



IGA MULTI-EVENT CARNIVAL

**AIS Athletics Field, Bruce
Sunday 8 November 2009**

ACTLAA BOARD OF MANAGEMENT

Chairperson : Peter Martens
 Administration Director : Phil Alchin
 Finance Director : Alan Jackson
 Development Director : Andrew Cheffers
 Public Relations Director : Karen Walker
 Competition and Technical Director : Tony Reilly
 Coaching Director : Margaret Lane
 Education Director : Deb Moran
 Safety Director : Marnie McPherson
 Marketing Director : vacant

ACTLAA ASSOCIATION OFFICERS

Records Officer	William King (Queanbeyan)
IT Officer	Peter Caley (Belconnen Wests)
Equipment Officer	Lawrence Doherty (Queanbeyan)
Officer of Officials	Bernard Nutt (Woden)

CENTRE UNIFORMS

Centre	Abbr	Singlet/T-Shirt
Bega	BEGA	White, green and yellow
Belconnen Wests	BELC	Light blue with maroon
Braidwood	BRAI	Black, red and white
Cooma	COOM	White with black
Corroboree	CORR	White, blue and gold
Calwell	CALW	Red with gold
Ginninderra	GINN	Yellow and black
Goulburn Mulwaree	MULW	Aqua, maroon and white
Gungahlin	GUNG	White with red/black horizontal stripe
Jindabyne	COOM	Purple and green
Lanyon	LANY	Aqua and royal blue
Moruya	MORU	Maroon and gold
Queanbeyan Lightning	QUEA	White and bottle green
Tuggeranong	TUGG	Sky blue with gold
Weston Creek Redbacks	WEST	Red and black
Woden	WODE	Light green and gold
Yass	YASS	Grey Marle and Black

RC/1 GENERAL RULES OF COMPETITION

Authority All events will be conducted under the rules of competition of the current IAAF Handbook, IPC or ACTLAA rules. Local rules take precedence where no IAAF or ACTLAA rules apply.

Footwear Policy The wearing of footwear is mandatory at all ACTLAA sanctioned events.

Definition of spikes "Spikes" are defined as footwear which have some sharp objects on or attached to the shoe (especially the sole). The objects may be metal or of some other rigid material. "Spikes" includes any shoe capable of taking spikes whether these spikes are fitted or removed. This includes the replacement of the spikes with blanks.

Use of spikes Use of spikes

Age Group	Events	Grass Tracks	Bruce Facility
U/8	All events	NO SPIKES	NO SPIKES
U/9 to U17	All laned events, and Long Jump.	No longer than 9mm	Smooth pyramid or 'Christmas tree' spikes, No longer than 7mm

When Spikes can be put on For track events, the spikes may only be put on immediately prior to the start of the event and must be removed on completion of the event and while competitors are still in their lanes.

Who are allowed to be on the Playing field? Only officials and those competitors actually competing in an event are permitted into the competition area. On completion of an event, athletes must leave the competition area immediately.
Children of officials, parents and spectators are not permitted in the competition area.

On Field coaching Athletes will be liable for disqualification if they seek coaching while actually competing in an event. No person is permitted to offer advice to an athlete from within the competition area other than an official.

Bad Weather If the weather intervenes, the Carnival Manager and the Track or Field Referees have discretion to reschedule any event.

Merging events The Carnival Manager and the Track or Field Referee have the discretion to merge age groups of the same sex into one event where numbers are low.

Conduct of Events

Role of Event Chiefs on Uniforms Event Chiefs have a responsibility to ensure that athletes are in their correct uniform. Once an athlete commences an event, that athlete cannot be disqualified on the grounds of incorrect uniform.

Track events Track events will take precedence over field events. Any competitor who leaves a field event to compete in a track event may return to the field event and complete his/her full complement of trials, with the exception of the High Jump. Should this involve only the single athlete, sufficient time two (2) minutes will be given between trials. In the High Jump, a competitor will return to the event at the height to which the bar has been raised to through normal competition.

Reporting for competition Competitors are to report to the the designated marshalling area immediately after the first call for an event. Each event will receive two marshalling calls only, approximately five (5) minutes apart. Under no circumstances will marshalling calls be made for individual competitors.

Marshals Competitors are to be escorted to the Marshalling or Event Area by a Centre official who is not to leave until the group of competitors are registered by the Marshal/Official. If a competitor is at another event, the Marshal is to be advised of the name of the missing competitor and what event they are at. Competitors are not to report to the Marshalling Area unless their event has been called.

Field event Chiefs Field Event Chiefs should make all athletes aware that they may seek the Field Events Referee's presence to adjudicate on the legitimacy of a throw or jump, but that no retroactive re-instatement of any attempt not observed by the Field Events Referee will be permitted.

Records It is the responsibility of the Chief for each event to make sure that the correct procedures are followed.

Athletes with disabilities Any athlete with a disability competing at carnivals is only able to compete with the approval of the Technical and Competition Director and appropriate Referees prior to the carnival starting. In the interests of safety, all equipment used by such athletes must comply with IPC rules. Any athlete competing without approval may be disqualified from competition.

CENTRE RESPONSIBILITIES

Uniforms	All athletes must compete in their approved Centre Uniform, complete with current age patch and registration number.
Responsibility for uniforms	It is the Centre's responsibility to ensure the completeness of an athlete's uniform. Any difficulties should be cleared with the Carnival Manager, who has been granted discretion on these matters, prior to the athlete's first event of the day.
Team Managers	Each Centre must provide a Team Manager who is to report to the Officer of Officials on the day. The Team Manager is responsible for all aspects of the management of the Centre activities on the day.
Manager of Officials	Each Centre must provide a Manager of Officials who is to report to the Officer of Officials on the day. The Manager of Officials is responsible for ensuring that the required officials from the Centre are provided for the whole of the carnival.

PROTESTS

First Step	Before a protest is lodged, in the first instance a verbal approach may be made by an athlete/ team manager to the official responsible for the decision.
Written protest	If not satisfied with the official's interpretation of the decision; the Track or Field Referee, as appropriate, must then be asked for a decision; if not satisfied with that decision a written protest may then be lodged with the Carnival Manager, by the Team Manager, to be adjudicated by the Jury of Appeal.
Timing of Protest	The protest must be lodged not more than thirty (30) minutes after the event result has been posted and be accompanied by a non-refundable deposit of \$50.00.
The Jury of Appeal	The Jury of Appeal will consist of the Carnival Manager, the Officer of Officials and the Referee who was not involved in the original decision.
Conflict of interest	If any of those were involved in the original decision, a replacement will be appointed to the Jury on the day for that appeal only by the Carnival Manager.

MULTI-EVENT SCHEDULE OF EVENTS

8:50 AM																
	Under 8		Under 9		Under 10		Under 11		Under 12		Under 13		Under 14		Under 15/17	
	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls
9:00 AM	Long Area3	Long Area2	800m	800m	800m	800m	800m	800m	800m	800m	Discus Area3	Discus Area 2	Long Area1	Long Area 4		
	70m	70m	Long Area2	Long Area3	Shot Area 5	Shot Area 1	Shot area4		Discus area 3	Discus area 2					100m	100m
								Shot area5			100m	100m	100m	100m	Long Area 1	Long Area 4
	Shot Area1	Shot Area4	100m	100m	100m	100m	100m	100m	100m	100m	Long Area 2	Long Area 3				
			Shot Area5	Shot Area1	Long Area1	Long Area4	Long Area2	Long Area3			80m hurdles	80m hurdles	90m hurdles	80m hurdles	100m hurdles	U15 90m hurdles U17 100m hurdles
	200m	200m											Discus Area 3	Discus Area 2		
									Long Area 1	Long Area 4					Discus Area 3	Discus Area 2
											800m	800m	800m	800m	800m	800m

RC/2 RULES OF COMPETITION FOR THE MULTI EVENT

Type of competition The Multi Event will be conducted on a point score basis with points allocated for times in track events and distances in field events.

Track events All track events will be timed trials only. For laned events, lane allocation will be random draw. The 800 Metres will be a packed start event. U13 and above can use starting blocks supplied by the AIS.

Track disqualification A competitor shall be disqualified where that competitor has made three (3) false starts.

Field events Competitors shall be allowed three (3) trials only in all field events.

Medals and Certificates In each age group and sex, medals will be awarded to 1st, 2nd and 3rd best overall Multi Event point scorers. Certificates will be provided to all ACTLAA athletes that compete listing their performances in each event.

Results Centres will be advised of the results of all competitors so that all athletes can be advised of their individual point scores.

All weather Track As the track at Bruce is an all weather track, the Carnival will be held on the stated day.

Events for U8 to U17 shall be as follows:

BOYS EVENTS

U/8	70m	200m	Long Jump	Shot Put	
U/9	100m	800m	Long Jump	Shot Put	
U/10	100m	800m	Long Jump	Shot Put	
U/11	100m	800m	Long Jump	Shot Put	
U/12	100m	800m	Long Jump	Discus	
U/13	100m	800m	80m Hurdles	Long Jump	Discus
U/14	100m	800m	90m Hurdles	Long Jump	Discus
U/15	100m	800m	100m Hurdles	Long Jump	Discus
U/17	100m	800m	100m Hurdles	Long Jump	Discus

GIRLS EVENTS

U/8	70m	200m	Long Jump	Shot Put	
U/9	100m	800m	Long Jump	Shot Put	
U/10	100m	800m	Long Jump	Shot Put	
U/11	100m	800m	Long Jump	Shot Put	
U/12	100m	800m	Long Jump	Discus	
U/13	100m	800m	80m Hurdles	Long Jump	Discus
U/14	100m	800m	80m Hurdles	Long Jump	Discus
U/15	100m	800m	90m Hurdles	Long Jump	Discus
U/17	100m	800m	100m Hurdles	Long Jump	Discus

EQUIPMENT SIZES, HEIGHTS, WEIGHTS

HURDLES

Age group	Height	Lead-in	Lead-out	Distance Between	Flights
60m U8-U9	45cm	12m	13m	7m	6
60m U10-U11	60cm	12m	13m	7m	6
60m U12	68cm	12m	13m	7m	6
80m U13, U14G	76cm	12m	12m	7m	9
90m U14B, U15G	76cm	13m	13m	8m	9
100m U15B, U17	76cm	13m	10.5m	8.5m	10

SHOT PUT

Boys	U8 1.5kg	U9-U11 2kg	U12-U13 3kg	U14-U15 4kg	U17 5kg
Girls	U8 1.5kg (yellow)	U9-U12 2kg (orange)	U13-U15 3kg (white)	U17 4kg (red)	(green)

DISCUS

Boys	U8-U10 500g	U11-U12 750g	U13-U15 1kg	U17 1.5kg
Girls	U8-U10 500g	U11-U13 750g	U14-U17 1kg	

LONG JUMP

Long Jump U8 and U9	The take-off area for the U8 and U9 age groups shall be 1 metre square. The leading edge of the take-off area shall be 1 metre from the edge of the pit.
Long Jump U10 to U12	The take-off area for the U10 to U12 age groups shall be 1 metre wide by 0.50 metre (50cm) deep. In the U10 to U12 age groups, the leading edge of the take-off area shall be 1 metre from the edge of the pit.
Long Jump U13 to U17	The take-off area for the U13 to U17 age groups shall be 1 metre wide by 0.20 metre (20cm) deep. In the U13 to U17 age groups, the leading edge of the take-off area shall be located not less than 1 metre from the edge of the pit.

ACTLAA MULTI EVENT AGE GROUP WINNERS FROM 2008/09 SEASON

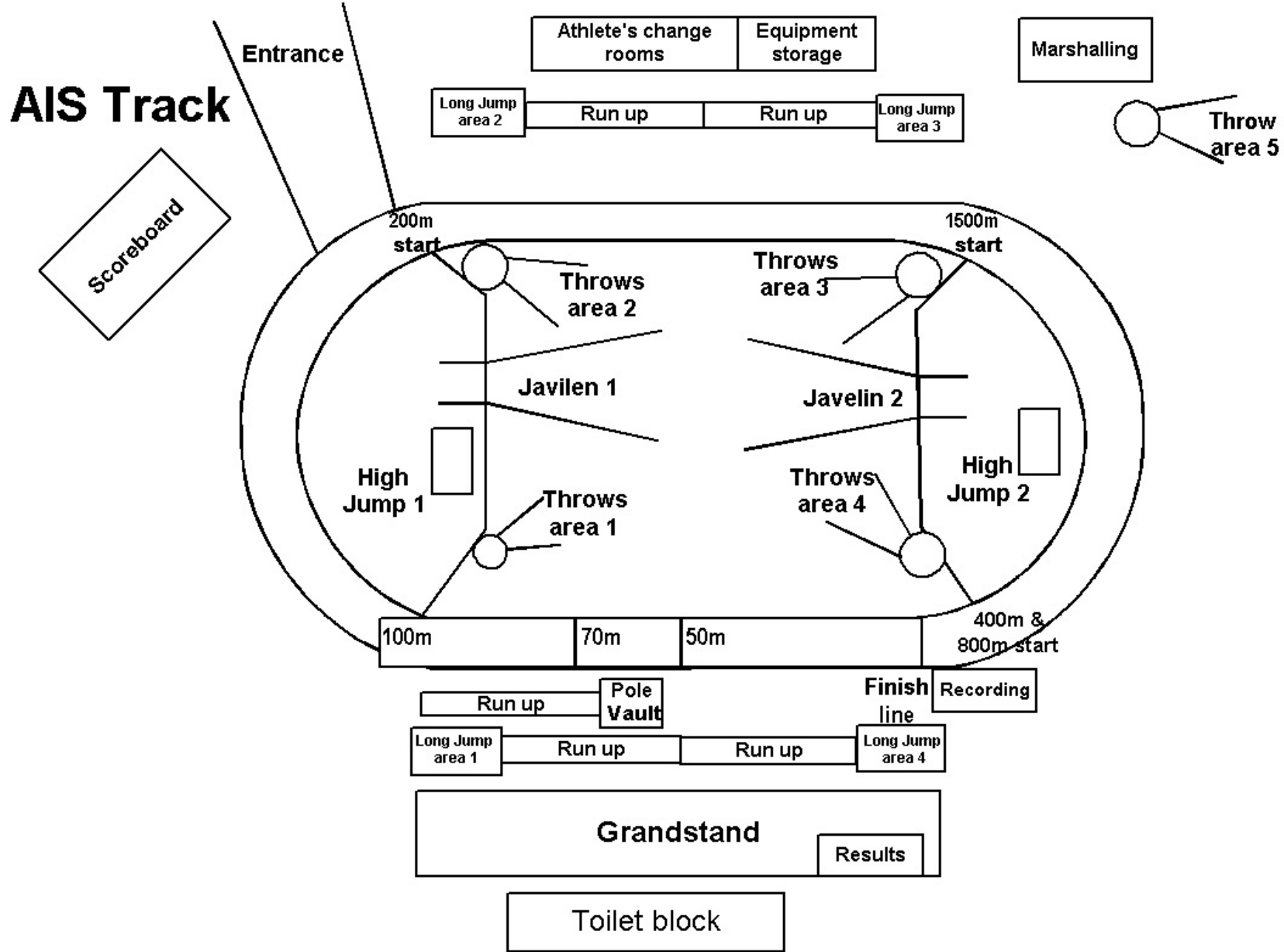
AGE GROUP	ATHLETE	POINTS	CENTRE
U7 Boys	M. Benham	47	Wes
U8 Boys	Z. Patterson	50	Gin
U9 Boys	K. Reilly	663	Cal
U10 Boys	L. Elliott	812	Gun
U11 Boys	J. Larnach	899	Wes
U12 Boys	D. Hearle	1031	Wod
U13 Boys	J. Martens	1430	Lan
U14 Boys	M. Heckenberg	1518	Bel
U15 Boys	A. Gould	1744	Bel
U17 Boys	A. Walsh	1208	Qbn
U7 Girls	S. Sutton	52	Corr
U8 Girls	L. Robards	54	Gin
U9 Girls	I. Laing	569	Que
U10 Girls	M. Bateman	766	Coo
U11 Girls	A. Laing	932	Que
U12 Girls	B. Reilly	995	Cal
U13 Girls	E. Vredembregt	1360	Que
U14 Girls	E. Prince	1578	Wod
U15 Girls	N. Tanks	1436	Lan
U17 Girls	H. Davis	1533	Coo

ACTLAA MULTI EVENT (BRUCE ATHLETICS FIELD) RECORDS (OLD RECORDING SYSTEM)

There are no records for individual events, only total Multi Event point score.

AGE GROUP	ATHLETE	POINTS	CENTRE	DATE
U6 Boys	N. Tanner	3728	Gung	11-04
U7 Boys	B. Robertson	3759	Cal	11-93
U8 Boys	T. Gorman	4230	Qbn	11-95
U9 Boys	T. Gorman	3898	Qbn	11-96
U10 Boys	S. Crowe	4043	Bel	11-93
U11 Boys	T. Cottam	3981	Cal	11-05
U12 Boys	A. Davis	4569	Bel	11-04
U13 Boys	B. Halliday	4594	Cal	11-93
U14 Boys	W. McNamara	5207	Mul	11-06
U15 Boys	M. Beckenham	6623	Qbn	04-91
U17 Boys	K. Williams	4705	Qbn	11-02
U6 Girls	G. O'Rourke	3297	Que	11-00
U7 Girls	J. Ringland	3355	Beg	11-92
U8 Girls	M. Kelly	4011	Qbn	11-95
U9 Girls	B. Reilly	2765	Tug	11-05
U10 Girls	M. Prebble	3541	Bel	11-92
U11 Girls	G. O'Rourke	3778	Wod	11-05
U12 Girls	H. Wortley	4772	Coo	11-04
U13 Girls	H. Wortley	4167	Coo	11-05
U14 Girls	C. Larque	4026	Cor	11-00
U15 Girls	N. Muir	4128	Gin	04-93
U17 Girls	K. Henry	3542	Qbn	11-06

AIS Track





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