1. **ATHLETICS** (November 21)

The ICCES Athletics Carnival is to be held in Term 2, (approximately Week 4), from **11.15am to 4.30pm** at the Lakeside Stadium, Albert Park, Melbourne.

The ICCES Athletics Carnival is to be hosted by Gippsland Grammar.

Unless otherwise stated the ICCES Athletics Carnival will be conducted according to the rules of Athletics Australia: (<https://www.athletics.com.au/info-hub/rules-technical-information/>).

Any variations must be agreed to by representatives from each school involved in the carnival.

**Competing schools will include:**

* Bacchus Marsh Grammar (BMG),
* Ballarat Grammar (BG)
* Braemar College (BRA)
* Goulburn Valley Grammar School (GVG)
* Gippsland Grammar (GG)
* Girton Grammar (GIR)
* The Hamilton and Alexandra College (HAM)
* Highview College (High), Maryborough

4.1 POINTS SCORING for the Aggregate Championship shall be:

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **1st** | **2nd** | **3rd** | **4th** | **5th** | **6th** | **7th** | **8th** |
| Individual Division A | 24 | 22 | 20 | 18 | 16 | 14 | 12 | 10 |
| Individual Division B, C & D | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |
| 800m / 1500m | 24 | 22 | 20 | 18 | 16 | 14 | 12 | 9 etc. |
| Field Events | 24 | 22 | 20 | 18 | 16 | 14 | 12 | 10 |
| Relays | 24 | 22 | 20 | 18 | 16 | 14 | 12 | 10 |

As well as an overall Aggregate Championship there will be championships for each Junior (Year 7 & 8), Intermediate (Year 9 & 10) and Senior (Year 11 &12) in Boys and Girls using the same points table.

The STAR SHIELD; a standardised Team Aggregate will also be awarded using school enrolment numbers and each school’s aggregate score. See note 4.10.

Year Level Champions will also be acknowledged by the presentation of an ICCES medal. Year Level Champions will be determined by collating a student’s number of 1st place results in A events ONLY. Then, if required, 2nd place and 3rd place performances in A events throughout the meet. Only students competing in Division A will be eligible for their Year Level Medal.

Individual place getters will receive place ribbons.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **EVENTS** | **YEAR 7 Boys & Girls** | **YEAR 8  Boys & Girls** | **YEAR 9  Boys & Girls** | | **YEAR 10  Boys & Girls** | **YEAR 11/12  Boys & Girls** |
| 100m A and B | Yes | Yes | Yes | | Yes | Yes |
| 200m A and B | Yes | Yes | Yes | | Yes | Yes |
| 400m A and B | Yes | Yes | Yes | | Yes | Yes |
| 800m  (2 competitors @ event) | Yes | Yes | Yes | | Yes | Yes |
| 1500m  (2 competitors @ event) | Combined Year 7 - 9 | | | Combined Year 10 - 12 | | |
| 4 x 100m Relay | Yes | Yes | Yes | | Yes | Yes |
| High Jump (1 competitor @ event) | Yes | Yes | Yes | | Yes | Yes |
| Shot Put (1 competitor @ event) | Yes | Yes | Yes | | Yes | Yes |
| Long Jump (1 competitor @ event) | Yes | Yes | Yes | | Yes | Yes |
| Discus (1 competitor @ event) | Yes | Yes | Yes | | Yes | Yes |
| Javelin (1 competitor @ event) | Yes | Yes | Yes | | Yes | Yes |
| Triple Jump (1 competitor @ event) | Yes | Yes | Yes | | Yes | Yes |

4.2 EVENTS

4.3 RULES

* 1. In general, the sports will be conducted under the rules of the International Amateur Athletic Federation Official Handbook, unless needs and circumstances cause a variation in these rules. Any changes must be agreed to by representatives from each school involved in the carnival.
  2. All competitors must compete in their school colours.

* 1. **A competitor may only enter those events applicable to their year level for the entire day.**
  2. A competitor may only compete in one division per event and must not enter both "A" and "B" events which are of equivalent type and distance.
  3. The 4 x 100m relay team shall consist of four individual runners each of whom shall run one leg of the race. Schools are not required to enter the individual names of their relay runners but must ensure that eligibility requirements are met.
  4. Should a competitor be disqualified for any event throughout the meet they shall be relegated to last place and accordingly be allocated last place points.
  5. There will be a limit of two competitors per track event for 800m and 1500m. There will be two divisions, A and B, in the 100m, 200m and 400m events, with one competitor per school in each division.
  6. There will be a limit of one competitor per year level in Shot Put, Long Jump, High Jump, Triple Jump, Javelin and Discus
  7. Students may compete in up to 5 individual events and one relay.
  8. If, for any reason, photo finish malfunctions in any lane event, and place judges cannot determine final results, that event will be re-run.
  9. Competitors should observe starting times as per program.

Track events take precedence over field events. Students must notify the Field Event Official if there is a clash of events prior to the start time of that event.

Competitors who fail to report to marshalling areas within 20 minutes of the published starting times will be eliminated from that event. Students who have registered for their field event have one hour from the start of the following event to compete.

* 1. Students must marshal in an orderly fashion for all events.

Marshalling areas for field events are at the actual venue.

Marshalling area for track events will be near the starting line for each event.

* 1. All students are to use equipment as provided.
  2. Officials are advised to keep measuring to a minimum. Where possible members of staff should measure, and students should record. In discus and javelin, it is recommended to peg each throw and measure at the end of each round.
  3. At the conclusion of field events, result sheets should be forward immediately to the main results table at the end of the track, preferably by the place getters for that event. Field event ribbons will be distributed by the Official at the main results table.

* 1. First to third place **ribbons will be awarded at Recording Table** upon completion of track events.
  2. Appropriate footwear must be worn - Bare feet are not permitted. Each school should provide spikes for track and high jump if required.
  3. At all times **only competing students** are permitted on the oval. Students acting as officials must stay in their designated area and must not wander around the oval area.
  4. Each school must supply their own relay batons for practice.

\* Please be aware of the new 30m changeover box for relay baton exchanges between athletes. There a no longer acceleration zones and athletes must start inside the box.

* 1. Competitors for 800m and 1500m events will be required to wear an identification number on their right hip for photo finish purposes. These numbers and pins will be distributed by the marshals at the start of that event.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **BGS** | **BMG** | **BRA** | **GG** | **GIR** | **GVGS** | **HAM** | **HIGH** |
| 13&14 | 15&16 | 1&2 | 3&4 | 5&6 | 7&8 | 9&10 | 11&12 |

* 1. Boys have access to Dressing Rooms numbers 1 and 3.

Girls will have access to Dressing Rooms numbers 2 and 5.

4.4 LANE ALLOCATIONS 2023

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **BGS** | **BMG** | **BRA** | **GG** | **GIR** | **GVGS** | **HAM** | **HIGH** |
| **100m** | 3 | 5 | 7 | 1 | 8 | 4 | 2 | 6 |
| **200m** | 3 | 5 | 7 | 1 | 8 | 4 | 2 | 6 |
| **400m** | 3 | 5 | 7 | 1 | 8 | 4 | 2 | 6 |
| **Relays** | 3 | 5 | 7 | 1 | 8 | 4 | 2 | 6 |

4.5 LONG JUMP/TRIPLE JUMP

* 1. Each competitor has three jumps.
  2. A competitor may put a marker on the track.
  3. Run up is unlimited.
  4. If a competitor touches the ground on the other side of the take-off board or its extensions whilst running up or jumping it shall count as a jump.
  5. Read out order of jumping and allow each competitor two practices.
  6. Check the sand on edge of board after each jump stating for competitor to hear whether a foul or not. Measure at right angles from the line of the board nearest break in the sand made by any part of the competitor's body.
  7. If a competitor, during a jump, touches the ground outside the pit nearer the take-off board than the break in the sand, it shall count as a jump but not be measured.
  8. If a tie occurs the second-best jump wins. If this is the same the tie remains.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Event** |  |  |  |  |  | **Event** |  |  |  |  |  | **Event** |  |  |  |  |  |
| 8 | M | Yr12 | Long Jump | 11:30 AM | Pit 1 | 9 | M | Yr07 | Long Jump | 11:30 AM | Pit 2 | 10 | M | Yr10 | Triple Jump | 11:30 AM | Pit 3 |
| 15 | F | Yr12 | Long Jump | 11:50 AM | Pit 1 | 17 | F | Yr07 | Long Jump | 11:50 AM | Pit 2 | 16 | M | Yr09 | Triple Jump | 11:50 AM | Pit 3 |
| 44 | M | Yr08 | Long Jump | 12:20 PM | Pit 1 | 45 | F | Yr10 | Triple Jump | 12:20 PM | Pit 2 | 46 | F | Yr07 | Triple Jump | 12:20 PM | Pit 3 |
| 48 | F | Yr08 | Long Jump | 12:45 PM | Pit 1 | 49 | F | Yr09 | Triple Jump | 12:45 PM | Pit 2 | 76 | M | Yr08 | Triple Jump | 1:10 PM | Pit 3 |
| 75 | M | Yr09 | Long Jump | 1:10 PM | Pit 1 | 87 | F | Yr10 | Long Jump | 1:35 PM | Pit 2 | 85 | F | Yr08 | Triple Jump | 1:35 PM | Pit 3 |
| 84 | F | Yr09 | Long Jump | 1:35 PM | Pit 1 | 110 | M | Yr07 | Triple Jump | 2:00 PM | Pit 2 | 113 | M | Yr12 | Triple Jump | 2:00 PM | Pit 3 |
| 109 | M | Yr10 | Long Jump | 2:00 PM | Pit 1 | 119 | F | Yr12 | Triple Jump | 2:25 PM | Pit 2 |  |  |  |  |  |  |

4.6 HIGH JUMP

* 1. A fiberglass high jump bar shall be used.
  2. It is strongly advised that competitors wear spikes for high jump. In the event of inclement weather, competitors may be unable to compete unless spikes are worn.
  3. A competitor can elect to commence jumping at any height above the minimum which is:

Girls Year 7 & 8 1.05m +5cm  
Girls Year 9 & 10 1.05m +5cm  
Girls Year 11 & 12 1.10m +5cm  
  
Boys Year 7 & 8 1.20m +5cm  
Boys Year 9 & 10 1.30m +5cm  
Boys Year 11 & 12 1.40m +5cm

* 1. Increments can be adjusted to 3cm when only two competitors remain in the event.   
     The competitor can miss any subsequent jumps if they wish.
  2. A failure occurs if:
  + the bar is dislodged
  + the bar rocks, and eventually falls
  + the bar is dislodged by the knocking an upright
  + a competitor takes off with both feet at once, in a diving motion
  + a competitor runs to the other side of the plane of the uprights.
  + Three consecutive failures, regardless of height, means elimination, this includes in the case of a jumper who fails at 1.75m twice then elects to pass and attempt 1.80m. If they fail their first jump at 1.80m they have had three consecutive failures and are eliminated.
  1. Record all jumps by success/failure X.
  2. Mark the top of the bar clearly so that it is always replaced the same way.
  3. Where a clash occurs between a track event and a high jump event the competitor must report to the high jump event prior to marshalling for his/her track event. The competitor must return to the high jump as quickly as possible after the track event. The high jump event will continue in their absence. The competitor must continue at the new height when he/she returns. The bar will not be lowered.
  4. If a tie occurs:
  + The one with the least attempts at the winning height wins.
  + If this should be the same, the one with the least total failures wins.
  + If both these are the same, the one with the least total jumps wins.

If a tie still exists, record it as such.

4.7 SHOT PUT

* 1. The weights of the shot put shall be as follows:

YEAR 7 Boys 3kg YEAR 7 Girls 3kg

YEAR 8 Boys 3kg YEAR 8 Girls 3kg

YEAR 9 Boys 4kg YEAR 9 Girls 3kg

YEAR 10 Boys 4kg YEAR 10 Girls 3kg

YEAR 11/12 Boys 5kg YEAR 11/12 Girls 3kg

* 1. Throw to be made inside a circle of 2 meters diameter and must land within a sector of 65 degrees.
  2. The throw is a foul if the competitor touches any part of the area outside the circle, including the top of the stop board. They may rest their foot touching the inside of the stop board.
  3. The competitor must remain in the circle until the shot lands, then leave the circle by the rear half.
  4. The shot must be putt from the shoulder with one hand only, not from above, or behind the plane of the shoulders.
  5. If a tie occurs the second-best throw decides the winner.
  6. The distance is measured from the nearest mark to the inside front edge of the circle in a line going through the centre of the circle.
  7. Each competitor has three throws.

4.8 DISCUS

* 1. The weights of the discus shall be as follows:

YEAR 7 Boys 1kg YEAR 7 Girls 1kg

YEAR 8 Boys 1kg YEAR 8 Girls 1kg

YEAR 9 Boys 1kg YEAR 9 Girls 1kg

YEAR 10 Boys 1kg YEAR 10 Girls 1kg

YEAR 11/12 Boys 1.5kg YEAR 11/12 Girls 1kg

* 1. Each competitor is allowed three throws.
  2. All throws to be valid must fall within the inner edge of the lines marking the 60-degree sector.
  3. A competitor must not touch the ground outside the circle from the time they commence their throw until the discus lands, and then they must walk from the rear half of the circle.
  4. The official at the circle will indicate a foul by calling foul throw.
  5. If there is a tie the second-best throw wins.
  6. The distance is measured from the nearest mark to the inside front edge of the circle in a line going through the centre of the circle.

4.9 JAVELIN

* 1. The weights of the javelin shall be as follows:

YEAR 7 Boys 600g YEAR 7 Girls 400g

YEAR 8 Boys 600g YEAR 8 Girls 400g

YEAR 9 Boys 700g YEAR 9 Girls 500g

YEAR 10 Boys 700g YEAR 10 Girls 500g

YEAR 11/12 Boys 700g YEAR 11/12 Girls 500g

* 1. Throw must land within a sector of 60 degrees.
  2. The throw is a foul if the competitor touches any part of the area beyond the throwing line.
  3. The competitor must remain behind the throwing line until the javelin lands, then leave the area by the rear or the side.
  4. The throw must land tip first.
  5. If a tie occurs the second-best throw decides the winner.
  6. The distance is measured from the inside edge of the throwing line to where the tip enters the ground with the tape extending through the intersection of the 2 sector lines.
  7. Each competitor has three throws. If a thrower has 3 foul throws they still receive a place.

4.10 STAR SHEILD

School enrolments: A 1200

B 356

C 554

D 129

Handicap factor: The handicap factor is based on the size of the largest school, in this case, 1200.

Each school divides its total number of students into the population of the largest school.

i.e. A 1200 / 1200 = 1.00

B 1200 / 356 = 3.37

C 1200 / 554 = 2.17

D 1200 / 129 = 9.30

The raw score for each school is then multiplied by the handicap factor:-

**School raw score h. factor f. score**

A 835 1.00 835

B 257 3.37 866

C 520 2.17 1128

D 153 9.30 1422

Thus, school D would win the STAR shield!

* 1. I.C.C.E.S ATHLETICS EMERGENCY AND WEATHER PROTOCOL

4.11.1 Evacuation Points:

Primary Assembly Area – The primary evacuation point is located in the centre of the venue on the pitch / turf area.

Secondary Assembly Area – The secondary assembly area is located on the Palms Lawn next to the lake.

* + 1. Emergency Services Protocol:

Do not call Emergency Services if no-one is in direct/immediate danger. If you are unable to send a messenger, call the Duty Manager on 0434 600 891 stating your exact location and the nature of the emergency

* + 1. WEATHER AND EVENTS MODIFICATIONS:

If the weather is deemed inclement to the point of student wellbeing and safety being compromised then event organiser in consultation with other Directors of Sport, Lakeside Stadium staff and Athletics Victoria Officials, will modify the carnival as follows or cancel the event:

**Modification 1.1 Moderate Weather** – Track events continue. All Jumping events will allow a single jump per athlete to register a measure and score to contribute to the over-all winning school and age championship.

**Modification 1.2 Moderate to Severe Weather** - Track events continue. High jump is cancelled for all Year Levels and only Long Jump and Triple Jump continue, with Athletes registering their best single jump only.

**Modification 1.3** Severe Weather - Track events continue. All Jumping events are cancelled and Javelin is cancelled.

**Modification 1.4** Continued Severe Weather - Event cancelled.

**NOTE:**

If at any point modifications have been made and all athletes don’t register a jump or throw and the event is suddenly cancelled, then no athlete results will be counted and the event will be excluded from total results

In the event of Thunder and Lightning Storms events have to be temporarily delayed or cancelled. No Athlete is to be in contact with metal projectiles in such an event and should return to their school area and await further direction off staff and announcer.

Directors and Sport, Athletics Victoria and Lakeside stadium staff are to have an hourly check in conversation to discuss the weather.

* + 1. Severe Warning Classification:

Severe weather is deemed to be:

* Thunder and Lightning Storms
* Torrential Rain
* Wind + 35km per hour
* Hail
* Temperatures above 38 degrees

In ideal circumstances: Cancelation of Carnivals will occur at 12.00 pm the day prior to Carnival upon consultation with I.C.C.E.S Secretary and other Directors of Sport.

4.12 CARNIVAL ORGANISATION

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Executive Officer | Host School  Gippsland | Participating School | Other |
| Booking of Lakeside Stadium | X |  |  |  |
| First Aid Attendance – 2 x external medics | X |  |  | SSO - tbc |
| Confirm Lakeside equipment No of High Jump / Long Jump, Triple Jump areas, Shot Put, Javelin, Discus and Tape measures | X | X |  |  |
| Order hip numbers for 800 / 1500m | X | X |  |  |
| Confirm scoreboard access | X |  |  |  |
| Booking of AV Officials | X |  |  |  |
| Ordering lunch packs | X |  |  |  |
| **Event preparation** |  |  |  |  |
| Send entry files to ICCES schools | X | X |  |  |
| Return date for school entries | X | X |  |  |
| Confirm ANNUAL Lane rotations | X | X |  |  |
| Forward updated Aths Booklet to each school; including lanes, jobs, records, seating etc. |  | X |  |  |
| Forward completed program (competitor list) to each school | X | X |  |  |
| Send Seating Arrangements to schools |  | X |  |  |
| A3 school names to label seating areas / cable ties |  | X |  |  |
| Schedule of events for Parents |  | X |  |  |
| Change of competitor adjustments | X | X |  |  |
| Event Marshal Sheets Track |  | X |  |  |
| Track recording sheets x 2 |  | X |  |  |
| Event Recording Sheets Field (for folders) |  | X |  |  |
| Field Event Folders |  | X |  |  |
| Flip Cards for sequence of Field events |  | X |  |  |
| Stationary for recording area / Safety pins |  | X |  |  |
| Provision of Throwing implements (back up) |  | X |  |  |
| Provision of Starting Blocks |  | X |  |  |
| Provision of Starting equipment (guns, caps, ear protection |  | X |  |  |
| Stopwatches / Multi timer |  | X |  |  |
| Place tags for track events |  | X |  |  |
| Lane cones |  | X |  |  |
|  |  |  |  |  |
| **OFFICIALS** | **Executive Officer** | **Host School**  **Gippsland** | **Participating School** | **Other / Athletics Vic** |
| Announcer |  | X |  |  |
| **TRACK** |  |  |  |  |
| Starter |  |  |  | X |
| Marshall #1 |  | X |  |  |
| Marshall #2 |  | X + student |  |  |
| Head Track Judge |  |  |  | X |
| Judge #1 |  |  | THAC |  |
| Judge #2 |  |  | BRA |  |
| Judge #3 |  |  | GVG |  |
| Track Referee |  |  |  | X – as above |
| Recorder |  |  |  |  |
| Finish Marshal |  |  |  | X -as above |
| Chief Time Keeper |  |  | HIGH |  |
| Time Keeper #1 |  |  |  |  |
| Time keeper #2 |  |  |  |  |
| Photo Finish Official |  |  |  | X x 2 |
| Photo finish collator |  | 2 x students | GIRTON |  |
| Relay Changeover Officials x 3 |  |  | GG & HIGH  BMG & BG BRA & GVG |  |
| **FIELD** |  |  |  |  |
| Field Referees x 2 |  |  | GVG – Jumps BG - Throws |  |
| Field Event Runner |  |  | Event place getters  1st – 3rd |  |
| High Jump Pit 1 |  |  | GVG | AV - tbc |
| High Jump Pit 2 |  |  | BMG | AV - tbc |
| Long Jump Pit 1 |  |  | GIRTON | AV - tbc |
| Long Jump Pit 2 |  |  | HIGH | AV - tbc |
| Long Jump Pit 3 |  | X | GIPPS | AV - tbc |
| Shot Put |  |  | THAC | AV - tbc |
| Discus |  |  | BRA | AV - tbc |
| Javelin |  |  | BG | AV - tbc |
| **RECORDING RESULTS** |  |  |  |  |
| Computer Records #1 |  | X | GIRTON | Additional MM Operator to be employed |
| Computer Records #2 |  | X |  |  |
| Scoreboard Operator x 2 |  | X |  |  |
| Progressive scores throughout the day |  | As above |  |  |
| OVERALL Event Marshall / Ribbons | X |  | Ballarat Grammar |  |
|  |  |  |  |  |

**SCHOOL OFFICIALS; SUMMARY**

HOST SCHOOL Gippsland Grammar

PRINCIPAL OF HOST SCHOOL Michele Wakeham

ORGANISER Andrew Nicholas

ANNOUNCER Gippsland Grammar

OVERALL EVENT MARSHALL Ballarat Grammar

(At finish line collating track and field results, forwarding the recorders, distributing ribbons)

STARTER Athletics Victoria

TRACK START / MARSHALLS 1. Gippsland Grammar

2. Gippsland Grammar + 1 student runner

TRACK JUDGE Athletics Victoria x 1

TRACK REFEREE AS ABOVE

FINISH MARSHALL AS ABOVE

CHIEF TIME KEEPER Highview College

PLACE JUDGES 1. Hamilton College

2. Braemar College

3. Goulburn Valley Grammar

PHOTO FINISH COLLATOR Athletic Victoria x 2

FIELD REFEREE Jumps: Goulburn Valley Grammar

Throws: Ballarat Grammar

HIGH JUMP PIT ONE - Athletics Victoria x 1 / Goulburn Valley Grammar

HIGH JUMP PIT TWO - Athletics Victoria x 1 / Bacchus Marsh Grammar

LONG/TRIPLE JUMP PIT ONE - Athletics Victoria x 1 / Girton Grammar

LONG/ TRIPLE JUMP PIT TWO - Athletics Victoria x 1 / Highview College

LONG/ TRIPLE JUMP PIT THREE - Athletics Victoria x 1 / Gippsland Grammar

SHOT PUT - Athletics Victoria x 1 / Hamilton College

DISCUS - Athletics Victoria x 1 / Braemar College

JAVELIN - Athletics Victoria x 1 / Ballarat Grammar

COMPUTER RECORDERS 1 x Girton Grammar / 2 x Gippsland Grammar

SCOREBOARD OPERATOR 2 x Gippsland Grammar

FIELD RESULTS SHEET RUNNER Competitors 1st – 3rd

RELAY CHANGE OFFICIALS Sports Coordinators

1. HAM & HIGH
2. BMG & BGS
3. BRA & GVGS