Heat 1: 1- XXX; 2- XXX; 3- XXX; 4- XXX; 5- XXX; 6- XXX; 7- XXX; 8- XXX; Heat 2: 1- XXX; 2- XXX; 3- XXX; 4- XXX; 5- XXX; 6- XXX; 7- XXX; 8- XXX T; 9.Spare-XXX
Girls	Track & Field Order and Relays: Heat 1: 1- XXX; 2- XXX; 3- XXX; 4- XXX 5- XXX; 6- XXX; 7.XXX Heat 2: 1- XXX; 2- XXX; 3- XXX; 4- XXX; 5- XXX; 6- XXX
Boys 800m	1. XXX & XXX 2. XXX & XXX 3. XXX & XXX 4. XXX & XXX 5. XXX & XXX 6. XXX & XXX 7. XXX & XXX 8. XXX & XXX 9.XXX
Boys Field Event Order	1. XXX 2. XXX 3. XXX 4. XXX 5. XXX 6. XXX 7. XXX 8. XXX 9. XXX 10. XXX 11. XXX 12. XXX 13. XXX 14. XXX 15. XXX 16. XXX 17.XXX

ENTRIES - PLEASE NOTE: one per school per event

Hurdle Specifications (as adopted by the AAUA)
SSV Primary Hurdles

Age	Distance (metres)	Number of hurdles	Height (cm)	Start (metres)	Between (metres)	Finish (metres)
All ages	80	9	68	12	7	12

SSV Hurdles Heights

9/10 & 11 Year Boys & Girls	60cm
12/13 Year Boys & Girls	68cm

Shot Put SSV Weights

9/10 & 11 Year - 2kg
12/13 Year - 3kg

Discus SSV Weights

9/10 Years - 500g
11 & 12/13 Year - 750g

STARTING PROCEDURES

a. **100m & 200m in lanes - the instructions shall be:**

1. "Take your mark"/"On your mark"
2. "Set"
3. "Go"

Competitors are encouraged to use a crouch start for 100m, 200m, Hurdles and Relays (first runner only). However, this is not compulsory, and athletes may use a standing start. The use of starting blocks is not compulsory, but they will be provided.

b. **800m - curved start 800m/staggered start 800m:**

1. "On your mark"
2. "Go"

c. **1500m - curved start:**

1. "On your mark"
2. "Go"

Spikes:

All age groups are permitted to wear spikes for 100m, 200m, Hurdles, Relay, Long Jump, Triple Jump and High Jump.

Pyramid' or 'Christmas Tree' spikes are permitted in hurdles, sprints, relays and jumps, but must be removed at the completion of the event, in all age groups.

The maximum length of spikes is 7 mm for all events with the exception of high jump, long jump and triple jump where 9mm spikes are permitted. 'Needle' or 'Pin' spikes are not permitted to be worn in any event.

Spikes are not permitted in the 800m or the 1500m events – for any age groups.