

# ATHLETICS SECTION

Athletics is a section of the Physical Education Division

Implementing an athletics program can be of tremendous benefit to the Christian school. Godly coaches can use sports to teach character and self-control. Athletics can also be used as an instrument to create and promote school spirit and teamwork.

Regional and South Pacific Student Conventions are not intended to be tournaments to determine state and national championships.

Students competing in any P.E. competition should observe the general guidelines as stated in this section. Carelessness on these points could disqualify a contestant.

Boys will compete against boys and girls will compete against girls in ALL events as listed below. A student may enter five (5) events in the Athletics Section, but a total of 7 events across the Physical Education Division.

***As a result of Athletics Health & Safety regulations Shot Put and Discus events are for Open and U17 students ONLY. Students aged U14 must not enter U17 or Open events in Shot Put or Discus.***

Remember, students must enter and participate in events in more than one division.

The following is a list of events in the Athletics Section:

1. 100m
2. 200m
3. 400m
4. 800m
5. 1500m \*
6. 4 x 100m Relay
7. Long Jump ##
8. Shot Put (Open and U17 ONLY) +
9. Discus (Open and U17 ONLY) +

\* Please check the ISC Guidelines if preparing this event for International Student Convention, as differences occur.

# This event does not progress to International Student Convention.

## Female Competition in this event does not progress to International Student Convention.

+ **NOTE:** Shot Put and Discus events are not available to U14 competitors.

## GENERAL GUIDELINES

1. There are three (3) age categories in the Athletics section:

- **Category 1: Under 14** (Students who turn 11 through to students who turn 13 but **do not** turn 14 during the year)
- **Category 2: Under 17** (Students who turn 14 through to students who turn 16 but **do not** turn 17 during the year)
- **Category 3: Open** (Students who turn 17 through to students who turn 20 but **do not** turn 21 during the year)

Ages are determined as at 31<sup>st</sup> December in the year of competition.

**NOTE - The age categories and implement sizes are in line with the National Under-Age Athletic Standards of Australia.**

2. A contestant may enter no more than five (5) Athletic events.
3. A contestant may enter no more than seven (7) Physical Education events

## P.E. CLOTHING

1. All P.E. uniforms and competition clothing **MUST** comply with the Convention Dress Code as found in the Introduction to Guidelines on page IN.16.
2. Sleeves are to stay draped over the shoulders at all times.
3. Sleeveless shirts will NOT be allowed. However, a numbered tank top/singlet over a T-shirt is acceptable.
4. Shoes must be worn on both feet at all times.

## TRACK & FIELD QUALIFYING TIMES AND DISTANCES

1. The qualifying times and distances for each age category in Track and Field Athletics events for Regional and South Pacific Student Conventions are listed in the table below.
2. This is the minimum performance standard that each contestant must achieve to
  - a) qualify for a “final” and/or
  - b) be eligible to receive a place at Regional and/or South Pacific Student Conventions.

AGE	MALE	FEMALE
<b>100m</b>		
U/14	16.5 sec	17.5 sec
U/17	15.5 sec	17.0 sec
OPEN	15.0 sec	16.5 sec
<b>200m</b>		
U/14	36.5 sec	38.5 sec
U/17	33.5 sec	37.0 sec
OPEN	32.5 sec	36.5 sec
<b>400m</b>		
U/14	1:30.00 min	1:40.00 min
U/17	1:25.00 min	1:35.00 min
OPEN	1:20.00 min	1:30.00 min
<b>800m</b>		
U/14	3:35.00 min	3:50.00 min
U/17	3:15.00 min	3:40.00 min
OPEN	3:05.00 min	3:35.00 min
<b>1500m</b>		
U/14	7:20.00 min	8:00.00 min
U/17	6:40.00 min	7:30.00 min
OPEN	6:20.00 min	7:25.00 min
<b>4x100m Relay</b>		
U/14	1:10.00 min	1:15.00 min
U/17	1:06.00 min	1:13.00 min
OPEN	1:04.00 min	1:11.00 min
<b>Long Jump</b>		
U/14	3.45m	3.35m
U/17	4.00m	3.45m
OPEN	4.35m	3.60m
<b>Shot Put</b>		
U/17	(4kg) 6.75m	(3kg) 5.10m
OPEN	(4kg) 7.00m	(3kg) 5.50m
<b>Discus</b>		
U/17	(1kg) 19.20m	(1kg) 14.00m
OPEN	(1.5kg) 18.00m	(1kg) 15.20m
<b>Football Kick</b>		
All Ages	10.00m	10.00m
<b>Soccer Kick</b>		
All Ages	15m	15m
<b>Netball Shoot</b>		
All Ages	15 pts	15 pts

## TRACK EVENTS

1. All students **MUST** wear clothing which conforms to the Convention Dress Code as found in the Introduction to Guidelines on page IN.16. (See also Physical Education Clothing page, AT.2) **Contestants must compete with shoes on both feet.**
2. It is the responsibility of the contestant to be present when their event is run. Races will not be rescheduled or rerun if contestants miss the start of their race.
3. Track events take precedence over field events. If any student is waiting to compete or is competing in a field event when their track event is called over the P.A. system, it is the student's responsibility to excuse themselves from their field event by notifying the Field Event Judge that they are required for their track event. When the student's track event is finished the student must report back to that Field Event Judge and complete the event they were excused from previously.
4. SCEE will determine the number of lanes to be used, bearing in mind the facilities provided and the need to correctly place and time all heats.
5. To start the race the starter gives the commands "on your marks" and "set" in all races up to and including the 400m race. For longer races, only "on your marks" is used. The starting pistol is fired when the competitors are all **STEADY IN POSITION**.
6. It is a false start if a competitor fails after a reasonable time to comply with the command "set" or starts before the pistol is fired. Competitors are recalled by a pistol shot after a false start. The competitors responsible must be warned; **a competitor is disqualified after causing two false starts.**
7. In the 100m, 200m and 400m races and in the 4x100m relay, a runner must run within their assigned lane and they must not step over their lane line for three or more consecutive steps with either or both feet. During and at the conclusion of the above mentioned races or relay all runners must be in their lanes.
8. In the 800m and 1500m races, a runner must be one full stride ahead of another runner before he/she can merge into the other competitor's lane.
9. A heat shall consist of up to ten (10) runners (where ten (10) lanes are available), otherwise eight (8), with each runner assigned their own lane. If ten (10) or fewer contestants have entered the event the heat may be considered the race final.
10. Qualifiers for the final will consist of up to ten (10) contestants or teams, where ten (10) lanes are available; otherwise eight (8), who achieved the fastest times during the heat(s) for that race.
11. Track records for A.C.E. Student Conventions in the South Pacific may be set in any official race at SCEE Regional and/or South Pacific Student Convention Athletics Days.
12. Times are to be recorded to the nearest 1/100 of a second.
13. Starting blocks may be used for any laned race. It is the responsibility of a fellow teammate to remove the blocks immediately after the race has begun. SCEE will not provide or take any responsibility for starting blocks.
14. Spectators, non-competing students and coaches are not allowed on the track area. Runners must not be paced or coached in any way during a race.
15. To be awarded a place in a track event the competitor must first achieve a time less than the qualifying time. Places (1st to 6th) will be awarded to competitors in track events who achieve the six (6) fastest times under the qualifying time specified for their race and category. The qualifying times are specified on page AT.3.

## TRACK EVENTS

16. A student may only withdraw from an event with a personal confirmation from their sponsor.
17. For their own safety and well-being, students and sponsors need to bring with them to the Athletics day:  
**Sun-hat, Sunblock, Sweatshirt/Jacket, Plenty of drinking water.**

**SPONSORS:** Please note that **YOU** are responsible for providing drinking water for your students. They need to remain well hydrated, regardless of weather conditions or temperature, especially if they are running races.

18. NOTE: Where there may be a conflict of rules, SCEE Guidelines will have precedence.

### TRACK - ORDER OF EVENTS:

This order is given for information in selecting individual participation in Track events and may be altered as necessary at any given time. Please note that finals will only be held if more than eight contestants have entered the event. Generally, female races will be run first followed by male races of the same distance beginning at U/14, then U/17 and then the OPEN Category. SCEE retains the right to re-order, combine and/or merge races as necessary.

1500m

100m

200m

400m

100m Final

800m

200m Final

400m Final

4 x 100m Relay

4x 100m Relay Final

## RELAYS

**PLEASE REFER TO THE TRACK GUIDELINES WHEN PREPARING FOR THIS EVENT**

1. Each relay team must have a minimum of four (4) and a maximum of five (5) members. Only complete, four (4) or five (5) member relay teams who have registered by the Registration Closing Date will be permitted to participate.
2. Each member must run one (1), and no more than one (1), leg of the relay.
3. A baton, not exceeding 30cm in length, will be provided by SCEE
4. The baton must be carried by hand and passed in succession to each runner. A runner must pass the baton to the next runner inside the 20 metre passing zone. Any passing of the baton before the baton reaches the zone or after it goes beyond the zone disqualifies that team.
5. A runner who is to receive the baton may start his/her run no more than 10 metres outside the 20 metre passing zone or anywhere within the passing zone.
6. After passing the baton, runners must continue in their lane so as not to interfere with other competing teams and/or team members.
7. A dropped baton must be recovered by the team member who dropped it, without interfering with other runners. If a baton is dropped in the passing zone, either runner may recover it. However, disqualification can occur for interfering with another runner. A team member may not run outside the passing zone to take the baton from a fallen member. If any team member runs any part of the race without a baton, the team will be disqualified.
8. Runners must remain within their lanes throughout the race and shall not step over their lane line for three or more consecutive steps with either or both feet, except where interference of another runner occurs in which case the interfering team will be disqualified. During and at the conclusion of the run or relay all runners MUST be in their lanes.
9. Replacement runners in relays may only be those nominated as such on the Student Event Registration Form at the Registration Closing Date. Any student nominated as a relay reserve will count that event as one of their five Athletics events.
10. For a relay team to compete at a South Pacific Student Convention at least two members of the original team must be present.
11. NOTE: Where there may be a conflict of rules, SCEE Guidelines will have precedence.

**See page AT.3 FOR QUALIFYING TIMES**

## FIELD EVENTS

1. All students **MUST** wear clothing which conforms with the Convention Dress Code as found in the Introduction to Convention Guidelines on page IN. 15. (See also Physical Education Clothing on page AT.2). **Contestants must compete with shoes on both feet.**
2. It is the student's responsibility to complete their field event/s during the time allocated to Athletics. Field events will not be rescheduled if students miss their events.
3. Track events take precedence over field events. If any student is waiting to compete or is competing in a field event when their track event is called over the P.A. system, it is the student's responsibility to excuse themselves from their field event by notifying the Field Event Judge that they are required for their track event. When the student's track event is finished the student must report back to that Field Event Judge and complete the event they were excused from previously.
4. Field records for A.C.E. Student Conventions in the South Pacific may be set in any official competition at SCEE Regional and/or South Pacific Student Convention Athletics Days.
5. All measurements are to be recorded to the nearest five millimeters.
6. Spectators and coaches are not allowed within the track or field competition area, nor are competitors permitted to be coached in any way during an event.
7. To be awarded a place in a field event the competitor must first achieve a qualifying distance. Places (1st to 6th) will be awarded to competitors in field events who achieve the six (6) greatest distances over the qualifying distance specified for their event and category. The qualifying distances are specified on page AT.3.
8. All ties by identical measurements shall be separated by a count back.
9. A student may only withdraw from an event with written or personal confirmation from their sponsor. This must be given to the Field Event Judge prior to the event.
10. NOTE: Where there may be a conflict of rules, SCEE Guidelines will have precedence.

## LONG JUMP

**PLEASE REFER TO THE FIELD GUIDELINES WHEN PREPARING FOR THIS EVENT**

1. Each contestant is allowed three (3) competitive jumps.
2. A foul jump occurs when the take-off foot extends beyond the take-off board. This is the edge of the take-off board nearest the landing pit or the foul line/scratch line.
3. A foul jump occurs if the contestant touches any area outside the landing pit during their jump or runs through or past the pit after having begun the approach. A foul also occurs if a contestant walks back through the landing area. Contestants must walk out of the pit outside their qualifying jump distance.
4. Measurements shall be made at right angles to the scratch line from the nearest break in the landing pit made by the competitor's feet, hands, body, or clothing.
5. The landing pit must be raked smooth by one of the officials following each jump.
6. All competitive jumps will be recorded by the event Judge.
7. All measurements are to be recorded to the nearest five millimeters.

**See page AT.3 for QUALIFYING DISTANCES**

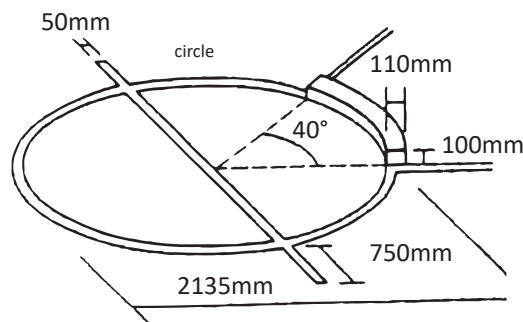
## SHOT PUT

PLEASE REFER TO THE FIELD GUIDELINES WHEN PREPARING FOR THIS EVENT

1. The shot used in each age category shall weigh:

	Male	Female
Under 17	4kg	3kg
OPEN	4kg	3kg

2. SCEE shall supply the shots to be used during Shot Put events.
3. Each contestant is allowed three competitive puts.
4. The shot shall be put with one hand. During the attempt, the shot must not drop to the shoulder and must be kept in close proximity to the neck and chin. The arm and elbow should be at right angles to the torso and should not be dropped below this position during the action of putting. The shot shall not be taken behind the line of the shoulders.
5. A legal put must land in the designated area. The competitor's foot must not touch the out-of-bounds circle or, if using a stopboard, the top surface area of the board. The competitor must not leave the circle until the shot put has landed, and only then from a standing position from the rear half of the circle. A foul will be incurred if the competitor leaves from the front of the circle.
6. The competitor with the longest put, above the qualifying distance for their category, shall be declared the winner.
7. All competitive puts by each competitor will be recorded by the event Judge.
8. It is not a foul if any part of the competitor swings outside the circle without touching the ground.
9. The diameter of the circle shall be 2.135m and marked as per the diagram.
10. All measurements are to be recorded to the nearest five millimeters.



See page AT.3 for QUALIFYING DISTANCES

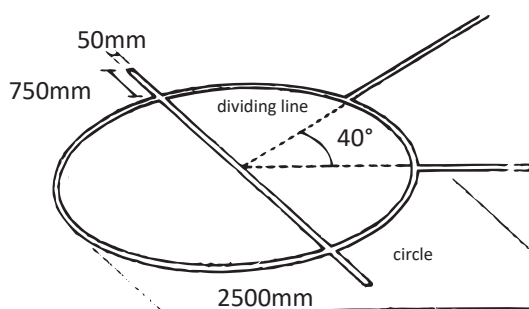
## DISCUS

PLEASE REFER TO THE FIELD GUIDELINES WHEN PREPARING FOR THIS EVENT

1. The discus used in each age category shall weigh:

	Male	Female
Under 17	1kg	1kg
OPEN	1.5kg	1kg

2. SCEE shall supply the discus to be used during Discus events.
3. Each contestant is allowed three competitive throws.
4. A legal throw must land in the designated area. The competitor's foot must not touch the out-of-bounds circle. The competitor must not leave the circle until the discus has landed, and only then from a standing position from the rear half of the circle. A foul will be incurred if the competitor leaves from the front of the circle.
5. The competitor with the longest throw, above the qualifying distance for their category, shall be declared the winner.
6. All competitive throws by each competitor will be recorded by the event Judge.
7. It is not a foul if any part of the competitor swings outside the circle without touching the ground.
8. The diameter of the circle shall be 2.5m and marked as per the diagram below.
9. All measurements are to be recorded to the nearest five millimeters.



See page AT.3 for QUALIFYING DISTANCES