



# **BALLARAT ASSOCIATED SCHOOLS INCORPORATED**

**2022 Chairperson: Mr Adam Heath  
Ballarat Clarendon College**

**2022 Secretary/Public Officer: Mr Chris Grant  
Damascus College**



## 6. ATHLETICS

All BAS Athletic Carnivals shall be conducted according to the rules of Athletics Australia: (<https://www.athletics.com.au/info-hub/rules-technical-information/> ) except where the following regulations state otherwise.

1. The Annual Combined Athletic Carnival shall be held in Term 2 on a date to be decided by BAS Inc. preferably in week 3.
2. Competitors shall be under the specified age on January 1st, of the current year.
3. A competitor shall compete in only one age group for any event.
4. A competitor may not compete in more than four individual events and one relay.

Competitors who fail to report in person to an event within 20 minutes of the published start time will be eliminated from that event. Students who have registered for their field event then have 40 minutes from the published start time of that event to compete.

5. An Appeals Committee made up of Heads of Sport will deal with any protest lodged by team managers in conjunction with the Chief Referee.
6. There shall be two divisions in each event and one student from each school shall compete in each division. Results will stand and points allocated according to the division that students are entered in prior to competition.

\*There will be only one division at each age in hurdles.

7. Points scoring for the Aggregate Championship shall be:

	1st	2nd	3rd	4th	5th	6th	7th	8th
Division 1	16	14	12	10	8	6	4	2
Division 2	8	7	6	5	4	3	2	1
Relays	16	14	12	10	8	6	4	2

As well as Aggregate Championships (Boys Aggregate, Girls Aggregate and Co-Educational Shield), there will be championships for Senior Boys and Girls (U/17, Open), Intermediate Boys and Girls (U/15, U/16) and Junior Boys and Girls (U/13, U/14) divisions using the same points table.

8. Athletes who complete at least one attempt at a field event will receive at least one point.
9. If 32 points or fewer separate the 1st and 2nd schools, no winner will be announced on the day of the meeting, pending a recount; a winner shall be announced before mid-day on the Tuesday following the carnival.

10. List of Events:

Shot Put .....	Boys and Girls all age groups (Div. 1 & 2)
High Jump .....	Boys and Girls all age groups (Div. 1 & 2)
Long Jump .....	Boys and Girls all age groups (Div. 1 & 2)
Triple Jump .....	Boys and Girls all age groups (Div. 1 & 2)
Hurdles.....	Boys and Girls all age groups (one division)
100/200 metres .....	Boys and Girls all age groups (Div. 1 & 2)
400 metres .....	Boys and Girls all age groups (Div. 1 & 2)
800 metres .....	Boys and Girls all age groups (Div. 1 & 2)
1500 metres .....	Boys and Girls all age groups (Div. 1 & 2)
800 metres Walk .....	Open Boys and Girls (4 competitors per school)
Relays .....	4 x 100 metres Boys and Girls all age groups
<i>Discus .....</i>	<i>Removed from the program 2000</i>
<i>Javelin.....</i>	<i>Removed from the program 2000</i>
<i>3000 metres .....</i>	<i>Removed from the program in 2018</i>

11. Specifications:

**Hurdle Heights and Distances – Girls and Boys**

Girls	Distance	Line Colour	Height	Number of Hurdles	Run Up	Distance Apart	Finish
U13	80m	Black	76.2cm	9	12.00m	7.00m	12.00m
U14	80m	Black	76.2cm	9	12.00m	7.00m	12.00m
U15	90m	White	76.2cm	9	13.00m	8.00m	13.00m
U16	90m	White	76.2cm	9	13.00m	8.00m	13.00m
U17	100m	Yellow	76.2cm	10	13.00m	8.50m	10.50m
OPEN	100m	Yellow	84cm	10	13.00m	8.50m	10.50m
Boys	Distance	Line Colour	Height	Number of Hurdles	Run Up	Distance Apart	Finish
U13	90m	White	76.2cm	9	13.00m	8.00m	13.00m
U14	90m	White	76.2cm	9	13.00m	8.00m	13.00m
U15	100m	Yellow	84cm	10	13.00m	8.50m	10.50m
U16	100m	Yellow	84cm	10	13.00m	8.50m	10.50m
U17	110m	Blue	91.4cm	10	13.72m	9.14m	14.02m
OPEN	110m	Blue	99.1cm	10	13.72m	9.14m	14.02m

**Shot Put weights are to be the same weights as recommended by Athletics Australia;**

U13 Boys 3kg	U13 Girls 3kg
U14 Boys 3kg	U14 Girls 3kg
U15 Boys 4kg	U15 Girls 3kg
U16 Boys 4kg	U16 Girls 3kg
U17 Boys 5kg	U17 Girls 3kg
U20 Boys 6kg	U20 Girls 4kg

## Suggested starting Heights and Progressions for High Jump – Girls and Boys

High jump starting heights and progressions are suggestions only. If it is necessary to lower or raise the starting height, this can be done by the Official running the event. The starting height cannot be lower than the height of the landing area. The bar rise increments are also recommendations and can be adjusted accordingly but should not be less than 3 cm.

Girls	Starting Height	1st Prog	2nd Prog	3rd Prog	Prog
U13	1.10m	1.15m	1.20m	1.25m	By 5
U14	1.10m	1.15m	1.20m	1.25m	By 5
U15	1.15m	1.20m	1.25m	1.30m	By 5
U16	1.20m	1.25m	1.30m	1.35m	By 5
U17	1.20m	1.25m	1.30m	1.35m	By 5
OPEN	1.25m	1.30m	1.35m	1.40m	By 5
Boys	Starting Height	1st Prog	2nd Prog	3rd Prog	Prog
U13	1.20m	1.25m	1.30m	1.35m	By 5
U14	1.20m	1.25m	1.30m	1.35m	By 5
U15	1.25m	1.30m	1.35m	1.40m	By 5
U16	1.35m	1.40m	1.45m	1.50m	By 5
U17	1.35m	1.40m	1.45m	1.50m	By 5
OPEN	1.45m	1.50m	1.55m	1.60m	By 5

### 12. **PROCEDURE to be adopted should the Athletics carnival be interrupted by rain after it had commenced.**

Where the weather is considered bad enough to abandon the program, the decision will be made by a majority of the BAS Inc. Heads whose schools are participating in the carnival and who can be quickly and easily be contacted. Where a decision is made to abandon the program due to poor weather conditions, it was decided that:

If a relief day is still available then the program will be stopped and then restarted at the same point on the reserve day.

If no reserve day is available and more than 50% of events have been decided then the result will be based on placings at the end of events completed at the time of abandonment of the program

If no reserve day is available and less than 50% of events have been completed then no result will be declared for the carnival for that year.

NB: Any records set in events completed, will stand as BAS records.

### 6.1 **School Officials Duties List**

- Each school is allocated two field events and must be responsible for the

organisation, supervision and recording of all results on the day.

- Each event must have a minimum of 2 officials – these officials can be one of the following:
  1. *Two PE trained staff members – one to oversee each event, plus a further two assistants which can be senior students, staff, gap or uni students.*
  2. *One PE trained staff member to oversee both events and a further three adults, staff, gap or uni students.*

SCHOOL	TRACK OFFICIALS REQUIRED	FIELD OFFICIALS REQUIRED	OTHER OFFICIAL TASKS
Loreto College OR Ballarat Clarendon College	<p>(1) <b>Finish Marshal x 1</b> – for all track events, record for distance events and organise competitors at the end of the race.</p> <p>(2) <b>Finish Recorders x 2</b> – record places and times and distribute ribbons.</p> <p><b>Team Manager for students</b></p>		<p>(3) <b>Computer results recording x 3</b></p> <p>(4) <b>*Walk Judge – 1 staff Official</b></p> <p>(5) <b>Morning Tea for all staff</b></p> <p>6/7 Staff + Team Managers</p>
St Patrick's College OR Ballarat Grammar	<p>(1) <b>Commentator x 1</b></p> <p>(2) <b>Starter x 1</b> - for all track events</p> <p>(3) <b>Starters marshals x 2</b> - for all track events</p> <p><b>Team Manager for students</b></p>	<p>(4) <b>Official Track Referee x 1</b> – to clarify any questions relating to the track events.</p> <p>(5) <b>Official Field Referee x 1</b> –to clarify any questions relating to the field events.</p> <p><b>Senior Students to assist Field Events as required</b></p>	<p>(6) <b>*Walk Judge – 1 staff Official</b></p> <p>(7) <b>Lunch</b> for all staff and managers</p> <p>6/7 Staff + Team Managers + Students if required</p>
St Patrick's College OR Ballarat Grammar	<b>Team Manager for students</b>	<p><b>*Hurdles event x 1</b>– responsible for height and distance</p> <p><b>*Boys High Jump – 2 staff</b></p> <p><b>*Girls High Jump – 2 staff</b></p>	5 Staff + Team Managers
Ballarat High School	<p>(1) <b>Timekeeper x 1</b> – manual back up</p> <p><b>Team Manager for students</b></p>	<p><b>*Boys Triple Jump – 2 staff</b></p> <p><b>*Girls Triple Jump – 2 staff</b></p>	5 Staff + Team Managers
Damascus College	<p>(1) <b>Timekeeper x 1</b> – timing gates</p> <p><b>Team Manager for students</b></p>	<p><b>*Boys Long Jump – 2 staff</b></p> <p><b>*Girls Long Jump – 2 staff</b></p>	5 Staff + Team Managers
Ballarat Clarendon College OR Loreto College	<p>(1) <b>Chief Finish Marshal x 1</b> – for all track events, record for distance events and organise competitors at the end of the race.</p> <p><b>Team Manager for students</b></p>	<p><b>*Boys Shot Put – 2 staff</b></p> <p><b>*Girls Shot Put – 2 staff</b></p>	5 Staff + Team Managers