



Newington College



Newington/Knox Grammar Invitational Athletics Meet

SOPAC - Saturday 30th August

Venue

SOPAC, Edwin Flack Ave, Sydney Olympic Park.

Start time is 8:00am. Bump in for Marquees, equipment etc. will be 7:00am onwards.

Student Entry Exit

Main entry point is off Edwin Flack Ave or an alternate is off Shane Gould Ave.

Buses can drop students off on Edwin Flack Ave or Dawn Fraser Ave.

Program of Events

Will be included in this document. Please note the 8:00am start time.

Parking

P2 and **P4** are the closest parking areas. Please bring your ticket and have it validated at SOPAC for 4 hours of free parking. Please do not park inside the venue.

Food and Beverages

There will be a canteen onsite during this carnival.

First Aid

Will be available at the on site location.

School Marquees

Must be 3m x 3m (no larger) and a minimum of 10kg must be used on each leg of the marquee. They must be placed more than 1m apart if you have multiple marquees.

Hurdles, 100m, 200m, 400m and 4x100m

The Championship race will be run first, then the Division, we will then fill lanes if not all schools are represented.

800m

Two races in each age group, Championship first, then remaining boys. Dependant on time and numbers, this may be condensed into less races.

3000m and 1500m

1500m age groups combined U13/U14, U15/U16 and U17/Opens or at the discretion of Aths NSW Official. 3000m at the discretion of the Aths NSW Official – likely pack start.

AAGPS Code of Practice – Please click on the link to find more detail

LANE ALLOCATION – ALL Track Events

Lane 1 – St Pats

Lane 2 – Waverley

Lane 3 – Trinity

Lane 4 – Knox

Lane 5 – St Ignatius

Lane 6 – Sydney Grammar

Lane 7 – Kings

Lane 8 – Newington

Lane 9 – Scots

Lane 10 - St Pius

INVITATIONALS TRACK RECORDING – Newington

TIMING & PLACING

Electronic Timing

Electronic timing will be used at this invitational. It is the responsibility of each school to have a staff member present, at the finish line, to record their school's results.

- The first heat of the 100, 200, Sprint Hurdles & 400m is the 'Championship' race for each age group, with one lane in this event being occupied by each school. First place in this race is timed with the top 3 placings being recorded by the host school (second and third times are not recorded by the host, only placings). The top 3 places are awarded 1st, 2nd and 3rd and recorded accordingly. The onus of recording the times for places 2 to 8 is on the respective school for their own records.
- Subsequent heats are not recorded by the host but athlete times are recorded by their respective school.
- All subsequent races should aim for one athlete from each school per heat if this is possible due to the numbers in attendance, this is not mandatory however.

Hurdle Specifications

Age	Total Distance	No of Hurdles	Hurdle Height	Distance to First Hurdle	Distance between Hurdles	Distance to Finish
Under 13	90m	9	.762m	13m	8m	13m
Under 14	100m	10	.840m	13m	8.5m	10.5m
Under 15	100m	10	.840m	13m	8.5m	10.5m
Under 16	110m	10	.914m	13.72m	9.14m	14.02m
Under 17	110m	10	.914m	13.72m	9.14m	14.02m
Open	110m	10	.991m	13.72m	9.14m	14.02m

INVATIONALS FIELD RECORDING – Knox Grammar

- These guidelines can be used at the discretion of each hosting schools and the numbers in an age group on a given day. Minimum standards could be set upon consultation with the Aths NSW officials and host schools.
- The number of long jumps/Shot throws will be at the discretion of the officials and will be dependent on numbers, however a recommendation has been made below.
- First place distance/height in this event is officially recorded, with the top 3 placings being recorded by the host school (second and third distance/height are not recorded by the host, only placings). **The top 3 places are awarded 1st, 2nd and 3rd and recorded accordingly. The onus of collecting the distances/height for places 2 to 8 is on the respective school for their own records. ** All throws and jumps are recorded, attending schools are permitted to take photos of the recording sheet at the event.

Shot Put

Each student may have 3 throws. **IF TIME PERMITS**, another 2 throws will be awarded to the Top 6 competitors.

- Under 13 3kg
- Under 14 4kg
- Under 15 4kg
- Under 16 5kg
- Under 17 5kg
- Open 6kg

Long Jump

Each student may have 3 jumps. **IF TIME PERMITS**, another 2 jumps will be awarded to the Top 6 competitors.

High Jump

Starting heights and increments.





Under 13	Under 14	Under 15	Under 16	Under 17	Open
130cm	140cm	145cm	155cm	165cm	170
135cm	145cm	150cm	160cm	170cm	175
140cm	150cm	155cm	165cm	175cm	180
145cm	155cm	160cm	170cm	180cm	185
148cm	158cm	163cm	173cm	183cm	188
151cm	161cm	166cm	176cm	186cm	191
153cm	163cm	168cm	178cm	188cm	193
155cm	165cm	170cm	180cm	190cm	195
157cm	167cm	172cm	182cm	192cm	197



Track Events			Field Events		
Start Time	Event	Age Group	Start Time	Event	Age Group
8.00am	3000m	Opens			
8.30am	HURDLES	13 Yrs - Opens	8.30am	Javelin	14 & 15 Yrs
			8.30am	Discus	16 & 17 Yrs
			8.30am	Shot	13 Yrs
			8.30am	High Jump	13 & 14 Yrs
			8.30am	Long Jump	17 Yrs & Opens
9.10am	200m	13 Yrs - Opens			
			9.30am	Javelin	13 Yrs
			9.30am	Discus	14 & 15 Yrs
			9.30am	Long Jump	13 & 14 Yrs
			10.00am	Shot	Opens
			10.00am	High Jump	15 & 16 Yrs
10.10am	800m	13 Yrs - Opens			
11.00am	100m	13 Yrs - Opens	11.00am	Discus	13 Yrs
			11.00am	Shot	16 & 17 Yrs
			11.00am	Javelin	Open
			11.00am	High Jump	17 & Opens
12.15pm	4x100m	13 Yrs - Opens	12.00pm	Long Jump	15 & 16 Yrs *Relays
			12.00pm	Shot	14 & 15 Yrs
			12.15pm	Javelin	16 & 17 Yrs
1.00pm	400m	13 Yrs - Opens	12.30pm	Discus	Opens
1.45pm	1500m	13 Yrs - Opens			

Please note: Timings are only a guide and numbers of competitors and events will determine the exact timings for the Carnival. Events WILL be moved FORWARD if possible so please ensure you arrive well in advance of the scheduled program.