



*family, fun and fitness*



# **IGA MULTI-EVENT CARNIVAL**

**ALS Athletics Field, Bruce  
Sunday 13 November 2011**

## **ACTLAA BOARD OF MANAGEMENT**

Chairperson : Tony Reilly  
Administration Director : Phil Alchin  
Finance Director : Helen Hopkins  
Development Director : Margaret Lane  
Marketing and Public Relations Director : Fiona Elliot  
Competition and Technical Director : Peter Boden

## **ACTLAA ASSOCIATION OFFICERS**

Records Officer	Yvette Alcock
IT Officer	Peter Caley
Equipment Officer	Bernard Nutt
Officer of Officials	Geoff Mason

## **TIMETABLE**

**7.15am** Equipment Officer and designated Centre representatives commence set up

**8.30am** Chief Officials, Officials and Centre Manager of Officials report to Officer of Officials

**8.45am** Athletes move to infield for Welcome and National anthem

**8.50am** First call for first events

**9.00am** First events start

## CENTRE UNIFORMS

Centre	Abbr	Singlet/T-Shirt
Batemans Bay	BATE	Navy
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
Narooma	NARO	White and red
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

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

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

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**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.

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**Use of spikes** Use of spikes

<b>Age Group</b>	<b>Events</b>	<b>Grass Tracks</b>	<b>Bruce Facility</b>
U8	All events	NO SPIKES	NO SPIKES
U9 to U17	All <b>laned</b> events, and Long Jump.	No longer than 9mm	Smooth pyramid or 'Christmas tree' spikes, No longer than 7mm

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**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.

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**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.

Chief Officials will be identified by the wearing of a yellow vest or an appropriate arm band. Other Officials will be identified by the wearing of an orange vest. Anyone without a vest or armband should NOT be inside the competition area.

Parents, spectators and children of officials, are not permitted in the competition area.

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<b>On Field coaching</b>	<p>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</p> <p>No person is permitted to offer advice to an athlete from within the competition area other than an official.</p> <hr/>
<b>Bad Weather</b>	<p>If the weather intervenes, the Carnival Manager and the Track or Field Referees have discretion to cancel or reschedule any/all event/s.</p> <hr/>
<b>Merging events</b>	<p>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.</p>

## Conduct of Events

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<b>Role of Field Event Chiefs/Chief and Start Marshal on Uniforms</b>	<p>Field Event Chiefs/Chief Marshal/Start Marshal 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.</p> <hr/>
<b>Track events</b>	<p>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.</p> <hr/>
<b>Reporting for competition</b>	<p>Competitors are to report to the first event of the day but thereafter 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.</p> <hr/>
<b>Marshals</b>	<p>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 and clearance gained for the use of "spikes". 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.</p>

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**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.

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**Records** Any records set need to be verified by the Track or relevant Field Referee as appropriate. For track events, this requires verification of the result from two watches where hand timing is used and where electronic timing is used sighting of the electronic results. For field events, the appropriate mark etc. needs to remain in place for verification.  
It is the responsibility of the event Chief Official and the relevant Referee to complete and countersign the correct paperwork recording a newly achieved record before the paperwork leaves the competition area.

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**Athletes with disabilities** Any athlete with a disability competing at carnivals is only able to compete with the approval of the Competition and Technical 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.

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## **CENTRE RESPONSIBILITIES**

**Uniforms** All athletes must compete in their approved Centre Uniform, complete with current age patch, LAA sponsor's logo and registration number.

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**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.

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**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.

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**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.

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## PROTESTS

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**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.

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**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.

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**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.

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**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.

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**Conflict of interest**

If any member/s of the Jury of Appeal are associated in any way with the protesting Team or were involved in the original decision, a replacement/s 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	<b>Under 8</b>		<b>Under 9</b>		<b>Under 10</b>		<b>Under 11</b>		<b>Under 12</b>		<b>Under 13</b>		<b>Under 14</b>		<b>Under 15/17</b>	
	<b>Boys</b>	<b>Girls</b>	<b>Boys</b>	<b>Girls</b>	<b>Boys</b>	<b>Girls</b>	<b>Boys</b>	<b>Girls</b>	<b>Boys</b>	<b>Girls</b>	<b>Boys</b>	<b>Girls</b>	<b>Boys</b>	<b>Girls</b>	<b>Boys</b>	<b>Girls</b>
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

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**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.

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**Track events** All track events will be timed trials only. For laned events, lane allocation will be by random draw. The 800 Metres will be a **unlaned** packed start event starting from a marked curved line commencing at the Lane 1 start position for the 400m and competitors may cross to the inside lanes as soon as practicable without causing interference to other competitors. Only U13 and above can use starting blocks supplied by the AIS.

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

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**Field events** Competitors shall be allowed three (3) trials only in all field events. If the number of competitors exceeds 20, two (2) trials only are allowed except for combined Age Groups where (3) trials will be allowed.

Competitors are not permitted to use their own throwing implements.

If necessary, the relevant Field Referee, in consultation with the Carnival Manager will be responsible for certifying that implements are legal.

Discuses may be made from rubber or synthetic compound, or wood or synthetic compound with a metal rim.

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**Medals and Certificates** Athletes must compete in all of their Age Group events in order to be eligible for a medal.

In each age group and sex, medals will be awarded to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> best overall Multi Event point scorers.

Certificates will be provided to all LAACT athletes that compete listing their performances in each event.

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

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

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**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	U9-U12 2kg	U13-U15 3kg	U17 3kg	

### DISCUS

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

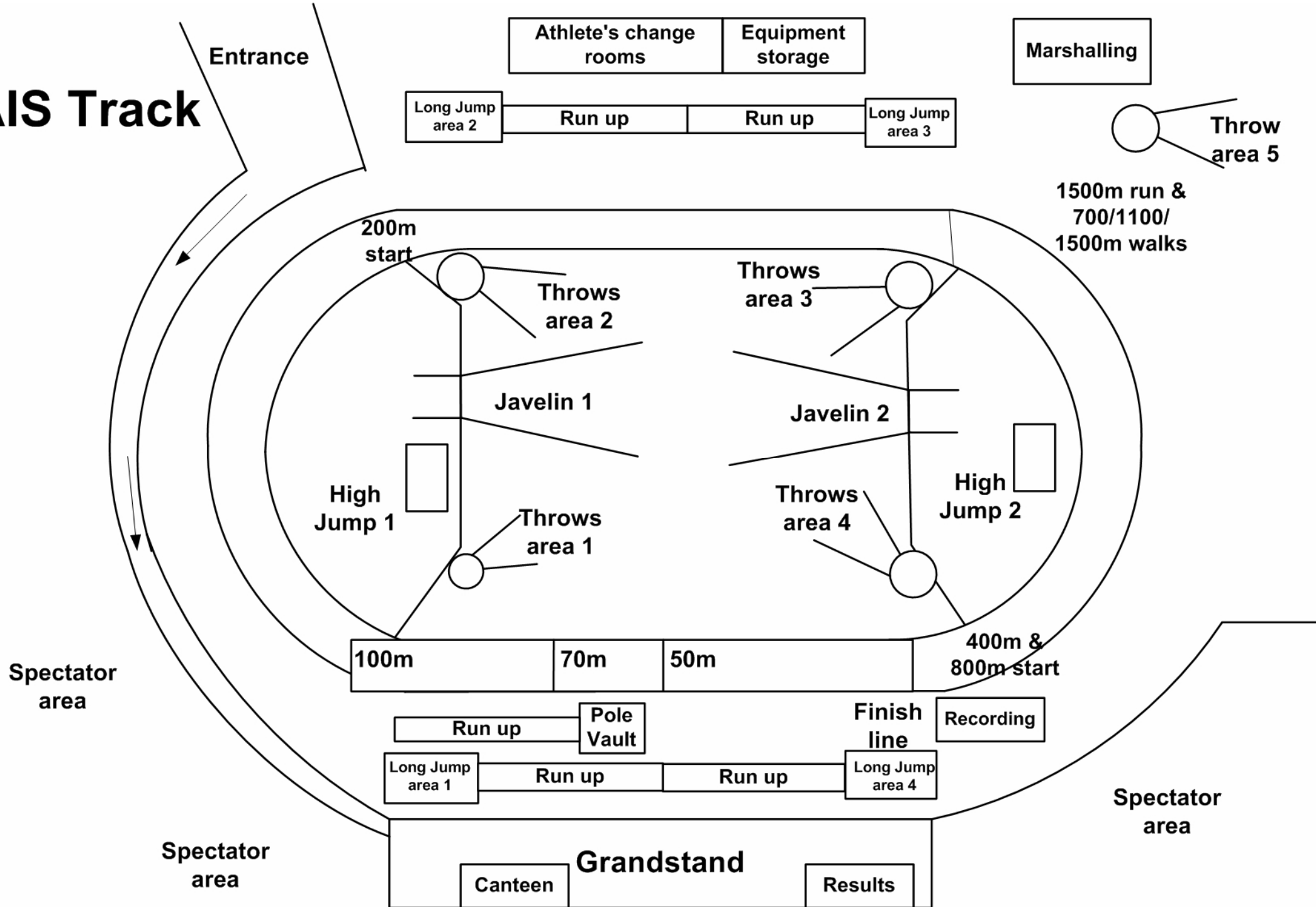
### LONG JUMP

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.

## **LAACT MULTI EVENT AGE GROUP WINNERS FROM 2010/11 SEASON**

<b>AGE GROUP</b>	<b>ATHLETE</b>	<b>POINTS</b>	<b>CENTRE</b>
U8 Boys	J. Gilbert	478	Que
U9 Boys	N. Budd	701	Wes
U10 Boys	J. Sheehan	776	Wod
U11 Boys	D. Unger	819	Bel
U12 Boys	R. Budd	1051	Wes
U13 Boys	J. Heathwood	1319	Gin
U14 Boys	N. Gupte	1444	Bel
U15 Boys	C. Fobister	1882	Gun
U17 Boys	A. Gould	2163	Bel
U8 Girls	K. Hardy	363	Gun
U9 Girls	I. Austin	480	Wod
U10 Girls	K. Small	723	Wod
U11 Girls	I. Laing	925	Que
U12 Girls	C. Yung	760	Wod
U13 Girls	A. Laing	1269	Que
U14 Girls	B. Reilly	1353	Cal
U15 Girls	E. Vredenbregt	1468	Gun
U17 Girls	R. Gillard	1419	Gou

# AIS Track





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