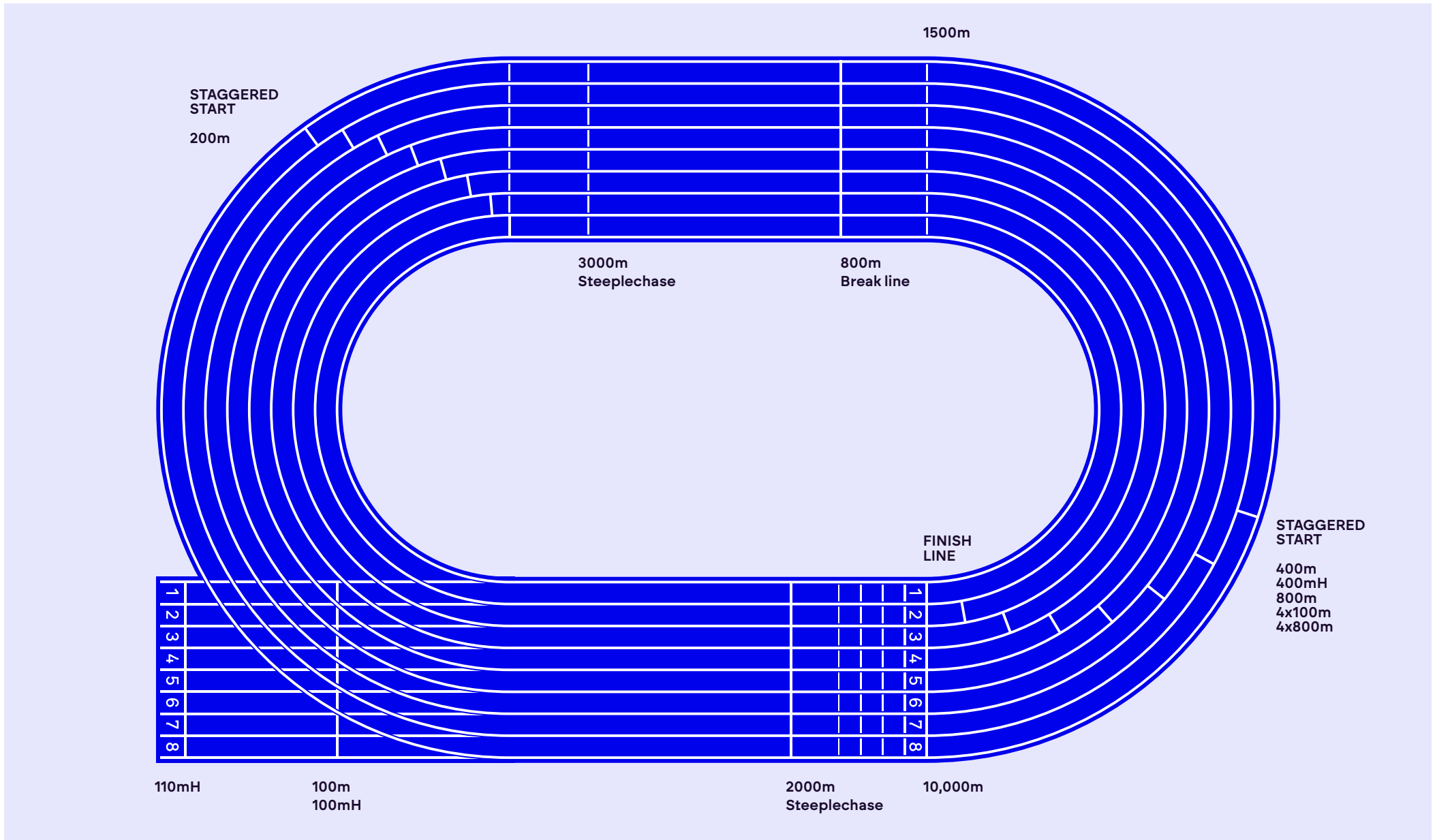


Competition Resource

ATHLETICS



Track Markings and Start Lines





Lane Draw & Events Order: 6 Teams



Track Events	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
100m	6	1	2	3	4	5
200m	3	5	1	2	6	4
400m	4	6	2	3	1	5
800m	5	2	1	6	4	3
1500m	5	1	3	4	2	6
3000/5000m	3	4	2	6	5	1
Sprint Hurdles	6	2	4	5	1	3
400m Hurdles	6	4	1	5	3	2
Steeplechase	5	1	6	4	3	2
4x100m	2	3	4	5	1	6
4x400m	4	5	2	1	6	3
Field Events	1st	2nd	3rd	4th	5th	6th
High Jump	6	2	5	3	1	4
Long Jump	3	2	5	4	6	3
Triple Jump	1	6	2	1	4	5
Shot Put	4	5	6	1	2	3
Discus	2	1	6	3	5	4
Javelin	1	2	5	4	1	6

Team 1 _____

Team 3 _____

Team 5 _____

Team 2 _____

Team 4 _____

Team 6 _____



Lane Draw & Events Order: 4 Teams



Track Events	Lane 1	Lane 2	Lane 3	Lane 4
100m	1	2	3	4
200m	3	1	2	4
400m	4	2	3	1
800m	2	1	4	3
1500m	1	3	4	2
3000/5000m	3	4	2	1
Sprint Hurdles	2	4	1	3
400m Hurdles	4	1	3	2
Steeplechase	1	4	3	2
4x100m	2	3	4	1
4x400m	4	2	1	3
Field Events	1st	2nd	3rd	4th
High Jump	2	3	1	4
Long Jump	1	2	4	3
Triple Jump	3	2	1	4
Shot Put	4	1	2	3
Discus	1	2	3	4
Javelin	3	2	4	1

Team 1 _____

Team 3 _____

Team 2 _____

Team 4 _____

Track Results Card



Event: _____

Age Group: _____

Time: _____

Record: _____

Position	Lane/ No.	Name	Team	Time
1st				
2nd				
3rd				
4th				
5th				
6th				
7th				
8th				

Track Results Card



Event: _____

Age Group: _____

Time: _____

Record: _____

Position	Lane/ No.	Name	Team	Time
1st				
2nd				
3rd				
4th				
5th				
6th				
7th				
8th				

Track Results Card



Event: _____

Age Group: _____

Time: _____

Record: _____

Position	Lane/ No.	Name	Team	Time
1st				
2nd				
3rd				
4th				
5th				
6th				
7th				
8th				

Track Results Card



Event: _____

Age Group: _____

Time: _____

Record: _____

Position	Lane/ No.	Name	Team	Time
1st				
2nd				
3rd				
4th				
5th				
6th				
7th				
8th				



Hurdle Specifications: Outdoor Races



Female	Race Distance	Hurdle Height	Distance to Hurdle 1	Distance between Hurdles	Number of Hurdles	Track Marking
Age 11-12	70m	68.5cm	11.0m	7.0m	8	
Age 13-14	75m	76.2cm	11.5m	7.5m	8	
Age 15-16	80m	76.2cm	12.0m	8.0m	8	
Age 17-19	100m	84.0cm	13.0m	8.5m	10	
Age 19+	100m	84.0cm	13.0m	8.5m	10	
Male						
Age 11-12	75m	76.2cm	11.5m	7.5m	8	
Age 13-14	80m	84.0cm	12.0m	8.0m	8	
Age 15-16	100m	91.4cm	13.0m	8.5m	10	
Age 17-19	110m	99.1cm	13.72m	9.14m	10	
Age 19+	110m	106.7cm	13.72m	9.14m	10	



Hurdle Specifications: Indoor Races



Female	Race Distance	Hurdle Height	Distance to Hurdle 1	Distance between Hurdles	Number of Hurdles	Track Marking
Age 11-12	60m	68.5cm	11.0m	7.0m	5	
Age 13-14	60m	76.2cm	11.5m	7.5m	5	
Age 15-16	60m	76.2cm	12.0m	8.0m	5	
Age 17-19	60m	84.0cm	13.0m	8.5m	5	
Age 19+	60m	84.0cm	13.0m	8.5m	5	
Male						
Age 11-12	60m	76.2cm	11.5m	7.5m	5	
Age 13-14	60m	84.0cm	12.0m	8.0m	5	
Age 15-16	60m	91.4cm	13.0m	8.5m	5	
Age 17-19	60m	99.1cm	13.72m	9.14m	5	
Age 19+	60m	106.7cm	13.72m	9.14m	5	



Throwing Specifications: **Weights**



Female	Shot Put	Discus	Javelin
Age 11-12	2.72kg	0.75kg	400g
Age 13-14	3.25kg	1kg	500g
Age 15-16	4kg	1kg	600g
Age 17-19	4kg	1kg	600g
Age 19+	4kg	1kg	600g
Male			
Age 11-12	3.25kg	1kg	400g
Age 13-14	4kg	1.25kg	600g
Age 15-16	5kg	1.5kg	700g
Age 17-19	6kg	1.75kg	800g
Age 19+	7.26kg	2kg	800g



Competition Rules: Long Jump



Overview:

The long jump competition is decided by the athlete who produces the longest single jump. Each athlete shall have a minimum of three jumps and a maximum of 6 jumps, with the greatest distance in any one jump being recorded as the final distance for that athlete. **Here's the main rules you need to know!**

1

Each competitor should receive a minimum of three (3) trails, with a maximum of 6 trials allowed. Foul jumps are counted as one of these trials.

2

It shall be counted as a failure if any competitor touches the ground beyond the takeoff line, whether running up without jumping or in the act of jumping.

3

The athlete must leave the sand forwards of the break made in the sand on landing. If the athlete falls or steps closer to the takeoff line after landing, the attempt is considered a foul.

4

The jump should be measured at right angles from the nearest break in the sand in the landing area, made by any part of the body, to the takeoff line. The distance should be measured to the nearest 1cm.

5

Competitors are ranked by their best performance across all trials. In the case of a tie, the result will be determined by their next best trial.



Competition Rules: Triple Jump



Overview:

The triple jump competition is decided by the athlete who produces the longest single jump. Each athlete shall have a minimum of three jumps and a maximum of 6 jumps, with the greatest distance in any one jump being recorded as the final distance for that athlete. **Here's the main rules you need to know!**

1

The hop shall be performed so that the competitor will first land on the same foot with which they have taken off. In the step they shall land on the other foot, from which the jump will be performed.

2

It shall be counted as a foul if the competitor, while taking off, touches the ground beyond the takeoff line, if they fail to make the distance into the sand within their three jumps, or if they do not correctly complete the required jump sequence.

3

The athlete must leave the sand forwards of the break made in the sand on landing. If the athlete falls or steps closer to the takeoff line after landing, the attempt is considered a foul.

4

The jump should be measured at right angles from the nearest break in the sand in the landing area, made by any part of the body, to the takeoff line.

5

Competitors are ranked by their best performance across all trials. In the case of a tie, the result will be determined by their next best trial.



Competition Rules: High Jump



Overview:

The high jump competition is decided by the athlete who is able to successfully jump over the highest bar. The bar will be raised with each round, with athletes eliminated who fail to clear the bar within three attempts. The final remaining athlete shall be declared the winner. **Here's the main rules you need to know!**

1

Unless such details are specified in the programme, the judge shall decide the height at which the competition shall start.

Competitors may commence jumping at any of the heights above the minimum height and may jump at their own discretion at any subsequent height.

2

The bar shall not be raised by less than 2cm.

Usual progressions are between 3cm and 5cm at each height.

3

It shall be recorded as a foul if, after the jump, the bar does not remain on the pegs because of the action of the competitor whilst jumping.

Three (3) consecutive failures disqualify from further participation. Competitor may forego their second and third jumps at a particular height (after failing once or twice) and still jump at a subsequent height but will not receive three attempts at that particular height since the three consecutive failures rule still applies.

4

The jump take off should be made from one foot only.

It will be considered a foul if the competitor takes off from both feet.

5

In the result of a tie, the competitor with the lowest number of attempts at the cleared height shall be awarded the higher place.

If a tie still remains, the competitor with the lowest total of failures throughout the competition shall be awarded the higher place.



Competition Rules: Shot Put



Overview:

The shot put competition is decided by the athlete who produces the longest single throw. Each athlete shall have a minimum of three throws and a maximum of 6 throws, with the greatest distance in any one throw being recorded as the final distance for that athlete. **Here's the main rules you need to know!**

1

After entering the circle, the competitor must not touch the ground outside of the circle, or on top of the stop-board, with any part of the body.

2

The shot should be held with one hand only so that it is in close contact with the neck and should not be dropped below this position during the act of putting.

3

The shot must land completely within the lines marking the sector. The attempt should be measured to the nearest 1cm from the nearest mark of the landing to the inside edge of the stop-board.

4

The competitor must exit the circle from the back half of the circle and must do so only after the shot put has landed.

5

Competitors are ranked by their best performance across all trials. In the case of a tie, the results will be determined by their next best trial.

Weight Specifications

Age

11-12

13-14

15-16

17-19

19+

Female

2.72kg

3.25kg

4kg

4kg

4kg

Age

11-12

13-14

15-16

17-19

19+

Male

3.25kg

4kg

5kg

6kg

7.26kg



Competition Rules: Discus



Overview:

The discus competition is decided by the athlete who produces the longest single throw. Each athlete shall have a minimum of three throws and a maximum of 6 throws, with the greatest distance in any one throw being recorded as the final distance for that athlete. **Here's the main rules you need to know!**

1

After entering the circle, the competitor must not touch the ground outside of the circle with any part of the body.

2

The competitor must start from a stationary position but can adopt any position they choose.

3

The discus must land completely within the lines marking the sector. If the discus first hits the cage and then lands within the sector, the throw is considered a valid throw.

4

After the throw is complete, the athlete must exit the circle from the back half of the circle and must do so only after the discus has landed.

5

The attempt should be measured to the nearest 1cm from the nearest mark of the landing to the inner edge of the circle. Competitors are ranked by their best performance across all trials. In the case of a tie, the result will be determined by their next best trial.

Weight Specifications

Age

11-12

13-14

15-16

17-19

19+

Female

0.75kg

1kg

1kg

1kg

1kg

Age

11-12

13-14

15-16

17-19

19+

Male

1kg

1.25kg

1.5kg

1.75kg

2kg



Competition Rules: Javelin



Overview:

The javelin competition is decided by the athlete who produces the longest single throw. Each athlete shall have a minimum of three throws and a maximum of 6 throws, with the greatest distance in any one throw being recorded as the final distance for that athlete. **Here's the main rules you need to know!**

1

The javelin must be held with one hand only and thrown over the shoulder. It must not be slung or hurled.

2

It is a foul if the athlete touches the side line or the arc scratch line with any part of the body during the course of an attempt.

3

The throw is only valid if the tip of the metal head strikes the ground before any other part of the javelin.

4

The javelin must land within the inner edges of the lines marking the sector.

5

The attempt should be measured to the nearest 1cm from the nearest mark of the landing to the inner edge of the circle. Competitors are ranked by their best performance across all trials. In the case of a tie, the result will be determined by their next best trial.

Weight Specifications

Age

11-12

13-14

15-16

17-19

19+

Female

400g

500g

600g

600g

600g

Age

11-12

13-14

15-16

17-19

19+

Male

400g

600g

700g

800g

800g