



A Christ-Centred Community of K-12 Lutheran Schools

CONNECTED ATHLETICS 2023

St Albans Reserve, Clearview



GENERAL INFORMATION

AIMS

The general aims of the Connected Schools Athletics Carnival are to:

- * Promote excellence in athletic achievement.
- * Establish an atmosphere of fellowship between students and staff of Lutheran schools.

SCHOOLS

The following schools are involved in the CS Athletics Carnival:

BLAIR ATHOL Ph: (08) 8260 2655
(St Paul Lutheran Primary School)

GOLDEN GROVE Ph: (08) 8282 6000
(Golden Grove Lutheran Primary School)

PARA VISTA Ph: (08) 8264 7966
(Good Shepherd Lutheran Primary School)

MAWSON LAKES Ph: (08) 8368 3311
(Endeavour College [Secondary])

ENDEAVOUR CUP

Participating Schools will be competing for the 'Endeavour Cup'.

The 'Endeavour Cup' will be awarded to the school that is the overall winner (i.e. the highest score). This shield has been kindly donated by Endeavour College, Mawson Lakes.

SPORTS RULES

GENERAL RULES

1. Only two competitors, per school, will be allowed for the following events:

*Shot Put	*Long Jump	*400/800m
*High Jump	*100m	
*Discus	*200m	
2. There are separate events for boys and girls in all events, except for relays, which consist of 2 girl and 2 boy runners in each age group.
3. All events will be scored 3, 2, 1, except for the relays, which will be scored 5, 3, 1.
4. Age will be taken as at the year of the event (eg a competitor who has their 10th birthday at any stage this year, will participate in the 10 year old events). The age groupings are:
9 years old, 10 years old, 11 years old and 12+ years old.
5. If a school has insufficient numbers of children in an age group who can reasonably compete with peers in their age group, a child in the age group immediately preceding may compete in the higher age group subject to the following:
 - A child cannot compete in the same event in 2 different age groups.
 - A child may compete in a maximum of 1 event in the above age group.
6. Competitors are to be in a maximum of 3 events in their age group (excluding relays) plus a maximum of one event in the above age group if required.
7. All competitors are to wear shoes, but NO spikes for any events.
8. Each school is responsible for its children's lunch and drinks, behaviour, and sportsmanship.

HIGH JUMP

1. Allow competitors 2 practise jumps to check run up.
2. Each child will be allowed 2 jumps for each height (in rotation).
3. Starting heights for age level will be:

AGE	BOYS	GIRLS
9 years	.85m	.85m
10 years	.90m	.90m
11 years	1.00m	1.00m
12+ years	1.05m	1.05m

NOTE: Height increase for the first jump will be 10cm, then it will go up by 5cm until a winner is found.

4. Each competitor is out of the competition after 2 consecutive failures are recorded.

5. A foul will be recorded if:
 - a) The athlete dislodges the bar.
 - b) He/She takes off from two feet.
 - c) She/He has two consecutive baulks.
6. Should a competitor, in jumping, touch but does not dislodge the cross bar, the judge should not pass the jump until he/she is satisfied that the bar will not fall from the supports. If the bar does not fall and the judge is satisfied that an outside influence (such as a gust of wind) did not cause the failure, then the jump is successful, no matter how much time has elapsed since the bar was touched.
7. When one competitor is left, he/she may choose their own increases. He/she shall be allowed to continue until he/she has recorded 2 failures and the height cleared shall be recorded as the winning height.
8. Tie-breaking rules:
 - a) The competitor with the lowest number of jumps at the height which the tie occurs, shall be awarded the higher place.
 - b) If the tie still remains, the competitor with the lowest number of failures throughout the competition up to and including the height last cleared, shall be awarded the higher place.
 - c) If the tie still remains and it concerns first place, the competitors involved should have one more jump at the height at which they failed, and if no decision is reached, both competitors will be awarded first place.

LONG JUMP

1. Each competitor has three jumps.
2. The distance is measured from the front of the take-off line on the mat (closest to the pit) to the point of contact on landing (any part of the body is counted as contact) closest to the take-off line.
3. Each jump is measured – only the longest jump for each competitor will be recorded.
4. A foul jump will be recorded if:
 - a) any part of the competitor's take-off toe protrudes over the front line or edge of the mat.
 - b) after completing a jump, the athlete walks back through the pit.
 - c) in the course of landing the competitor touches the ground outside the landing area nearer to the take-off point than the nearest break in the landing area made by the jump.
5. In the event of a tie, the competitors involved in the tie are allowed an extra jump. The better of these extra attempts decides the higher place.

SHOT PUT

1. The shot is thrown from a circle into a sector of 40 degrees (the inside perimeter of the shot circle is 2.00m)
2. A 1.5kg shot will be used for 9-year-olds.
A 2 kg shot will be used for 10,11-year-olds.
A 3 kg shot will be used for 12-year-olds.
3. Either foot must not, at any stage, cross the circle line facing the direction of the throw.
4. The shot must be placed against the neck and pushed, or the throw will be disallowed.
5. The distance of the throw will be measured from the edge (front) of the throwing circle to the point where the shot landed.
6. Each competitor must enter and leave the circle from the back.
7. Each competitor will have 3 attempts at the put and each throw will be in rotation.
8. The best throw for each competitor will be measured. If there is any doubt in the mind of the officials regarding which is the best of a contestant's puts, then the attempts should be measured to maintain accuracy.

DISCUS

1. The discus is thrown from a circle into a sector (the inside perimeter of the shot circle is 2.00m).
2. A 500g discus will be used for 9/10-year-olds.
A 750g discus will be used for 11/12+ year olds.
3. Either foot must not, at any stage, cross the circle line facing the direction of the throw.
4. The discus must land entirely within the sector. On the line is out.
5. The distance of the throw will be measured from the edge (front) of the throwing circle to the point where the discus landed.
6. Each competitor must enter and leave the circle from the back.
7. Each competitor will have 3 attempts at discus and each throw will be in rotation.
8. The best throw for each competitor will be measured. If there is any doubt in the mind of the officials regarding which is the best of a contestant's throws, then the attempts should be measured to maintain accuracy.

SPRINTS (100m AND 200m)

1. Events will begin with the call:

“On your mark, Set”. Gun.

In the event of a false start, the gun will sound a second time.

2. A competitor has finished when any part of his or her torso (torso = part of the body without head, neck, arms and legs) has crossed the finishing line.
3. Sprints will be run as a final. The best 3 times for each age group will be awarded points. Therefore, competitors need to run flat out for the whole race.

400m/800m

1. Each school has 2 competitors per event.

2. It is not necessary to remain in a running lane, but any deliberate impeding in the view of stewards will mean a disqualification.

3. Events will begin with the call:

“On your mark, Set”Gun

In the event of a false start, the gun will sound a second time.

RELAYS

1. All relays will be circular relays.

2. As with the sprints, the events begin with the call:

“On your mark, Set”Gun

In the event of a false start, the gun will sound a second time.

3. The change-over zone is approximately 20m in length and change overs must take place in this area. Lines across the lane indicate beginning and end of change-over zone.
4. After a change, competitors must stay in their own lane.
5. A breach of the above rules will mean disqualification for the team involved.
6. Relays are 4 age relays consisting of 2 boys and 2 girls in each age group.
7. Schools are to ensure that runners all stay in their lanes – even after the baton has been passed.

SCHEDULE

9.30am

Opening

9.45am

- 10.25am

1. 9 year old girls 400m
2. 9 year old boys 400m
3. 10 year old girls 800m
4. 10 year old boys 800m
5. 11 year old girls 800m
6. 11 year old boys 800m
7. 12+ year old girls 800m
8. 12+ year old boys 800m

10.25am

- 10.55am

9. 9 year old girls High Jump
10. 9 year old boys High Jump

11. 10 year old girls Long Jump
12. 10 year old boys Long Jump

13. 11 year old girls Shot Put
14. 11 year old boys Shot Put

15. 12+ year old girls Discus
16. 12+ year old boys Discus

10.55am

- 11.25am

17. 9 year old girls Long Jump
18. 9 year old boys Long Jump

19. 10 year old girls Shot Put
20. 10 year old boys Shot Put

21. 11 year old girls Discus
22. 11 year old boys Discus

23. 12+ year old girls High Jump
24. 12+ year old boys High Jump

11.25am

- 11.55am

25. 9 year old girls Shot Put
26. 9 year old boys Shot Put

27. 10 year old girls Discus
28. 10 year old boys Discus

29. 11 year old girls High Jump
30. 11 year old boys High Jump

31. 12+ year old girls Long Jump
32. 12+ year old boys Long Jump

11.55am - 12.25pm	33.	9 year old girls	Discus
	34.	9 year old boys	Discus
	35.	10 year old girls	High Jump
	36.	10 year old boys	High Jump
	37.	11 year old girls	Long Jump
	38.	11 year old boys	Long Jump
	39.	12+ year old girls	Shot Put
	40.	12+ year old boys	Shot Put

12.25pm	Marshal for 200m Sprints		
	41.	9 year old girls	200m
	42.	9 year old boys	200m
	43.	10 year old girls	200m
	44.	10 year old boys	200m
	45.	11 year old girls	200m
	46.	11 year old boys	200m
	47.	12+ year old girls	200m
48.	12+ year old boys	200m	

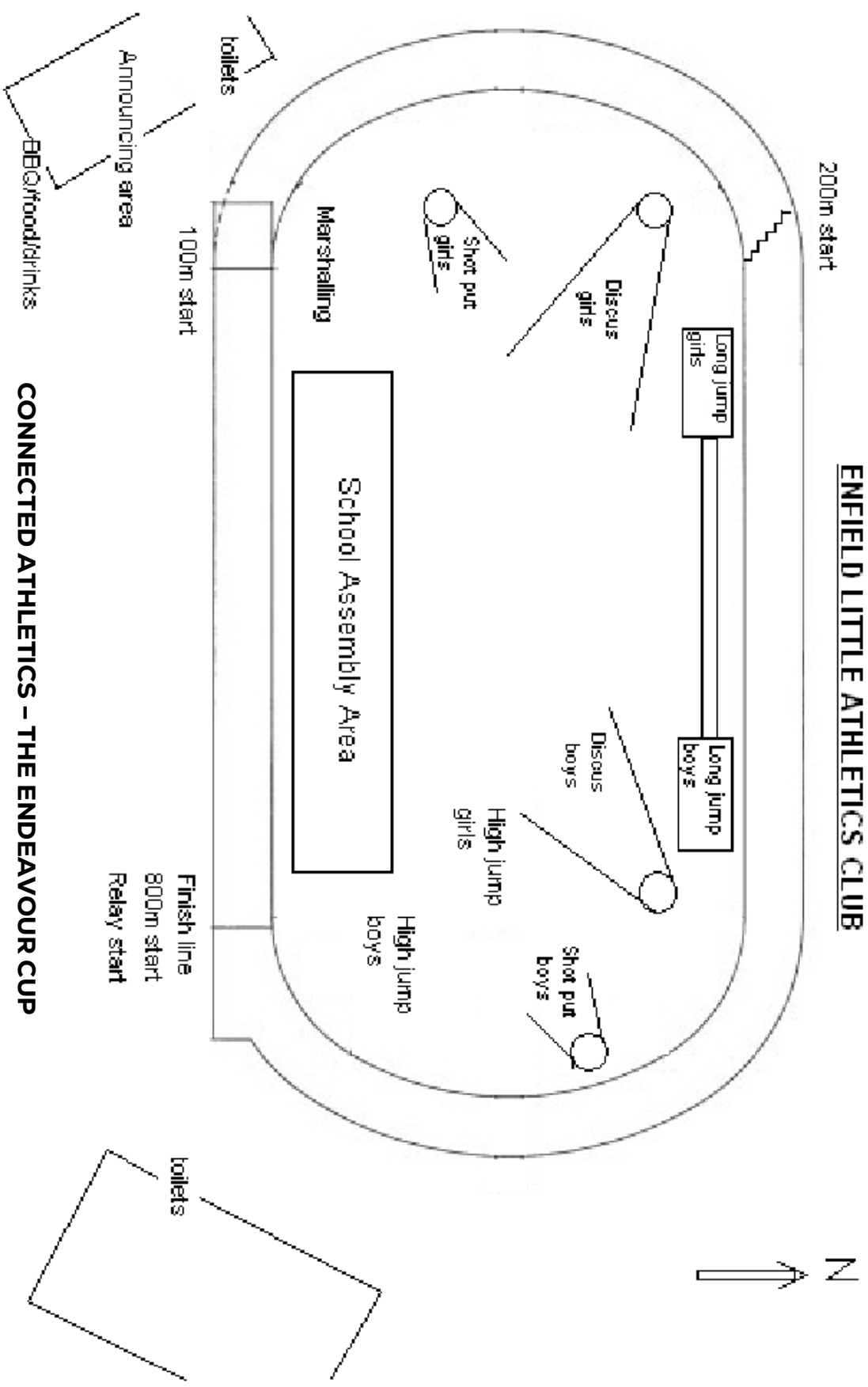
1.10pm	Marshal for 100m Sprints		
	49.	9 year old girls	100m
	50.	9 year old boys	100m
	51.	10 year old girls	100m
	52.	10 year old boys	100m
	53.	11 year old girls	100m
	54.	11 year old boys	100m
	55.	12+ year old girls	100m
56.	12+ year old boys	100m	

1.35pm	Marshal for Relays		
	57.	9 year olds	4 x 100m Relay
	58.	10 year olds	4 x 100m Relay
	59.	11 year olds	4 x 100m Relay
	60.	12 year olds	4 x 100m Relay

2.05pm Star Relay – Exhibition event.

2.20pm PRESENTATIONS

ENFIELD LITTLE ATHLETICS CLUB



CONNECTED ATHLETICS - THE ENDEAVOUR CUP