



**THE KING'S SCHOOL & ST PATRICK'S COLLEGE
INVITATIONAL ATHLETICS CARNIVAL
SATURDAY 14th SEPTEMBER 2024**

VENUE: SOPAC - Edwin Flack Ave, Sydney Olympic Park NSW 2127 – Map attached

TRACK ORGANISATION – THE KING'S SCHOOL
FIELD ORGANISATION – ST PATRICK'S COLLEGE

TIME:

8:00am – 3000m – All athletes are encouraged to arrive well in advance in case events are pushed forward with reduced numbers at this final carnival before CAS / GPS Championships.

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.

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.



TRACK EVENTS – THE KING’S SCHOOL

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 all results. It is strongly recommended that the staff member at the finish line has no other duties to minimise distractions and errors.

Championship Events:

The first heat of each track event (100, 200, Sprint Hurdles & 400m) is the Championship race for each age group, with one lane in this event being occupied by each school in your schools’ lane allocation.

Championship events will have TKS staff recording times.

- 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 top 3 places of the ‘Championship’ race will have their name and school recorded on completion of the race.
- The onus of recording the times for places 2 to 8 is on the respective school for their own records

Heats:

Subsequent heats are not recorded by the host school. Athlete times are recorded by their respective schools.

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. Lane Draw is below, mostly applied to Championship events. ‘Run offs’ for schools will all be accommodated,

TRACK EVENTS – LANE DRAW

100m, 400m & 4 x 100m

LANE 1	Barker
LANE 2	Riverview
LANE 3	Trinity
LANE 4	Sydney High / St Pats
LANE 5	Knox
LANE 6	King's
LANE 7	Scots
LANE 8	St Pius /St Aug

200m, 800m & HURDLES

LANE 1	Knox
LANE 2	Scots
LANE 3	King's / St Pats
LANE 4	Barker
LANE 5	Trinity
LANE 6	Riverview
LANE 7	Sydney High
LANE 8	St Pius /St Aug

HURDLE MEASUREMENTS

Athletics Australia

Hurdle Specifications for Competition under Athletics Australia Rules (Updated 1 August 2019)

AGE GROUPS	DISTANCE	NUMBER & HEIGHT OF HURDLES	DISTANCE TO FIRST HURDLE (M)	DISTANCE BETWEEN HURDLES (M)	DISTANCE TO FINISH (M)
OPEN MEN	110m	10 x 106.7cm	13.72m	9.14m	14.02m
U20 MEN	110m	10 x 99.1cm	13.72m	9.14m	14.02m
U18/17 MEN	110m	10 x 91.4cm	13.72m	9.14m	14.02m
U16/15 MEN OPEN, U20 WOMEN	100m	10 x 84cm	13m	8.5m	10.5m
U18/17 WOMEN	100m	10 x 76.2cm	13m	8.5m	10.5m
U16/15 WOMEN & U14/13 MEN	90m	9 x 76.2cm	13m	8m	13m
U14/13 WOMEN	80m	9 x 76.2cm	12m	7m	12m
OPEN & U20 MEN	400m	10 x 91.4cm	45m	35m	40m
U18/17 MEN	400m	10 x 84cm	45m	35m	40m
OPEN, U20, U18/17 WOMEN	400m	10 x 76.2cm	45m	35m	40m
MEN & WOMEN	200m	10 x 76.2cm	18.29m	18.29m	17.10m



FIELD EVENTS – ST PATRICK’S COLLEGE

All throws and jumps are recorded, attending schools are permitted to take photos of the recording sheet at the event.

- All competitors get one throw to reach the standard (signified by markers) and each throw is measured. (If their first attempt is judged a foul, Athletes can complete one more attempt).
- Should there not be considerable number of competitors contesting an event then this requirement will not be enforced.
- The number of long jumps will be at the discretion of the officials and will be dependent on numbers
- Should the Athletes attempt not reach standard: Athletes are not to continue with the competition on that week and strive to get the standard next week.
- The implementation of these standards is at the discretion of the Officials and will be dependent upon the number of attendees.

High Jump:

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

Shot Put:

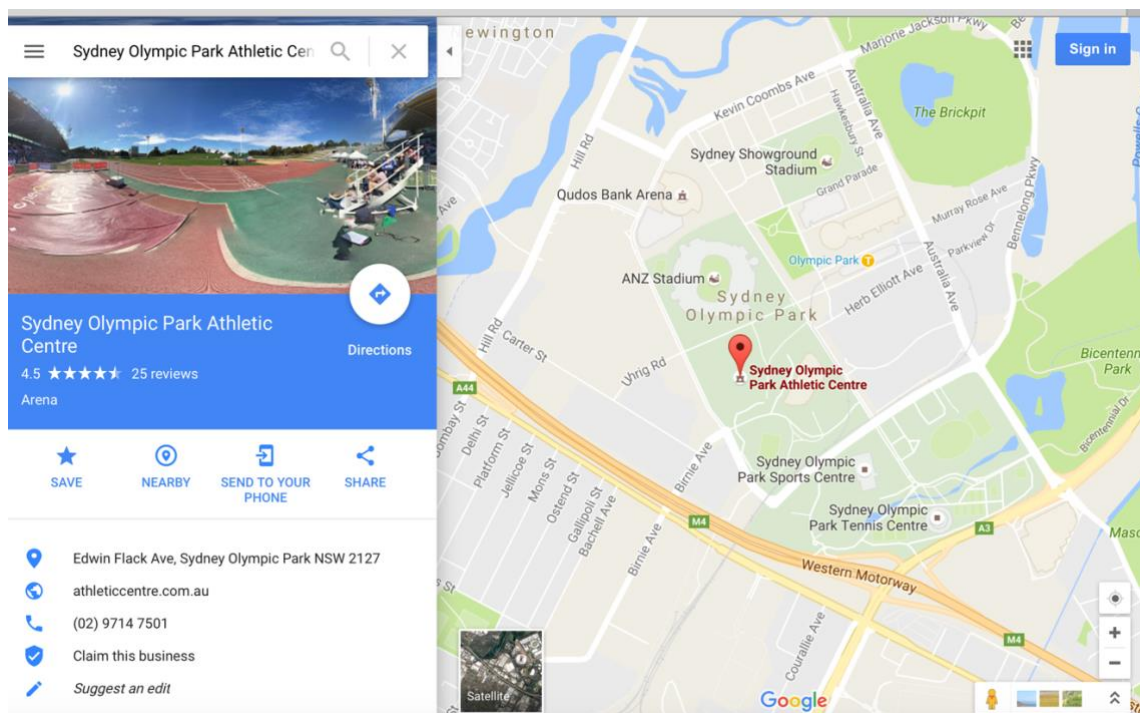
Each student may have 3 throws. IF TIME PERMITS, another 2 throws will be awarded to the Top 6 competitors.

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

- All throws are recorded, and schools can take photos of the recording sheet at the event
- All competitors get one throw to reach the standard (signified by markers) and each throw is measured. (if the throw is a foul they can throw again 1 more time) If they don't reach the standard, they don't continue with the competition on that week and strive to get the standard next week.

Obviously if numbers are low then the standard doesn't need to be implemented (generally older age groups) and this would be at the official's discretion.

SOPAC Map



PROGRAM OF EVENTS – 14th SEPTEMBER

Please note times are subject to change, so we encourage all athletes to arrive at least 1 hour prior to the scheduled time of their event.

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 & 14Yrs
9.10am	200m	13 Yrs - Opens	8.30am	Long Jump	17 Yrs & Opens
10.10am	800m	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
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
			12.15pm	Javelin	16 & 17 Yrs
			12.00pm	Shot	14 & 15 Yrs
			12.30pm	Discus	Opens
1.00pm	400m	13Yrs - Opens			
1.45pm	1500m	13Yrs - Opens			
2.45pm	4x400	13Yrs - Opens			