

SHOALHAVEN ZONE



ATHLETICS CARNIVAL 2025

PROGRAM OF TRACK EVENTS 2025

START	8.45am
8.45am	3000m - Boys 16 and 17, Girls 15, 16 and 17+ (7.5 laps – start at 200m start line) 3000m – Boys 15 and under, Girls 14 and under
9.20am	200m - Boys/Girls - 12, 13, 14, 15, 16, 17+
10.00am	800m - Boys/Girls - 12, 13, 14, 15, 16, 17+
11.00am	100m - Boys/Girls - 12, 13, 14, 15, 16, 17+
11.45am	400m – Boys/Girls - 14 and under, 15, 16, 17+
12.45pm	1500m – Boys/Girls – 14 and under, 15, 16, 17+ (start at 2 nd relay change)
1.45pm	4 x 100m Relays – Boys/Girls - 12, 13, 14, 15, 16, 17+

NB NO 400m for 12 or 13 years Boys or Girls
NO 1500m for 12 or 13 years Boys or Girls
NO 3000m for 12, 13, 15, 16 years Girls
NO 3000m for 12, 13, 14, 16 years Boys
Competitors may run in an older age group in these events

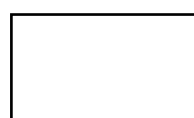
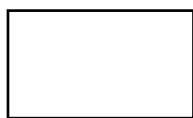
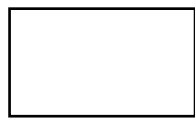
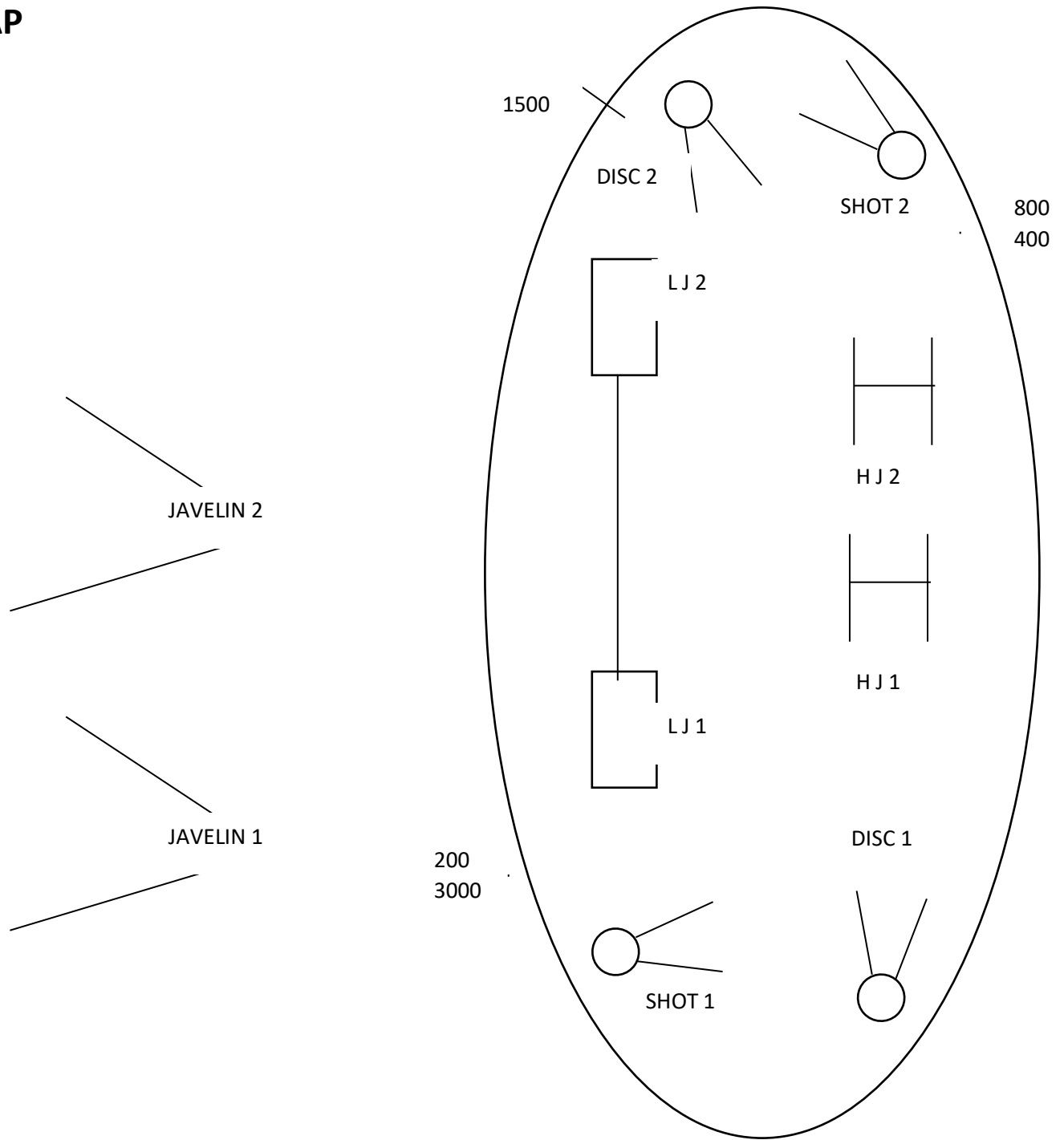
HURDLES: Hurdle nominations onlyNO events will be run

All students will need to provide Date of Birth for Regional Carnival

PROGRAM OF FIELD EVENTS 2025

TIME:	12 YEARS:	13 YEARS:	14 YEARS:	15 YEARS:	16 YEARS:	17+ YEARS
9.00am		G – Javelin 1	G – Shot 1	G – Discus 1	G – High 1	G – Long 1
		B – Javelin 2	B – Shot 2	B – Discus 2	B – High 2	B – Long 2
9.30am	G – Long 1			G – High 1	G – Shot 1	G – Discus 1
	B – Long 2			B – High 2	B – Shot 2	B – Discus 2
10.00am	G – Shot 1	G – Discus 1	G – Javelin 1		G – Triple 1	G – High 1
	B – Shot 2	B – Discus 2	B – Javelin 2		B – Triple 2	B – High 2
10.30am		G – Long 1	G – Discus 1	G – Shot 1		
		B – Long 2	B – Discus 2	B – Shot 2		
11.00am	G – High 1	G – Shot 1		G – Javelin 1	G – Discus 1	G – Triple 1
	B – High 2	B – Shot 2		B – Javelin 2	B – Discus 2	B – Triple 2
11.30am			G – High 1		G – Long 1	
			B – High 2		B – Long 2	
12.00pm	G – Discus 1	G – High 1	G – Long 1		G – Javelin 1	G – Shot 1
	B – Discus 2	B – High 2	B – Long 2		B – Javelin 2	B – Shot 2
12.30pm				G – Long 1		
				B – Long 2		
1.00pm				G – Triple 1		G – Javelin 1
				B – Triple 2		B – Javelin 2

MAP



CANTEEN

W QUAD

Additional Event: Girls 4 400 Open Relay and Boys 4 x 400M Open Relay

(if time permits for any interested school – NOT for point score)

	12 years	13 years	14 years	15 years	16 years	17 years
Lane 1	SHS	NHS	KHS	BHS	UHS	VHS
Lane 2	VHS	SHS	NHS	KHS	BHS	UHS
Lane 3	UHS	VHS	SHS	NHS	KHS	BHS
Lane 4	BHS	UHS	VHS	SHS	NHS	KHS
Lane 5	KHS	BHS	UHS	VHS	SHS	NHS
Lane 6	NHS	KHS	BHS	UHS	VHS	SHS

RULES

AGE DIVISIONS:

All athletes must compete in their own age group

1. Where no event is provided in that age section, competition is available in the next age section.
2. In relays an athlete may compete in ONE RELAY at their age OR older age section.

LIMITATION OF EVENTS:

Competitors may enter any number of events but no event will be delayed for competitors in another event.

NB: High Jump re-entry shall be at the existing height.

POINTS:

Points will be awarded from 1st – 10, 2nd – 8, 3rd – 6, 4th – 4 and relays – double, with points counting towards Age Championships.

The track events will be run in heats with times used to allocate places 1 - 12.

100m competitors can only receive points in Heat A or B.

Heat C & D competitors are running for time qualification for Regional.

A maximum of 1 school competitor per heat and points are awarded from as per above overall.

CLASHES:

Track events have priority.

Field Events may be completed within the allocated time. (If clashes occur the athlete or Team Manager MUST ensure the entry is recorded with the Field Officials at the start time for completion at the first opportunity).

PROTESTS:

Verbal warning of protests is to be given immediately, and a written protest shall be submitted by the Team Manager within 15 minutes of the event's completion to the Referee.

The Disputes Committee shall consist of a representative from each school. (All other rules as per CHS and IAAF Handbooks).

ATHLETICS OFFICIALS:

Please record all places to 12 - (this is for each school's point score).

Send recording sheets over to recorders as soon as the event is completed.

Do not wait until you have several as this holds up the overall point score on the day.

Your co-operation with the above would be greatly appreciated!