

SACCSS Athletics Championships 2024

Division 1 – Tuesday 3rd September 2024

Division 2 - Monday 2nd September 2024

1. The Executive Officer must receive school team lists by **Friday 23rd August 2024** via the Team Manager program. All possible emergencies must be included in team. Changes on the day can only be made from students whose name is already listed in an event or as an emergency (so that names and dates are on the computer) by 9:00am. Minor adjustments due to injuries etc should be forwarded the day before the carnival.

Penalty for failing to have the team lists by the due date or prearranging an alternative date with executive Officer could include: 5 points per gender per age group.

2. Age groups, based on 31st December of the year of competition:
13 Years, 14 Years, 15 Years, 16 Years, 17- 20 Years (Open)

3. Number of competitors per events:

100m A	1 student per event
100m B	1 student per event
200m A	1 student per event
200m B	1 student per event
400m	1 student per event
800m	2 students per event
1500m	3 students per event.
	<i>*1500m events are 14 years, 16 years, & 17- 20 years only</i>
Long jump	2 students per event
Triple jump	2 students per event
High jump	2 students per event
Discus	2 students per event
Shot Put	2 students per event
4x100m Relay	1 team of 4 students per event

Multi Class Events: 100m will always be offered as a Multi Class event, other events in the program may be offered each year, dependent on athlete interest. There is no limit of Athletes per event.

4. Names of students competing outside their age groups need to be given to the Executive Officer before the event. This assists in the scoring for Age group champions.
5. Each school will be required to supply **2 staff/adult and at least 4 capable students to act as officials. In addition**, schools must also have a ratio of **1 staff/adult to every 20 students attending** (This does not include staff acting as officials) 1 of these supervisors will be allocated a part of the venue to supervise while others are to stay with students. When not competing, students are to be supervised by their school in the stands.
1 staff member is to act as a marshal for their school at all track events.
6. Competitors will compete in lanes allocated (apart from the 800m and 1500m). Where possible lanes will rotate each year. In events where there are more competitors than lanes (200m, 400m and relays), there will be 2 heats. Ribbons will be awarded to each heat, but points will be awarded to the fastest times from the two heats.
7. Three categories exist: Junior, Intermediate and Senior. The Junior competition involves the 13 and 14-year age groups, the Intermediate competition involves the 15- and 16-year age groups and the Senior competition includes the 17 – 20-year competition.
8. **Promotion/Relegation**
The competition will be further divided into two divisions, they are determined on the previous year's results via a points based seeding system using the overall placings for each of the 3 categories for each school. Points are allocated as follows:
1st = 2 points
2nd = 4 points
3rd = 6 points etc
The two schools with the highest average across all 3 categories in Division 1 will be relegated to Division 2. The two schools with the lowest average in Division 2 will be promoted to Division 1.

The Divisions for 2024 are:

Division 1	Division 2
MacKillop	St Francis College - MEL
St Monica's	CRC North Keilor
Salesian	Caroline Chisholm
Marymede - SM	Penola
CRC Sydenham	CRC St Albans
Emmanuel	Kolbe
CRC Caroline Springs	Antonine
Thomas Carr	St Francis College - COB
	Marymede - DOR

9. The point system will be as follows:

	Individual A	Individual B	Team
1 st	12	10	15
2 nd	10	8	12
3 rd	8	6	10
4 th	6	4	8
5 th	5	3	6
6 th	4	2	4
7 th	3	1	3
8 th	2	1	2
9 th onwards	1	1	1

10. Protests regarding events shall be lodged by the school Sports co-ordinator in writing with the Executive Officer of SACCSS within 10 minutes of the announcement of the result of the disputed event. Such protests shall be decided by the Executive Officer in consultation with the Field referee or track referee accordance with Athletics Victoria and SACCSS guidelines. The result of the protest shall be forwarded to the particular Head of Sport as soon as the result has been determined.
11. A delegation of no more than 6 students comprising of divisional male and female captains and likely year level champions will be required to walk as a group to the presentation area immediately after the last event. They should be carrying a portable school crest/banner.
12. Pennants shall be awarded to the winning school in the following categories:

- Junior Boys Division 1	Junior Boys Division 2
- Junior Girls Division 1	Junior Girls Division 2
- Junior Aggregate Division 1	Junior Aggregate Division 2
- Intermediate Boys Division 1	Intermediate Boys Division 2
- Intermediate Girls Division 1	Intermediate Girls Division 2
- Intermediate Aggregate Division 1	Intermediate Aggregate Division 2
- Senior Boys Division 1	Senior Boys Division 2
- Senior Girls Division 1	Senior Girls Division 2
- Senior Aggregate Division 1	Senior Aggregate Division 2
13. A Perpetual Trophy will be awarded to the winning school in the following categories:

- <u>Junior</u> Aggregate Division 1	<u>Junior</u> Aggregate Division 2
- <u>Intermediate</u> Aggregate Division 1	<u>Intermediate</u> Aggregate Division 2
- <u>Senior</u> Aggregate Division 1	<u>Senior</u> Aggregate Division 2
14. Individual medallions shall be awarded to the leading athlete in the following categories:
 - 13 Years Boy and 13 Years Girl Division 1
 - 13 Years Boy and 13 Years Girl Division 2
 - 14 Years Boy and 14 Years Girl Division 1
 - 14 Years Boy and 14 Years Girl Division 2
 - 15 Years Boy and 15 Years Girl Division 1
 - 15 Years Boy and 15 Years Girl Division 2
 - 16 Years Boy and 16 Years Girl Division 1
 - 16 Years Boy and 16 Years Girl Division 2
 - Open Boy and Open Girl Division 1
 - Open Boy and Open Girl Division 2
 - Multi Class Champion Athlete

The medallion shall be awarded to the person with highest individual score. The tally will recognise the **five** best results of the athlete.

15. A competitor shall compete in his or her own age group except where an event is not offered at a particular age group. (Students can compete up an age group provided that remain in that age group for all events - except when an event is not offered at that age group.)
16. Each college shall provide competent adults and students to act as officials in the capacity determined by the Executive Officer. These persons are not to be required to act as coaches, team managers etc. in any way with the College during the running of the Carnival.
17. Seats for spectators are allocated to each school on a basis of number of competitors for each school. Seating areas are also rotated each year
18. All competitors are to compete in complete school sports uniform (polo shirt or athletics singlet, school sports shorts or athletics shorts) No track events will be run in tracksuits.
Students are not permitted to wear/use headphones/ ear buds whilst competing.
19. Heads of sport to report to officials' room at start of relays to confirm individual champions results are accurate
20. All sprint events will start in the crouch position. Starting blocks are available. **(Competitors must start in a crouch)**

Lane Draw 2024

Lane No.	Division 1	Division 2
1	St Monica's College	Penola College
2	CRC Caroline Springs	Caroline Chisholm
3	Marymede College – SM	CRC St Albans
4	Salesian College	St Francis College - COB
5	Thomas Carr College	Antonine College
6	MacKillop College	Emmanuel College
7	CRC Sydenham	St Francis College – MEL
8	Emmanuel College	Marymede - DOR
9		Kolbe College

FIELD EVENT RULES:

Long Jump, Triple Jump, Shot Put & Discus

Each competitor will be allowed 3 attempts, with the exception of Discus (2 throws)

Shot Put weights (3 throws)

	17-20yrs	16yrs	15yrs	14yrs	13yrs
Male	6kg	5kg	4kg	4kg	3kg
Female	4kg	3kg	3kg	3kg	3kg

Discus weights (2 throws)

	17-20yrs	16yrs	15yrs	14yrs	13yrs
Male	1.5kg	1kg	1kg	1kg	1kg
Female	1kg	1kg	1kg	1kg	1kg

High Jump

- Each competitor will have a maximum of 9 jumps.
- Each competitor must nominate an entry height at or above the minimum start height (as tabled below).
- The bar height will increase by 5cm throughout the competition until there is only 2 competitors left, at which time they may elect to increase by 2cm.
- Each height can only be attempted a maximum of 3 times.
- If an athlete can not clear their elected starting height – they can not attempt a lower bar height.

High Jump- starting heights:

	17- 20yrs	16yrs	15yrs	14yrs	13yrs
Male	140cm	135cm	135cm	130cm	120cm
Female	130cm	125cm	125cm	120cm	110cm