

GPS RULES OF COMPETITION

IPSWICH GRAMMAR SCHOOL | BRISBANE GRAMMAR SCHOOL | ST JOSEPH'S GREGORY TERRACE | TOOWOOMBA GRAMMAR SCHOOL | ST JOSEPH'S NUDGE COLLEGE | THE SOUTHPORT SCHOOL | BRISBANE BOYS' COLLEGE | ANGLICAN CHURCH GRAMMAR SCHOOL | BRISBANE STATE HIGH SCHOOL | IPSWICH GRAMMAR SCHOOL | BRISBANE GRAMMAR SCHOOL | ST JOSEPH'S GREGORY TERRACE | TOOWOOMBA GRAMMAR SCHOOL | ST JOSEPH'S NUDGE COLLEGE | THE SOUTHPORT SCHOOL | BRISBANE BOYS' COLLEGE | ANGLICAN CHURCH GRAMMAR SCHOOL | BRISBANE STATE HIGH SCHOOL | IPSWICH GRAMMAR SCHOOL | BRISBANE GRAMMAR SCHOOL | ST JOSEPH'S GREGORY TERRACE | TOOWOOMBA GRAMMAR SCHOOL | ST JOSEPH'S NUDGE COLLEGE | THE SOUTHPORT SCHOOL | BRISBANE BOYS' COLLEGE | ANGLICAN CHURCH GRAMMAR SCHOOL | BRISBANE STATE HIGH SCHOOL | GRAMMAR SCHOOL | ST JOSEPH'S GREGORY TERRACE | TOOWOOMBA GRAMMAR SCHOOL | ST JOSEPH'S NUDGE COLLEGE | THE SOUTH



Years 5-12

Track and Field

Effective 1 January 2015

APPROVED BY: GPS Track and Field Sub-Committee – 18 February 2015

GPS Sport and Activities Committee –23 July 2015 [Flying Minute]

GPS Management Committee – 19 October 2015

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SECTION A: PREAMBLE

These rules are for the 2015 GPS Track and Field Season competition which is to be held in Term 3 and 4 of the school year.

Track and Field is offered for students in Year 5-12.¹

SECTION B: CODE OF BEHAVIOUR

STUDENTS, COACHES, PARENTS, SPECTATORS AND OFFICIALS ARE ENCOURAGED TO FAMILIARISE THEMSELVES WITH THE "GPS CODES OF BEHAVIOUR" THAT APPLY TO ALL GPS ACTIVITIES.

1. SLEDGING

- 1.1. The Headmasters of GPS schools have determined that 'sledging' has no place in GPS Sport. This practice is forbidden.
- 1.2. The Headmasters have directed that students:
 - a) are to make no derogatory comments **at** an opposing student;
 - b) are to make no derogatory comments **about** an opposing student.

2. MAINTAINING A STANDARD OF BEHAVIOUR –²

2.1. The above breaches of behaviour are guidelines.

2.2. Coaches

All coaches are responsible for ensuring that the letter and the spirit of the Code of Conduct is followed and are expected to set an example to others at all times.

2.3. Officials

2.3.1. Officials in GPS Track and Field are instructed to watch such negative activities as those listed above.

Should an official consider the Code of Conduct is being broken during a meet, he shall, using his discretion (and being mindful of the context of any such comments or actions of either student/s), take action.

2.3.2. The procedure to control unacceptable behaviour is:

- i) to warn any student who is displaying any unsportsmanlike behaviour and inform the Captain of the warning, and include the student/s name/s in the report,
- ii) should it persist further the Official/s will report the student/s to the Coach of the school team.

¹ GPS Headmasters Meeting – 6 May 2013; Y5-12 GPS Reform decision. From the commencement of the 2014 school calendar year the Year 8-12 sporting and cultural involvement in the nine member schools was extended to also include these schools' students in Years 5-7.

² Clarification of current Behaviour Management System 2009

2.3.3.If an Official warns a student he must record the incident on the Officials report form. When an Official reports a student the incident must be recorded in detail. For all incidents the student's name and school must be stated.

2.4. **Captains and Vice-Captains** of all teams are expected to see that their team competes according to the spirit as well as the letter of the Code of Conduct and set the example to others.

2.5. **MIC /Directors of Track and Field**

As the Code of Conduct applies to all teams, MIC/ Directors of Track and Field are to liaise with Directors of Sport and Activities to ensure that all coaches are issued with the Code of Conduct and the appropriate regulations and that the school as a whole is informed of the content of the Code of Conduct. The purpose of this system is to monitor and support appropriate student behaviour.

SECTION C: GENERAL³

3. MEET CALENDAR

3.1. The meet competition will be conducted in accordance with a schedule of dates drawn up by the GPS Sport and Activities Committee prior to the start of the meet season and approved by the GPS Headmasters as part of the GPS Calendar approval process.

3.2. In the event of postponement due to weather, an alternate date will be set for the GPS Track and Field Championships events.

4. HYDRATION AND TRAINING GUIDELINES

4.1. Please refer to the Hydration and Training Guidelines Information Sheet provided on the GPS website under 'Codes and Policies'. This information is to be provided to students and staff in advance of GPS Track and Field events.

5. COMPETITORS DRESS⁴

5.1. All competitors must compete in the correct colours and outfit as designated by his school.

5.2. If compression garments are worn, a complete official school competition uniform (top and bottom) must still be worn over the compression garment, otherwise the athlete will be disqualified⁵.

5.3. Spikes are to be of the approved tartan track required length.

5.4. Blocks will be supplied.

³ GPS Track and Field Sub-Committee – Flying Minute – finalised 29 July 2010

⁴ GPS Track and Field Sub-Committee Meeting – 7 May 2009; amended 13 November 2013 – dress code to apply in lead up meets and Championships

⁵ GPS Track and Field Sub-Committee Meeting – 20 November 2007; revised 13 November 2013.

SECTION D: INVITATIONAL LEAD UP MEETS⁶

Lead up Meets

Events	100m	200m	400m	800m	1500m	3000m	Hurdles 2 straights 10 Yrs, 11 Yrs, 12 Yrs LA hts; 13 Yrs up use normal hurdles	4 x 100m/ 4 x 400m	Shot Put	Discus	Javelin	Long Jump	Triple Jump	High Jump
A	√		√		√		√		√		√	√		
B		√		√		√		√		√			√	√

NB: no limit to numbers of events. Protocol for throws and jumps e.g. if you do not throw or jump more than a set distance - 15m Discus, 2.75m LJ, 15m Javelin, Shot Put; HJ starting ht: 1.10m/ 1.12m/ 1.15m / 1.25m/ 1.35m/ 1.50m/ 1.55m/ 1.60m (10-11-12-13-14-15-16 Yrs, Open); 8.30m TJ (13 Yrs)

A competitor can still throw / jump full number of throw/ jumps but no measure will be recorded.

13 years primary and senior all lead up meet events together

Blocks optional (⚡ 10-11-12 Yrs); Div 1 only.

File Note: It is recommended that GPS events for Years 5-7 are conducted with senior events on the same date/ same venue with the rationale being this would be logistically feasible for travel, event organisation and staffing.

6. COST SHARING FOR INVITATIONAL LEAD UP CARNIVALS⁷

- 6.1. The GPS lead up meet season will consist of 9 meets prior to the GPS Championships.
- 6.2. A different school will host each of the 9 meets.
- 6.3. Wherever possible dates for meets will be set and confirmed as part of the overall scheduling of the GPS Calendar (one year ahead).
- 6.4. Meets will generally start at 4.45pm on a Friday.
- 6.5. If schools withdraw, schools are duty bound to provide officials and to meet the cost requirement of facility hire.

⁶ GPS Sport and Activities Committee Meeting – 21 July 2008

⁷ GPS Sport and Activities Committee Meeting – 21 July 2008; GPS Track and Field Sub-Committee Meeting – 12 November 2012, revised arrangements for host schools in relation to catering and 'Fixed Costs'

6.6. Venue, First Aid, Trophies/ Medals costs and a results management fee will all be included as "Fixed Costs" for the lead up season, and will be paid by the GPS Association in the first instance, and then shared equally amongst all member schools for the season. A levy invoice will be issued from the GPS office at the end of the season.

6.7. Certificates, medals and trophies for all events will be standardized awards through the GPS office.

7. COMPETITION ARENA

7.1. Only competitors of the individual event being run are allowed on the inside of the track at the event site. No other athletes, managers or spectators are allowed inside the track boundary. All schools should advise all students of this.

8. HOST SCHOOL

8.1. Each School will be allocated to an event. It is the responsibility of the School running the event to provide equipment (tape measures, throwing implements) and allocate an Official who is competent and aware of Guidelines in relation to rules and regulations and safety requirements for the running of the specific discipline.

8.2. Dinner will be provided *for officials* for each school from 6.30p.m. Catering will be the responsibility of the Host School⁸.

8.3. MICs of Host Schools for events are reminded to ensure that risk management checks are completed and appropriate personnel assigned for Discus and Javelin events, and additional safety messages provided to students, staff and appropriate signage or barriers arranged if required. Schools are asked to remind coaches to provide throws instruction and reinforce safety messages during lead up training.

8.3.1. The Host School is responsible for the Risk Management of the event while the school who has been allocated an event [i.e. track or field] is responsible for allocating competent staff who can adhere to the risk management procedures.⁹

8.4. All lead up meets are to incorporate and cater for events for Y5-12.

8.5. Limits to the number of attempts or measurements are at the discretion of the host school.¹⁰

9. MARSHALLING

9.1. Marshalling for all Track events will occur on the outside of the Track. On the Track the first heat in each age group will be the Premier Race.

9.2. Schools should ensure that students compete in their own age group for a specific event and do not "double up" into other age groups. The number of competition attempts will be limited by the number of competitors and this has implications on the number of competitors from individual schools.

9.3. For lead up meets a set Lane Allocation will occur to assist with the smooth conduct of the event. Refer to the GPS Track and Field Calendar for the allocation.

⁸ GPS Track and Field Sub-Committee Meeting – 12 November 2012

⁹ GPS Track and Field Sub-Committee Meeting – 18 February 2015

¹⁰ GPS Track and Field Sub-Committee Meeting – 18 February 2015

10. TIMING/ RESULTS¹¹

- 10.1. The first three place getters will be recorded for the newspaper. Please ensure your best competitors are in the first heat. *Each School is responsible for the timing of their own athletes in all Track Events. After receiving their time from their school the place getters in each premier Track event must report immediately to the announcing/recording building.*
- 10.2. All attempts will be made to have place getters published in The Sunday Mail paper.
- 10.3. Copies of manual score sheets are to be scanned and emailed to all members of the GPS Track and Field Sub-Committee by the host school ASAP after the meet [Monday of the following week].¹²
- 10.4. GRAND PRIX SERIES
- 10.4.1. Set events will be held on set calendar dates in the GPS Track and Field season.
- 10.4.2. Medallions are to be provided for 1st, 2nd and 3rd place getters for each age group 13 years – 18 years.
- 10.4.3. Medallions to be co-ordinated through the GPS office with the assistance of Gregory Terrace.

File Note: Grand Prix Series Competition not applicable in 2015

11. WARM UP

- 11.1. Warm up will be allowed on the outside four lanes of the track from the 300m mark to the 150m. The track will be cleared by the carnival announcer prior to events requiring all lanes. All athletes involved in warm-up should be under direct supervision of their coach. This is particularly pertinent for all jumps and throws.

SECTION E: GPS TRACK AND FIELD CHAMPIONSHIPS [Y5-7 AND Y7-12]

12. APPLICABILITY OF INTERNATIONAL/NATIONAL RULES

- 12.1. The GPS Rules of Competition – Track and Field will be the first point of reference and only when they do not address a particular issue will the International Association of Athletics Federations (I.A.A.F) Rules apply to the conduct of the GPS Track and Field Championships.
- 12.2. The GPS Executive Officer shall be responsible for keeping a current copy of all (I.A.A.F) Rules and to have it available during the Championships as necessary.

13. VENUE

- 13.1. The GPS Track and Field Championships shall be conducted at a venue to be determined by the Committee and ratified by the Association.
- 13.2. The current preferred venue is the Queensland Sport and Athletics Centre, Nathan, Brisbane.

¹¹ GPS Track and Field Championships – 13 November 2013

¹² GPS Track and Field Sub-Committee Meeting – 13 November 2013

14. AGE REGULATIONS/ CRITERIA FOR PARTICIPATION

- 14.1. The LOWEST age division in which any student may compete in a school year of competition will be determined by his age on the 1st January¹³ of the current year.
- 14.2. Students in Years 5 - 12 only, enrolled in a GPS member school may participate in the competition. A student must be enrolled on a full time basis at the school that he represents.
- 14.3. No student is eligible to take part in this competition at any time in the year of his 19th birthday or if he had turned 19 before the year of competition.
- 14.4. The competition shall be conducted in the following age groups/ divisions:
- | | |
|---------|----------------------------|
| 14.4.1. | Open (All Ages - Under 19) |
| 14.4.2. | 17- 18 years |
| 14.4.3. | 16 years, |
| 14.4.4. | 15 years, |
| 14.4.5. | 14 years, |
| 14.4.6. | 13 years [Y7-12] |
| 14.4.7. | 12 years |
| 14.4.8. | 11 years |
| 14.4.9. | 10 years |
- 14.5. Competitors shall compete in one age group only (except for 'All Age' Open Event, e.g. 3000m, 400m Hurdles). Their first event on the day determines their age division for the carnival.
- 14.6. There is no restriction on the number of events in which a competitor can compete. No event, however, will be delayed if a competitor is participating in some other event at that time.
- 14.7. See Rules under Section F: Protests for the procedure to be followed for a protest relevant to Age Regulations.
- 14.8. The Championships are to be conducted in age groupings [10Yrs & U – 12 Yrs & U] and [13 Yrs & U - Open]. The eligibility criteria for Y5&6 students is they cannot compete in the age group [13 Yrs & U - Open], but Year 7's who meet the criteria to compete in the 12 Yrs & U age group can compete in the [10Yrs & U – 12 Yrs & U] event. A Year 7 student may only compete in one Championship event.¹⁴

15. ENTRIES¹⁵

15.1. Preliminary Entries

- 15.1.1. A squad list is to be submitted to the GPS Executive Officer (14) days prior to the event and this is to be circulated to the GPS Headmasters (including information required re: Date of Birth, Date of Enrolment to the school).

¹³ GPS Headmasters Meeting – 21 October 2013

¹⁴ GPS Sports and Activities Committee – 15 October 2014; clarification for Year 7s for two events; approved by GPS Management Committee – 27 October 2014

¹⁵ GPS Track and Field Sub-Committee – 7 May 2009 – revised entries procedure; revised changes to start list deadline discussed at GPS Track and Field Sub-Committee – 7 November 2011. Reviewed GPS Track and Field Sub-Committee – 12 November 2012/ GPS Sport and Activities Committee Meeting – 23 November 2012; revised GPS Sport and Activities Committee Meeting – 22 November 2013

- 15.1.2. Preliminary Entries will be required to be submitted with the use of Team Manager [Hy-Tek for Track and Field] software or Excel spreadsheet.
- 15.1.3. All reserve athletes who may be asked to compete for the member school must be included in this squad list.
- 15.1.4. The submission of entries will be possible from 14 days prior to the preliminary entry deadline¹⁶.
- 15.1.5. No 'NEW' competitors will be accepted to be added to the squad list after this date. If an athlete is not registered to compete prior to the nominated closing time for changes to team nominations/ competitor entries on this date, they will be disqualified.

15.2. Final Entries

- 15.2.1. Final changes to the starting list to be printed in the Official Program must be submitted to the GPS Executive Officer a minimum of (7) working days prior to the competition day.
- 15.2.2. Final Entries will be required to be submitted with the use of Substitution Notification Form only as all changes need to be entered manually into Meet Manager once the event has been seeded.
- 15.2.3. The GPS Executive Officer will issue a Performance List of competitors for each school once the Official Program has been generated.
- 15.2.4. An electronic program is to be made available online if possible.¹⁷

15.3. Final Confirmation of Entries

- 15.3.1. The notification of changes to competitors will be possible from the deadline for Final Entries and up to the nominated closing time for changes to team nominations/ competitor entries on the day of the Championships [45 mins prior to the first event].
- 15.3.2. Changes must be submitted in writing on the GPS Substitutions Notification Form only.
- 15.3.3. Changes will be accepted after the nominated closing time for changes to team nominations/ competitor entries only under exceptional circumstances.
- 15.3.4. The Start List for an event is to be checked with competitors by the nominated technical official prior to the start of an event on the day of the Championships. If an athlete is not registered to compete for a school when the Start List is called, the athlete's name and school should be noted by the official. The athlete will be allowed to compete as a "Competitor under Protest". Officials in the Control Room are to be notified of the competitor's status. If a GPS Substitutions Notification Form has not been provided to the Control Room within 15 minutes of the notification, the athlete will be disqualified.
- 15.3.5. No changes to entries will be permitted 15 minutes following the completion of the last event.

16. LANE DRAW / COMPETITION SEQUENCE¹⁸

16.1. Y7-12

Lane draw/Competition sequence allocation will occur as a random process using Meet Manager. It is suggested that this should only be made available after the first entries are provided, the reason being that using Meet

¹⁶ GPS Track and Field Sub-Committee – 18 February 2015; nomination forms to be available from the GPS office at the beginning of Term 4.

¹⁷ GPS Track and Field Sub-Committee – 18 February 2015;

¹⁸ GPS Track and Field Sub-Committee – 7 May 2009 – revised procedure

Manager once the lane draw/ competition sequence is done without names entered all athletes names have to be entered into the program separately.

16.2. Y5-7

16.2.1. The Lane Draw/ Competition Sequence will occur as a random process using Meet Manager, with the exception being that all Divisions of a Track event are to be conducted in the same Lane for the entire carnival to assist with managing competitors and the start for each race.

16.2.2. Each year the schools will be rotated by one lane.¹⁹

17. PROGRAM TIME

17.1. All events will be run to G.P.S. time on the day. This will be announced from time to time during the carnival.

18. TRACK EVENTS

18.1. All Y7-12 events will be run as finals only.

18.2. All Y5-7 events will be run with Divisions depending on age group.

18.3. **100m** – note breaks rule as per IAAF Rules²⁰

18.4. **Hurdles** – note specifications as per table below:

AGE GROUP	DISTANCE	TO FIRST	BETWEEN	FROM LAST	HEIGHT
OPEN	400 m	45 m	35 m	40 m	0.84 m
17-18	110 m	13.72 m	9.14 m	14.02 m	0.914 m
16	110 m	13.72 m	9.14 m	14.02 m	0.914 m
5	100 m	13 m	8.5 m	10.5 m	0.84 m
14	100 m	13 m	8.5 m	10.5 m	0.84 m
13	90 m	13 m	8 m	13 m	0.762 m
10, 11, 12	60 m	12 m	7 m	13 m	0.68 m
HURDLES MARKER COLOURS					
400 m	Green				
110 m	Blue				
100 m	Yellow				
90 m	Cream				
60 m	Black				
NOTE: All hurdles events will have the same finish line.					

¹⁹ GPS Track and Field Sub-Committee Meeting – 18 February 2015

²⁰ GPS Track and Field Sub-Committee Meeting – 7 May 2009; clarified 8 October 2009

18.5. 800m

- 18.5.1. **800m Races** – in the 800m race for competitors in 10, 11, 12 age groups schools may enter four (4) competitors in each age group.

18.6. Relays

- 18.6.1. **Markers** - Schools are to supply their own markers. These must be used. They may be painted in School colours. Markers are NOT to be greater than 5 cm diameter and / or 30 cm in length.
- 18.6.2. **400 metre relay.** The event will be run in lanes as per the program.
- 18.6.3. **4 x 400 metre relay - Open and All Age.**²¹ The event will be run in lanes for the first lap and then to the pole line.
- 18.6.3.1. All Age: 1 x 13 Years, 1 x 14 Years, 1 x 15 Years, 1 x 16 Years + must be run in the correct age group order.

18.7. False Start Rule²²

Athletics Australia rules for false starts will apply [with a special GPS dispensation for to IAAF Start Rule (Rule 162)] for the 13, 14, and 15 age groups:

- 18.7.1. 13 -15 (one false start, the next is disqualified)
- 18.7.2. 16, 17 (false start – runner is disqualified)
- 18.7.3. For all Y5-7 events, competitors will be permitted to run. Warning only.

19. FIELD EVENTS²³**19.1. General Conditions**

- a) *The competitor from each school **MUST REPORT** to the official in charge of that event by no later than 10 mins prior to scheduled start time /the **PROGRAM STARTING TIME**.*
- b) A competitor, having reported late arrival, may rejoin the event, in order, and be entitled only **TO THE REMAINING ATTEMPTS**.

19.2. General High Jump

- 19.2.1. Starting Height, Progressive Heights for each age group, as per the schedule below.

HIGH JUMP	START HEIGHT	THEN BY	TO	THEN BY ²⁴
17-18	1.65 m	0.05 m	1.80 m	0.03 m
16	1.60 m	0.05 m	1.75 m	0.03 m
15	1.50 m	0.05 m	1.65 m	0.03 m

²¹ Introduced in 1986, the purpose of the event was to have a 'Teams event' to show the depth of a team in one relay event (Source S. Hows – BGS).

²² GPS Headmasters – Flying Minute – 19 October 2010; Reviewed GPS Track and Field Sub-Committee Meeting – 12 November 2012

²³ GPS Track and Field Sub-Committee Meeting – 7 May 2009 – streamline IAAF

²⁴ Revised to correct height increase – November 2009

14	1.40 m	0.05 m	1.55 m	0.03 m
13	1.35 m	0.05 m	1.50 m	0.03 m
12	1.25m	0.05 m	1.38 m	0.03 m
11	1.18 m	0.05 m	1.23m	0.03 m
10	1.12 m	0.05 m	1.17 m	0.03 m

19.2.2. Competitors have 1 min to make the attempt.

19.2.3. Having won the event, the competitor may continue to jump until he is eliminated. Such competitor can nominate the height at which they like to continue on. There is then no further attempt at the record.

19.3. Long Jump / Triple Jump

19.3.1. Attempts - Four (4) jumps only will be attempted.

19.4. Shot Put

19.4.1. Attempts - Four (4) attempts only will be allowed.

19.4.2. Weights

10, 11	2kg
12	3kg
13	3kg
14	4kg
15	4kg
16	5kg
Open	5kg

19.5. Discus

19.5.1. Attempts - Four (4) attempts only will be allowed.

19.5.2. Weights

10 Years	500g
11,12 Years	750g
13, 14, 15 Years	1 kg
≥16 Years, Open	1.5 kg

19.6. Javelin

19.6.1. Attempts - Four (4) attempts only will be allowed.

19.6.2. Weights

13 Years	600 g
14, 15 Years	700 g
16 Years, 17-18 Years	700 g

File Note: No Javelin events for Y5-7

20. COMPETITORS' IMPLEMENTS²⁵

- 20.1. Throwing implements to be used will be provided by the Venue.
- 20.2. Competitors may use their own implements provided these are checked and marked as approved by the Officials by at least **1½ hours** prior to the commencement of the event and are made available to all competitors. Competitors who do not comply with the above time restrictions will not be permitted to use their own implements and will be required to use the throwing implements in the pool provided to competitors.
- 20.3. Implements checked and marked will be retained by the Officials until the completion of the event.
- 20.4. All athletes will be required to use the starting blocks provided. Athletes are requested to know their settings for their own use so that alterations that need to be made can be done so as quickly as possible.

21. COMPETITION ARENA²⁶

- 21.1 The competition arena is the area inside the perimeter of the fence and horizontal jump areas. This is out of bounds to all except competitors, reserves, officials and persons wearing appropriate approval accreditation. Coaches and managers are not permitted to take up positions inside the competition area. The attention of coaches and managers is drawn to the IAAF Handbook Rule 144 Assistance to athletes. Competitors must leave the competition area immediately at the conclusion of their event.
- 21.2 Coaches areas will be provided at the northern and southern ends of the ground where coaches of athletes in field events will be permitted to enter (approx 2 metres outside track – High Jump, Shot Put, Discus – Shot Put conducted outside the track) at either side of the grounds.
- 21.3 **Warm Ups²⁷**
 - 21.3.1 Warm ups for Track events – are only permitted on the warm up track, with the exception of the 200m events which will be allowed supervised warm ups on the Main Track under strict school **supervision**.
 - 21.3.2 Warm Ups for Field Events – are permitted on the warm up track only, with an agreed amount of time to be made available on the Main Track. An announcement will be made at the Main Track - “eg. warm up time will begin at ___time and will shut down at ___time (set competition time)”.
 - 21.3.2.1 Students warming up for Throwing Events, if not the Competition Arena, must be supervised by a staff member of their own school, or a qualified coach.
 - 21.3.3 Marshalling announcements will be made on the Warm Up Track.
- 21.4. Call room to be adapted to using Substitution Notification Sheet instead – to be mandatory for events²⁸

²⁵ GPS Track and Field Sub-Committee Meeting – 7 May 2009 – revised; revised 13 November 2013

²⁶ GPS Track and Field Sub-Committee Meeting – 7 May 2009 - revised

²⁷ GPS Track and Field Sub-Committee Meeting – 7 May 2009 – risk management

²⁸ GPS Headmasters – Flying Minute – 19 October 2010

22. SPECTATORS

- 22.1. Schools will be allocated spectator areas by the GPS Sport and Activities Committee.
- 22.2. No spectators are permitted on the Main Track²⁹

23. TRACK AND FIELD OFFICIALS

- 23.1. All competition will be conducted by Queensland Athletics Officials as approved by the GPS Association.
- 23.2. ³⁰If the appointed officials fail to arrive for the meet, the GPS Sport and Activities Committee member from each school should meet to discuss alternatives. Should a suitable alternative be arranged and agreed by all schools, the meet shall proceed. If a suitable arrangement cannot be agreed, the matter is to be referred to the GPS Sport and Activities Committee member and Headmasters to discuss with the GPS Executive Officer to postpone the meet to an agreed time.
- 23.3. Each school is to provide requested school officials³¹ to assist with officiating at the event.

24. PLACES /POINTS/ SCORING

For each Championship event:

24.1. Years 7-12

- 24.1.1. Places shall be awarded to according to the photo-finish printout for Track events.
- 24.1.2. The place points awarded for Track and Field events per school shall be 10, 8, 7, 6, 5, 4, 3, 2, 1 for every event from 10 Years to Open.
- 24.1.3. In the case of a tied result, (e.g. High Jump, Long Jump), IAAF rules will be used to determine placing³².
- 24.1.4. If two or more competitors are credited with the same time in any event and that time is a record, they shall all be declared the record holders.
- 24.1.5. GPS Records do not require a wind gauge reading to be considered legal³³.

24.2. Years 5-7³⁴

- 24.2.1. As per above [and for each division].
- 24.2.2. The 2nd division in Relays is to count for Points also.

25. CHAMPIONSHIP AWARDS

- 25.1. The GPS Track and Field Championship [Y7-12] winner (Champion School) shall be the school with the highest aggregate for all events.

²⁹ GPS Track and Field Sub-Committee Meeting – 7 May 2009

³⁰ GPS Sport and Activities Committee meeting – 13 October 2008; standard protocol

³¹ GPS Sport and Activities Committee meeting – 31 August 2009

³² GPS Track and Field Sub-Committee meeting – 7 May 2009

³³ GPS Track and Field Sub-Committee Meeting – 15 August 2010

³⁴ GPS Track and Field Sub-Committee Meeting – 18 February 2015; It is recommended that the GPS system for allocating places, points and scoring is used for all age groups to use only one system, and thereby simplify the organisation of each event.

- 25.1.1. The "Sir John Goodwin" Trophy is presented to the winning school
- 25.2. Should two or more schools accumulate the same number of points in first place over the event program, there shall be no count back and those schools shall be declared joint Champions.
- 25.3. The GPS Track and Field Championship [Y5-7] winner (Champion School) shall be the school with the highest aggregate for all events.
 - 25.3.1. The Trophy is presented to the winning school
 - 25.3.2. Commemorative Ribbons are to be awarded to first, second and third place getters in each of the 10, 11, and 12 Years age groups only.

26. CANCELLATION OR POSTPONEMENT OF CHAMPIONSHIPS³⁵

- 26.1. If the convenor of the Championships considers that weather or facility conditions will make the event impossible, he/ she must notify the GPS Executive Officer immediately. The GPS Executive Officer will communicate to all member schools, and if approved, the event will be postponed to an alternative Championship date (back up date).
- 26.2. Similarly, should the safety of competitors or spectators be at the risk of physical, environmental, political or health threats at the venue, the convenor must notify the GPS Executive Officer immediately. The GPS Executive Officer will communicate to all member schools, and if approved, the event will be postponed to an alternative Championship date (back up date).

SECTION F: PROTESTS³⁶

27. PROTESTS SUBMITTED DURING THE CHAMPIONSHIPS (SEE APPENDIX A)

- 27.1. Officials are to report, as soon as practical, any disqualification to the Competition Director of the Championships (Brisbane Athletics Officials Club) and the GPS Executive Officer (EO) of the Association.
- 27.2. A report of a disqualification is to include the following detail:
 - 27.2.1. The competitor's number;
 - 27.2.2. The competitors school;
 - 27.2.3. The name of the competitor (if possible);
 - 27.2.4. An explanation of the reason for the disqualification.
- 27.3. The GPS Executive Officer is then to inform the Chair of the GPS Track and Field Sub-Committee and the GPS Sport and Activities Committee member of the competitor's school of the disqualification and its reason.
- 27.4. Protests relevant to disqualifications are to be lodged, by the relevant school's GPS Sport and Activities Committee member, with the GPS Executive Officer no later than 15 minutes after the school is informed of the disqualification.³⁷
- 27.5. A Protest is to be made on the form provided in Appendix A.

³⁵ GPS Sports and Activities Committee Meeting – 13 October 2008

³⁶ GPS Track and Field Sub-Committee – Flying Minute – finalised 29 July 2010

³⁷ Consistency with Section E: Protests Rule 1.1

- 27.6. The GPS Executive Officer is then to brief the Chair of the GPS Track and Field Sub-Committee on the protest.
- 27.7. Protests relevant to matters other than disqualifications are to be lodged, by the school's GPS Sport and Activities Committee member, with the GPS Executive Officer within 15 minutes of the relevant information being announced or displayed on the scoreboard. The GPS Executive Officer is then to brief the Chair of the GPS Track and Field Sub-Committee on the protest.
- 27.8. The Chair will then Chair the Protest Hearing Committee. This Committee will comprise:

- a) the Chair of the GPS Track and Field Sub-Committee (or his replacement - if the Protest relates to a disqualification of a competitor of the Chair's school, in which case the Chair of the GPS Sport and Activities Committee will determine another GPS Sport and Activities Committee member to chair the Committee); and
- b) GPS Sport and Activities Committee member from two GPS schools (appointed by the Chair) not involved in the Protest

NB: The Championships Referee [Competition Director] will not be a member of this Committee. Instead, the Referee will be consulted, as necessary, so that the Protest Hearing Committee is fully informed in order to adjudicate fairly on the matter of protest.

- 27.9. Once the Protest Hearing Committee has reached a decision, that decision will be communicated by the Chair to the GPS Executive Officer.

- 27.10. The GPS Executive Officer will communicate the decision to:

- a) the GPS Sport and Activities Committee member or MICs/ Director of Track and Field of the relevant schools; and
- b) the Championship scorer

- 27.11. The results of an event in which a disqualification occurs will not be announced until a final decision has been made with respect to the disqualification.

28. PROTESTS SUBMITTED AFTER THE CHAMPIONSHIPS (SEE APPENDIX A)

- 28.1. Protests relevant to a competitor's age or the events run by a competitor may be lodged, by a school's GPS Sport and Activities Committee member, with the GPS Executive Officer within seven days of the date of the Championships.
- 28.2. The GPS Executive Officer will then brief the Chair of the GPS Track and Field Sub-Committee on the protest.
- 28.3. The Chair will then Chair the Protest Hearing Committee. This Committee will comprise:
- a) the Chair of the GPS Track and Field Sub-Committee (or his replacement);
 - b) the GPS Executive Officer; and

- c) GPS Sport and Activities Committee member from two GPS schools (appointed by the Chair) not involved in the Protest.
- 28.4. Once the Protest Hearing Committee has reached a decision, that decision will be communicated by the GPS Executive Officer to:
- a) the Headmasters' Management Committee; and
 - b) the Headmasters of the remaining schools; and
 - c) the GPS Sport and Activities Committee member of all schools.
- 28.5. Should the decision of the Protest Hearing Committee cause a recalculation of the points relevant to the Championships, then the following procedure will apply:
- 28.5.1. The **penalty** for contravention of any part of **Section E: GPS Track and Field Championships** will be the loss of all points won by that student at the Championships – these points to be deducted from his school's total.
- 28.5.2. Aligned to this action will be the advancement of all students placed behind the contravening student and the adjustment of their points. For example, if a student, who gains third place in an event, is found to have competed contrary to the rule, his school will lose the seven points while those students who placed fourth to ninth will each be advanced a place and their points score adjusted accordingly. In this case, the points won by the first and second place-getters will remain unchanged while there will be no ninth place points allocated to the event.
- 28.5.3. The **penalty** for contravention of **Section E: GPS Track and Field Championships** will be the loss of all points won by that student at the Championships – these points to be deducted from his school's total. Aligned to this action will be the advancement of all students placed behind the contravening student and the adjustment of their points. (See example in penalty section for **Section E: GPS Track and Field Championships - Rule 1** above.)
- 28.5.4. If the contravention of the rule is discovered prior to the student completing his planned schedule of events, he may be substituted in his remaining events.

29. OPTION TO CONSIDER I.A.A.F RULE 146 RE; PROTESTS AND APPEALS

It is recommended that consideration be given to the IAAF protest procedure being used and the Jury of Appeal is comprised of the relevant GPS Protest Committee as above and appropriate Athletics Officials. Putting this into the hand of the technical experts minimises perception of bias in the first instance as well as appropriate consultation with technical experts/ school officials as required.

- 29.1. "Protests concerning the status of an athlete to participate in a competition must be made, prior to the commencement of such competition, to the Technical Delegate(s). Once the Technical Delegate(s) make a decision, there shall be a right of appeal to the Jury of Appeal. If the matter cannot be settled satisfactorily prior

to the competition, the athlete shall be allowed to compete “under protest” and the matter be referred to the Council of the IAAF.

29.2. Protests concerning the result or conduct of an event shall be made within 15 minutes [GPS rule as above] of the official announcement of the result of that event. The Organising Committee of the competition shall be responsible for ensuring that the time of the announcement of all results is recorded.

29.3. Any protest shall, in the first instance, be made orally to the Referee by the athlete himself or by someone acting on his behalf. To arrive at a fair decision, the Referee should consider any available evidence which he thinks is necessary, including a film or picture produced by an official video tape recorder, or any other available video evidence. The Referee may decide on the protest or may refer the matter to the Jury. If the Referee makes a decision there shall be a right of appeal to the Jury.

29.4.a) In a track event, if an athlete makes an immediate oral protest against having been charged with a false start, a Track Referee may allow the athlete to compete under protest in order to preserve the rights of all concerned. Such a protest cannot be accepted if the false start was detected by an IAAF approved false start control apparatus, unless for any reason the Referee determines that the information provided by the apparatus is obviously inaccurate. Where an IAAF approved false start control apparatus is used, a protest may be based on the failure of the Starter to recall a false start. The protest may be made only by, or on behalf of, an athlete who has completed the race. If the protest is upheld, any athlete who committed the false start, and who was subject to disqualification according to IAAF Rule 162.7, shall be disqualified.

b) In a field event, if an athlete makes an immediate oral protest against having an attempt judged as a failure, the Referee of the event may, at his discretion, order that the attempt be measured and the results recorded, in order to preserve the rights of all concerned.

29.5. An appeal to the Jury of Appeal must be made within 15 minutes [GPS rule as above] of the official announcement of the decision made by the Referee, in writing, signed by the responsible official on behalf of the athlete.

29.6. The Jury of Appeal shall consult all relevant persons, including the Referee and Judges. If the Jury of Appeal is in doubt, other available evidence may be considered. If such evidence, including any available video evidence, is not conclusive, the decision of the Referee shall be upheld.

Note: In the absence of a Jury of Appeal or Technical Delegate(s), the Referees decision shall be final.”

SECTION G: AMENDMENTS TO RULES OF COMPETITION

30. No amendment to these Rules of Competition is authorised unless such amendment is issued by the GPS Executive Officer of the Association.

APPENDIX B: TRACK AND FIELD INVITATIONAL CARNIVAL PROGRAMS [LEAD UP MEETS]

FIELD PROGRAM – TERM 3 & 4

TIME	FIELD EVENT	AGE GROUP
4.45pm	1. Shot Put Ring 1	16Yrs /Open 5kg
	2. Discus Southern	14/15Yrs 1kg
	3. Javelin Northern	13Yrs 600g
	4. High Jump Pit 1	10Yrs
	5. Long Jump Bingo/East	11Yrs
	6. Long Jump Sandgate/West	12Yrs
5.30pm	1. Shot Put Ring 1	10Yrs 2kg
	2. Discus Southern	16Yrs /Open 1.5kg
	3. Discus Outside	12Yrs 750g
	4. High Jump Pit 1	16Yrs /Open
	5. Long Jump Sandgate/West	13Yrs
	6. High Jump Pit 2	14/15Yrs
6.15pm	1. Shot Put Ring 1	13Yrs 3kg
	2. Discus Southern	11Yrs 750g
	3. Javelin Northern	14/15Yrs 700g
	4. High Jump Pit 1	13Yrs
	5. Long Jump Bingo/East	10Yrs
	6. Triple Jump Sandgate/West	14/15Yrs
7.00pm	1. Shot Put Ring 1	12Yrs 3kg
	2. Discus Southern	10Yrs 500g
	3. Shot Put Ring 2	11Yrs 2kg
	4. High Jump Pit 1	11Yrs
	5. Long Jump Sandgate/West	16Yrs/Open
	6. Triple Jump Sandgate/West	13Yrs
7.45pm	1. Shot Put Ring 1	14/15Yrs 4kg
	2. Discus Southern	13Yrs 1kg
	3. Javelin Northern	16Yrs/Open 700g
	4. High Jump Pit 1	12Yrs
	5. Long Jump Sandgate/West	14/15Yrs
	6. Triple Jump Sandgate/West	16Yrs/Open

TRACK PROGRAM – TERM 3

TIME	TRACK EVENT	AGE GROUP
4.30pm	1500m	13Yrs-Open
5.00pm	Hurdles – Home Straight	
	400m 90m 100m 100m 110m 110m	Open 13Yrs 14Yrs 15Yrs 16Yrs 17/18Yrs
5.00pm	Hurdles – Back Straight	
	60m 60m 60m	10Yrs 11Yrs 12Yrs
5.30pm	100m – Home Straight	13Yrs 14Yrs 15Yrs 16Yrs 17/18Yrs
5.30pm	100m – Back Straight	10Yrs 11Yrs 12Yrs
6.15pm (or earlier)	400m	13Yrs – Open
6.45pm	3000m	All Age
7.00pm	200m	10Yrs 11Yrs 12Yrs 13Yrs 14Yrs 15Yrs 16Yrs 17/18Yrs
7.30pm	800m	10Yrs 11Yrs 12Yrs 13Yrs 14Yrs 15Yrs 16Yrs 17/18Yrs
8.15pm (or earlier)	Relays (if requested)	

TRACK PROGRAM – TERM 4

TIME	TRACK EVENT	AGE GROUP
4.30pm	1500m	13Yrs-Open
5.00pm	Hurdles – Home Straight	
	400m 90m 100m 100m 110m 110m	Open 13 years 14 years 15 years 16 years 17/18 years
5.00pm	Hurdles – Back Straight	
	60m 60m 60m	10 years 11 years 12 years
5.30pm	100m – Home Straight	13 years 14 years 15 years 16 years 17/18 years
5.30pm	100m – Back Straight	10 years 11 years 12 years
6.00pm	4 x 100 m Relays	10 years - Open
6.30pm	400m	13 years – Open
7.00pm	3000m	All Age
7.15pm	200m	10 years 11 years 12 years 13 years 14 years 15 years 16 years 17/18 years
7.45pm	800m	10 years 11 years 12 years 13 years 14 years 15 years 16 years 17/18 years
8.15pm (or earlier)	4 x 400m Relays	All Age / Open

RELAYS PROGRAM OF EVENTS

ROUND 1 TRACK 5.00 P.M.	ROUND 1 FIELD 5.00 P.M.	ROUND 2 TRACK STARTING 5.30 P.M	ROUND 3 TRACK 6.30 P.M	ROUND 2 FIELD 6.45 P.M.	ROUND 4 TRACK 7.00 P.M.	ROUND 5 TRACK 7.45 P.M.
(1200,400, 800, 1600) 1 SENIOR 1 JUNIOR TEAM	3 BOYS PER TEAM BEST TWO TO SCORE	(4 X 200M) UP TO 3 TEAMS PER AGE GROUP	(4 X 100 M) 1 SENIOR 1 JUNIOR TEAM	3 BOYS PER TEAM BEST TWO TO SCORE	SPRINT MEDLEY (2 X 200M, 400, 800M) UP TO 2 TEAMS	GRAND-PRIX 4 X 100 M
SENIOR DISTANCE MEDLEY RELAY	13 YRS SHOT PUT	13 YRS 6.10 P.M	SENIOR 4 X 100 M RELAY	13 YRS LONG JUMP	13 YRS 7.40 P.M.	13 YRS
	14 YRS DISCUS	14 YRS 6.00 P.M		14 YRS TRIPLE JUMP	14 YRS 7.30 P.M.	14 YRS
	15 YRS JAVELIN	15 YRS 5.50 P.M		15 YRS LONG JUMP	15 YRS 7.20 P.M.	15 YRS
JUNIOR DISTANCE MEDLEY RELAY	16 YRS TRIPLE JUMP	16 YRS 5.40 P.M	JUNIOR 4 X 100 M RELAY	16 YRS SHOT PUT	16 YRS 7.10 P.M.	16 YRS
	OPEN LONG JUMP	OPEN 5.30 P.M		OPEN DISCUS	OPEN 7.00 P.M.	OPEN

5.40 P.M.

SENIOR HIGH JUMP

3 BOYS, 3 HEIGHTS ONLY
(MAX. 9 ATTEMPTS EACH)

7.00 P.M.

JUNIOR HIGH JUMP

3 BOYS, 3 HEIGHTS ONLY
(MAX. 9 ATTEMPTS EACH)

SENIOR EVENTS: 16 AND OPEN

JUNIOR EVENTS: 13, 14, 15 YEARS

AWARDS: Senior/Junior Distance Medley and Senior/Junior 4 x 100 relay plus Open Long Jump and Open Discus winners will receive medals, place getters ribbons. Place getters in other field events and relays will receive ribbons.

APPENDIX C: GPS TRACK AND FIELD CHAMPIONSHIPS PROGRAM [Y7-12]

TIMING AND ORDER OF EVENTS³⁸

Event Number	Event Start Time	Age group	Name of event	Venue Area (refer to Venue Map)	Comments
1	11.30am	13	Discus	D1	
2	12.15pm	16	High Jump	HJ2 South	
3	12.15pm	15	Long Jump	LJ2	
4	12.15pm	14	Discus	D1	
5	12.15pm	13	High Jump	HJ1 North	
6	1.00pm	15	Discus	D1	
7	1.00pm	14	Triple Jump		
8	1.30pm	13	90m Hurdles		
9	1.45pm	Open	Long Jump		
10	1.45pm	16	Discus	D1	
11	1.45pm	15	Triple Jump		
12	1.45pm	14	Shot Put	SP2	
13	1.45pm	13	Shot Put	SP1	
14	1.50pm	14	100m Hurdles		NB changeover
15	2.00pm	15	100m Hurdles		
16	2.00pm	14	High Jump	HJ1 North	
17	2.20pm	16	110m Hurdles		NB changeover
18	2.30pm	Open	110m Hurdles		
19	2.30pm	Open	Discus	D1	
20	2.30pm	16	Triple Jump		
21	2.30pm	15	Shot Put	SP1	
22	2.45pm	13	Long Jump		
23	3.00pm	All Ages	400m Hurdles		NB changeover
24	3.15pm	16	Shot Put	SP2	
25	3.15pm	15	High Jump	HJ2 South	
26	3.15pm	13	Javelin	J1 or J2	
27	3.30pm	Open	Triple Jump		
28	3.30pm	14	Long Jump		
29	4.00pm	14	Javelin		
30	4.00pm	13	200m		4 min intervals
31	4.04pm	14	200m		
32	4.08pm	15	200m		
33	4.12pm	16	200m		
34	4.16pm	Open	200m		
35	4.30pm	Open	Shot Put	SP1	
36	4.30pm	16	Long Jump		
37	4.30pm	13	Triple Jump		
38	4.30pm	13	800m		5 min intervals
39	4.35pm	14	800m		
40	4.40pm	15	800m		
41	4.45pm	15	Javelin	J1 or J2	
42	4.45pm	16	800m		
43	4.50pm	Open	800m		
44	5.00pm	Open	High Jump	HJ2 South	
45	5.10pm	13	100m		4 min intervals
46	5.14pm	14	100m		
47	5.18pm	15	100m		
48	5.22pm	16	100m		
49	5.26pm	Open	100m		
50	5.30pm	16	Javelin	J1 or J2	
51	5.35pm	All Ages	3,000m		
52	5.50pm	13	400m		4 min intervals

³⁸ GPS Headmasters – Flying Minute – 5 October 2011; age groups approved change in 2014

53	5.54pm	14	400m		
54	6.00pm	All ages	4x400m relay		<i>Allow 7 min</i>
55	6.06pm	15	400m		
56	6.10pm	16	400m		
57	6.14pm	Open	400m		
58	6.20pm	Open	4x400m relay		<i>Allow 7 min</i>
59	6.20pm	Open	Javelin	J1 or J2	
60	6.30pm	13	1500m		<i>7-8 min intervals</i>
61	6.38pm	14	1500m		
62	6.46pm	15	1500m		
63	6.53pm	16	1500m		
64	7.00pm	Open	1500m		
65	7.15pm	13	4x100m relay		<i>5 min intervals</i>
66	7.20pm	14	4x100m relay		
67	7.25pm	15	4x100m relay		
68	7.30pm	16	4x100m relay		
69	7.35pm	Open	4x100m relay		
	7.45pm	Presentation of Sir Goodwin Cup to Champion Team			
	8.00pm	Event Concludes			

APPENDIX D: JUNIOR³⁹ GPS TRACK AND FIELD CHAMPIONSHIPS PROGRAM [Y5-7]

TIMING AND ORDER OF EVENTS⁴⁰

<i>Event</i>	Long Jump	Shot Put	High Jump	Discus	60m H	100m	200m	800m	4x100m Relay
<i>Age Group</i>	Number of Divisions								
10	2	2	2	2	4	4	4	4	1
11	2	2	2	2	4	8	8	4	2
12	2	2	2	2	4	8	8	4	2
TOTAL # of Events	<u>6</u>	<u>6</u>	<u>6</u>	<u>6</u>	<u>12</u>	<u>20</u>	<u>20</u>	<u>12</u>	<u>5</u>

Overall Total # of Events = 93

File Note: This program option is based upon a complete new reordering of the timing and order of events

- No clash between Field events
- Two pits for each Field event
- Officials have flexibility to allow competitors to go to track events because of fewer competitors
- Track scheduling – spacing of pure sprint and distance events
- Logical order of age groups flowing through
- Hurdles events are scheduled at the beginning of the day so that they can be set up prior to the carnival, saving time

TRACK

10.00am	60m Hurdles	3 min intervals [12 races] 33 mins
11.00am	200m	3 min intervals [20 races] 57mins
12.10pm	800m	3 min intervals [12 races] 44 mins
1.05pm	100m	2 min intervals [20 races] 38 mins
2.00pm	4 x 100m Relay	3 min intervals [5 races] 15 mins

FIELD [2 PITS PER EVENT]

10am	10 Yrs	Long Jump
	11 Yrs	Shot Put

³⁹ GPS Headmasters Meeting, 10 August 2015; approved used of 'Juniors' nomenclature

⁴⁰ GPS Track and Field Sub-Committee Meeting, 24 July 2014; revised 18 February 2015, old program is redundant, replace with new program.

	12 Yrs	Discus
11am	10 Yrs	High Jump
	11 Yrs	Long Jump
	12 Yrs	Shot Put
12noon	10 Yrs	Discus
	11 Yrs	High Jump
	12 Yrs	Long Jump
1pm	10 Yrs	Shot Put
	11 Yrs	Discus
	12 Yrs	High Jump

Event Number	Event Start Time	Age group	Division	Name of event	Venue Area (refer to Venue Map)	Comments
1-2	10.00am	10	2,1	Long Jump	LJ1, LJ2	<i>Western Stand</i>
3-4	10.00am	11	2,1	Shot Put	SP1, SP2	
5-6	10.00am	12	2,1	Discus	D1, D2	
7	10.00am	10	4	60m Hurdles		<i>3 min intervals</i>
8	10.03am	10	3	60m Hurdles		
9	10.06am	10	2	60m Hurdles		
10	10.09am	10	1	60m Hurdles		
11	10.12am	11	4	60m Hurdles		
12	10.15am	11	3	60m Hurdles		
13	10.18am	11	2	60m Hurdles		
14	10.21am	11	1	60m Hurdles		
15	10.24am	12	4	60m Hurdles		
16	10.27am	12	3	60m Hurdles		
17	10.30am	12	2	60m Hurdles		
18	10.33am	12	1	60m Hurdles		<i>Allow 20 min interval clear hurdles, move to 200m</i>
19-20	11.00am	10	2,1	High Jump	HJ1 North, HJ2 South	
21-22	11.00am	11	2,1	Long Jump	LJ1, LJ2	
23-24	11.00am	12	2,1	Shot Put	SP1, SP2	
25	11.00am	10	4	200m		<i>3 min intervals</i>
26	11.03am	10	3	200m		
27	11.06am	10	2	200m		
28	11.09am	10	1	200m		
29	11.12am	11	8	200m		
30	11.15am	11	7	200m		
31	11.18am	11	6	200m		
32	11.21am	11	5	200m		
33	11.24am	11	4	200m		
34	11.27am	11	3	200m		
35	11.30am	11	2	200m		
36	11.33am	11	1	200m		
37	11.36am	12	8	200m		
38	11.39am	12	7	200m		

39	11.42am	12	6	200m			
40	11.45am	12	5	200m			
41	11.48am	12	4	200m			
42	11.51am	12	3	200m			
43	11.54am	12	2	200m			
44	11.57am	12	1	200m		<i>Allow time to move to 800m</i>	
45-46	12noon	10	2,1	Discus	D1,D2		
47-48	12noon	11	2,1	High Jump	HJ1 North, HJ South		
49-50	12noon	12	2,1	Long Jump	LJ1, LJ2		
51	12.10pm	10	4	800m		<i>4 min intervals</i>	
52	12.14pm	10	3	800m			
53	12.18pm	10	2	800m			
54	12.22pm	10	1	800m			
55	12.26pm	11	4	800m			
56	12.30pm	11	3	800m			
57	12.34pm	11	2	800m			
58	12.38pm	11	1	800m			
59	12.42pm	12	4	800m			
60	12.46pm	12	3	800m			
61	12.50pm	12	2	800m			
62	12.54pm	12	1	800m		<i>Allow time to move to 100m</i>	
63-64	1.00pm	10	2,1	Shot Put	SP1, SP2		
65-66	1.00pm	11	2,1	Discus	D1, D2		
67-68	1.00pm	12	2,1	High Jump	HJ1 North, HJ South		
69	1.05pm	10	4	100m		<i>2 min intervals</i>	
70	1.07pm	10	3	100m			
71	1.09pm	10	2	100m			
72	1.11pm	10	1	100m			
73	1.13pm	11	8	100m			
74	1.15pm	11	7	100m			
75	1.17pm	11	6	100m			
76	1.19pm	11	5	100m			
77	1.21pm	11	4	100m			
78	1.23pm	11	3	100m			
79	1.25pm	11	2	100m			
80	1.27pm	11	1	100m			
81	1.29pm	12	8	100m			
82	1.31pm	12	7	100m			
83	1.33pm	12	6	100m			
84	1.35pm	12	5	100m			
85	1.37pm	12	4	100m			
86	1.39pm	12	3	100m			
87	1.41pm	12	2	100m			
88	1.43pm	12	1	100m		<i>Allow interval to set up for Relays</i>	
89	2.00pm	10	1	4x100m relay		<i>3 min intervals</i>	
90	2.03pm	11	2	4x100m relay			
91	2.06pm	11	1	4x100m relay			
92	2.09pm	12	2	4x100m relay			
93	2.12pm	12	1	4x100m relay			
	2.30pm	<i>Presentation Champion Team Y5-7</i>					
	2.45pm	<i>Event Concludes</i>					