



**ACT LITTLE ATHLETICS  
ASSOCIATION  
INCORPORATED**



**IGA RELAY CARNIVAL**

**AIS ATHLETICS FIELD, BRUCE**

**SUNDAY, 6<sup>th</sup> DECEMBER 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 & Technical Director	:	Tony Reilly
Coaching Director	:	Margaret Lane
Education Director	:	Deb Moran
Health & 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 Mulwarree	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

## TIMETABLE

- **7.15am** Designated Equipment Officer and assistants commence set up
- **8:30am** Chief officials and Centres Manager of Officials to report to the Officer of Officials
- **8:40am** All other officials to report to the Officer of Officials
- **8:50am** First call for first events
- **9:00am** First events start

<b>Authority</b>	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.		
<b>Footwear Policy</b>	The wearing of footwear is mandatory at all ACTLAA sanctioned events.		
<b>Definition of spikes</b>	"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.		
<b>When Spikes can be put on</b>	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.		
<b>Use of spikes</b>	Use of spikes		
	<b>Age Group</b>	<b>Events</b>	<b>Grass Tracks</b>
	U/7 & U/8	All events	NO SPIKES
	U/9 to U17	All <u>laned</u> Events, javelin, long jump, high jump and triple jump events	No longer than 9mm
			Bruce Facility
			NO SPIKES
			Smooth Pyramid or 'Christmas tree' spikes, no longer than 7mm



<b>Who are allowed to be on the Playing field?</b>	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.
<b>On Field coaching</b>	Athletes must not receive coaching from within the competition area whilst competing in an event. Athletes who receive coaching from within the competition area during an event may be disqualified. No person is permitted to offer advice to an athlete from within the competition area other than an official.
<b>Bad Weather</b>	If the weather intervenes, the Carnival Manager and the Track or Field Referees have discretion to reschedule any event.
<b>Merging events</b>	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

<b>Role of Event Chiefs on Uniforms</b>	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.
<b>Track events</b>	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.
<b>Reporting for competition</b>	Competitors are to report to 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.
<b>Records</b>	It is the responsibility of the Chief for each event to make sure that the correct procedures are followed.
<b>Marshals</b>	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.
<b>Field event Chiefs</b>	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.

## CENTRE RESPONSIBILITIES

<b>Uniforms</b>	All athletes must compete in their approved Centre Uniform, complete with current age patch and registration number
<b>Responsibility for uniforms</b>	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.
<b>Team Managers</b>	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.
<b>Manager of Officials</b>	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

<b>First Step</b>	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.
<b>Written protest</b>	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.
<b>Timing of Protest</b>	The protest must be lodged not more than thirty (30) minutes after the event result has been posted and be accompanied by a protest fee of \$50.00.
<b>The Jury of Appeal</b>	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.
<b>Conflict of interest</b>	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.

## RC/3 RULES FOR COMPETITION RELAYS

<b>Field Event age Groups</b>	Athletes should compete in their own age group in the Field Relays.	
<b>Track Event age groups</b>	Athletes may compete in older age groups in Track Relays where a Centre is having difficulty in fielding a complete team, except that U7 & U8 may not compete in the 4 X 400m relay.	
<b>Composite teams</b>	Composite teams comprising of athletes from different Centres may compete in Track Relays. Note that the composition of these teams must be given to the recorders. Mixed gender teams are not permitted.	
<b>Points scoring</b>	Centres may enter more than one team per age group in Track Relays, but only four athletes (one team) from each centre will score points in each age group. Composite teams comprising of athletes from different Centres will share the points designated for their relevant placing in the event.	
<b>Overall winner</b>	The teams points score will be based on the total points gained in all four (4) relay events. The Centre accumulating the highest points overall will be awarded the ACTLAA Relay Shield	
<b>Points score</b>	Once placings have been decided, points for each relay event will be allocated as per the table below:	
	13 points for 1 <sup>st</sup> place	6 points for 7 <sup>th</sup> place
	11 points for 2 <sup>nd</sup> place	5 points for 8 <sup>th</sup> place
	10 points for 3 <sup>rd</sup> place	4 points for 9 <sup>th</sup> place
	9 points for 4 <sup>th</sup> place	3 points for 10 <sup>th</sup> place
	8 points for 5 <sup>th</sup> place	2 points for 11 <sup>th</sup> place
	7 points for 6 <sup>th</sup> place	1 point for 12 <sup>th</sup> place
	<p>a. Teams that compete in a track relay but are disqualified receive one (1) point for competing</p> <p>b. Teams competing in a field relay that fail to obtain a measurable and/or qualifying performance receive one (1) point for competing.</p> <p>All competitors are encouraged to compete in four (4) events. These events are a short relay, a long relay, a jump and a throw. The actual events are as follows:</p>	

<b>Track</b>	U7-8	4 x 50 metre shuttle relay & 4 x 100 metre shuttle relay
	U9-10	4 x 70 metre shuttle relay & 4 x 100 metre circular relay
	U11-17	4 x 100 metre circular relay & 4 x 400 metre circular relay
<b>Field</b>	U7-9	Long Jump and Shot Put
	U10 & 12	Long Jump and Discus
	U11	Long Jump and Shot Put
	U13, 15 & 17	High Jump and Shot Put
	U14	High Jump and Discus

## LONG JUMP

<b>Take off area</b>	The size of the long jump take-off area for both boys and girls is as follows:		
	Under 7	1 metre sq mat	½ metre from edge of pit
	Under 8 & 9	1 metre sq mat	1 metre from edge of pit
	Under 10 to U12	1 metre x 0.5 metre	1 metre from edge of pit

## TRACK EVENTS

<b>Starting blocks</b>	Starting blocks may not be used.
<b>Relay heats</b>	A. In the shuttle relays, if more than ten (10) Centres compete in any one relay, heats will be run. B. If more than eight (8) Centres participate in the 4 x 100 metre, heats will be run In both instances no final will be run but the final placings will be based on the times recorded in the heats.
<b>400m relays</b>	In the 4 x 400 metre relay: a. If no more than eight (8) Centres compete in any one relay, laned starts will be used. However, if more than eight (8) Centres compete, packed starts may be used but only at the discretion of the Track Referee. b. The Starter may recall the competitors if he/she considers that one or more competitors have been disadvantaged by interference at the start. The 4x400m relay is classed as a non-laned event and therefore spikes are not permitted for any of the runners.
<b>Lane draw</b>	The lane draw will be advised on the day.

## FIELD EVENTS

<b>Field trials</b>	In the Long Jump, Shot Put and Discus events, each competitor will be allowed two (2) trials only.
<b>Field relays</b>	For field relays, performance of the two (2) top competitors from each Centre will be added together to determine the overall team placing.
<b>Weights</b>	The weights of the throwing implements are as follows:

Boys	U7	U8	U9-U11	U12-U13	U14-U15	U17
Shot	1kg	1.5kg	2kg	3kg	4kg	5kg (green)
Girls	U7	U8	U9-U12	U13-U15	U17	
Shot	1kg	1.5kg	2kg	3kg	4kg	
	(blue)	(yellow)	(orange)	(white)	(red)	
Boys	U7	U8-U10	U11-U12	U13-U15		U17
Discus	350g	500g	750g	1kg		1.5kg
Girls	U7	U8-U10	U11-U13	U14-U17		
Discus	350g	500g	750g	1kg		

## HIGH JUMP

### High jump rules

The following rules apply to High Jump:

- The bar will rise in increments of 5cm only.
- Where only one competitor remains, that competitor is entitled to continue jumping until they forfeit their right to compete further.
- The starting heights are:

	Girls	Boys
Under 13	115 cm	120 cm
Under 14	120 cm	125 cm
Under 15 & 17	120 cm	125 cm

## RELAY CARNIVAL RECORDS

Event	Record	Centre	Date	Event	Record	Centre	Date
<b>6 Girls</b>				<b>6 Boys</b>			
4 x 50 Metres Relay	40.95s/E	Cal	Dec 03	4 x 50 Metres Relay	44.07s/E	Cal/Mul	Dec 03
4 x 70 Metres Relay	1:00.97s/E	Obn	Nov 00	4 x 70 Metres Relay	1:02.30s/E	Cal	Nov 00
Long Jump Relay	4.71m	Cal	Nov 01	Long Jump Relay	5.04m	Lan	Nov 01
Discus Relay	13.73m	Cal	Nov 01	Discus Relay	18.12m	Wes	Dec 04
<b>7 Girls</b>				<b>7 Boys</b>			
4 x 100 Metres Relay	1:12.04s/S	Bel	Dec 88	4 x 100 Metres Relay	1:10.44s/S	Tug	Dec 88
4 x 50 Metres Relay	38.24s/S	Wes	Nov 90	4 x 50 Metres Relay	37.04s/S	Obn	Nov 89
Long Jump Relay	5.68m	Obn	Nov 01	Long Jump Relay	6.42m	Wod	Nov 90
Shot Put (1 Kg) Relay	9.78m	Eri	Nov 90	Shot Put (1 Kg) Relay	10.96m	Obn	Nov 89
<b>8 Girls</b>				<b>8 Boys</b>			
4 x 100 Metres Relay	1:06.44s/S	Wod	Dec 88	4 x 100 Metres Relay	1:03.74s/S	Bel	< 85
4 x 50 Metres Relay	35.34s/S	Bel	Nov 89	4 x 50 Metres Relay	34.04s/S	Obn	Nov 89
Long Jump Relay	6.33m	Obn	Nov 90	Long Jump Relay	7.19m	Obn	Nov 95
Shot Put (1.5 Kg) Relay	9.45m	Cal	Nov 93	Shot Put (1.5 Kg) Relay	12.18m	Obn	Nov 95
<b>9 Girls</b>				<b>9 Boys</b>			
4 x 100 Metres Relay	1:04.44s/S	Cal	Nov 97	4 x 100 Metres Relay	1:01.54s/S	Tug	< 84
4 x 70 Metres Relay	46.04s/S	Gin	Nov 90	4 x 70 Metres Relay	44.94s/S	Tug	Nov 90
Long Jump Relay	7.09m	Wod	Dec 04	Long Jump Relay	7.38m	Wes	Nov 92
Shot Put (2 Kg) Relay	11.09m	Gin	Nov 91	Shot Put (2 Kg) Relay	15.09m	Bel	Nov 00
<b>10 Girls</b>				<b>10 Boys</b>			
4 x 100 Metres Relay	59.94s/S	Tug	< 84	4 x 100 Metres Relay	58.84s/S	Eri	Nov 91
4 x 70 Metres Relay	43.94s/S	Tug	Nov 90	4 x 70 Metres Relay	43.14s/S	Wes	Nov 90
Long Jump Relay	7.95m	Wod	Dec 04	Long Jump Relay	8.34m	Cal	Nov 93
Discus (500g) Relay	42.68m	Gin	Nov 92	Discus (500g) Relay	51.92m	Eri	Nov 92
<b>11 Girls</b>				<b>11 Boys</b>			
4 x 100 Metres Relay	58.24s/S	Wod	Mar 88	4 x 100 Metres Relay	56.74s/S	Wes	< 85
	58.24s/S	Tug	Mar 88			Cal	Nov 93
4 x 400 Metres Relay	4:43.44s/S	Wod	< 85	4 x 400 Metres Relay	4:35.34s/S	Bel	< 85
Long Jump Relay	8.13m	Wod	Nov 00	Long Jump Relay	8.83m	Cal	Dec 04
Shot Put (2 Kg) Relay	15.74m	Eri	Nov 92	Shot Put (2 Kg) Relay	18.71m	Obn	Nov 98
				Shot Put (3 Kg) Relay	15.90m	Tug	Nov 90
<b>12 Girls</b>				<b>12 Boys</b>			
4 x 100 Metres Relay	56.24s/S	Tug	Nov 91	4 x 100 Metres Relay	54.14s/S	Wes	Mar 86
4 x 400 Metres Relay	4:35.04s/S	Gin	< 85	4 x 400 Metres Relay	4:19.44s/S	Wod	< 85
Long Jump Relay	9.35m	Wod	Nov 90	Long Jump Relay	9.69m	Wes	Nov 95
Discus (750g) Relay	45.54m	Lan	Nov 95	Discus (750g) Relay	56.08m	Tug	Nov 91
<b>13 Girls</b>				<b>13 Boys</b>			
4 x 100 Metres Relay	53.84s/S	Obn	Mar 86	4 x 100 Metres Relay	52.92s/E	Bel	Nov 00
4 x 400 Metres Relay	4:26.74s/S	Bel	Nov 95	4 x 400 Metres Relay	4:12.24s/S	Wod	< 85
High Jump Relay	2.95m	Coo	Nov 92	High Jump Relay	3.30m	Bel	Nov 93
Shot Put (3 Kg) Relay	17.57m	Wod	Nov 91	Shot Put (3 Kg) Relay	22.54m	Tug	Nov 92
<b>14 Girls</b>				<b>14 Boys</b>			
4 x 100 Metres Relay	51.84s/S	Tug	Nov 93	4 x 100 Metres Relay	49.44s/S	Wes	Mar 87
4 x 400 Metres Relay	4:12.24s/S	Tug	Nov 93	4 x 400 Metres Relay	4:05.24s/S	Obn	Dec 88
High Jump Relay	3.00m	Coo	Nov 93	High Jump Relay	3.15m	Bel	Nov 89
Discus (1 Kg) Relay	47.98m	Cal	Nov 00	Discus (1 Kg) Relay	3.15m	Wes	Nov 98
				Discus (1 Kg) Relay	71.46m	Tug	Nov 92
<b>15 Girls</b>				<b>15 Boys</b>			
4 x 100 Metres Relay	53.55s/E	Cal	Nov 08	4 x 100 Metres Relay	47.74s/S	Wes	Nov 97
4 x 400 Metres Relay	4:17.44s/S	Cal	Nov 97	4 x 400 Metres Relay	3:50.04s/S	Tug	Nov 93
High Jump Relay	2.90m	Bel	Nov 93	High Jump Relay	3.50m	Tug	Nov 89
	2.90m	Cal	Nov 08		3.50m	Tug	Nov 98
Shot Put (3 Kg) Relay	19.29m	Wes	Nov 93	Shot Put (4 Kg) Relay	25.91m	Wes	Nov 89
<b>17 Girls</b>				<b>17 Boys</b>			
4 x 100 Metres Relay	53.57s/E	Que	Dec 02	4 x 100 Metres Relay	46.60s/E	Que	Dec 02
4 x 400 Metres Relay	4:26.99s/E	Que	Dec 02	4 x 400 Metres Relay	3:47.38s/E	Que	Dec 02
High Jump Relay	2.80m	Que	Dec 06	High Jump Relay	3.40m	Mul	Dec 07
Shot Put (4 Kg) Relay	16.44m	Que	Dec 04	Shot Put (5 Kg) Relay	19.33m	Gun	Dec 07

## SCHEDULE OF EVENTS

FIELD				
F1	U7	Boys	Long Jump	Area 4
F2	U7	Girls	Long Jump	Area 1
F3	U8	Boys	Long Jump	Area 3
F4	U8	Girls	Long Jump	Area 2
F5	U13	Boys	Shot Put	Area 1
F6	U13	Girls	Shot Put	Area 4
F7	U9	Girls	Shot Put	Area 5
F8	U14	Girls	Discus	Area 2
F9	U14	Boys	Discus	Area 3
F10	U15/17	Girls	High Jump	Area 1
F11	U15/17	Boys	High Jump	Area 2
F12	U12	Boys	Long Jump	Area 4
F13	U12	Girls	Long Jump	Area 1
F14	U11	Boys	Long Jump	Area 3
F15	U11	Girls	Long Jump	Area 2
F16	U9	Boys	Shot Put	Area 1
F17	U7	Boys	Shot Put	Area 4
F18	U7	Girls	Shot Put	Area 5
F19	U10	Boys	Discus	Area 3
F20	U10	Girls	Discus	Area 2
F21	U13	Boys	High Jump	Area 2
F22	U13	Girls	High Jump	Area 1
F23	U10	Boys	Long Jump	Area 4
F24	U10	Girls	Long Jump	Area 1
F25	U9	Boys	Long Jump	Area 3
F26	U9	Girls	Long Jump	Area 2
F27	U15/17	Boys	Shot Put	Area 1
F28	U15/17	Girls	Shot Put	Area 4
F29	U11	Girls	Shot Put	Area 5
F30	U12	Boys	Discus	Area 3
F31	U12	Girls	Discus	Area 2
F32	U14	Boys	High Jump	Area 2
F33	U14	Girls	High Jump	Area 1
F34	U11	Boys	Shot Put	Area 5
F35	U8	Boys	Shot Put	Area 4
F36	U8	Girls	Shot Put	Area 1

TRACK			
C1	U12	Boys	4 x 100
C2	U12	Girls	4 x 100
C3	U11	Boys	4 x 100
C4	U11	Girls	4 x 100
C5	U10	Boys	4 x 100
C6	U10	Girls	4 x 100
C7	U9	Boys	4 x 100
C8	U9	Girls	4 x 100
S1	U8	Boys	4 x 50
S2	U8	Girls	4 x 50
S3	U7	Boys	4 x 50
S4	U7	Girls	4 x 50
C9/10	U15/17	Boys	4 x 100
C11/12	U15/17	Girls	4 x 100
C13	U14	Boys	4 x 100
C14	U14	Girls	4 x 100
C15	U13	Boys	4 x 100
C16	U13	Girls	4 x 100
S5	U8	Boys	4 x 100
S6	U8	Girls	4 x 100
S7	U7	Boys	4 x 100
S8	U7	Girls	4 x 100
S9	U10	Boys	4 x 70
S10	U10	Girls	4 x 70
S11	U9	Boys	4 x 70
S12	U9	Girls	4 x 70
C17	U11	Boys	4 x 400
C18	U11	Girls	4 x 400
C19	U12	Boys	4 x 400
C20	U12	Girls	4 x 400
C21	U13	Boys	4 x 400
C22	U13	Girls	4 x 400
C23	U14	Boys	4 x 400
C24	U14	Girls	4 x 400
C25/26	U15/17	Boys	4 x 400
C27/28	U15/17	Girls	4 x 400

