



CHRISTIAN SCHOOLS EVENTS NETWORK – EASTERN REGION SECONDARY ATHLETICS

- LOCATION OF EVENT** - Doncaster Athletics Track, Rieschiecks Reserve, George Street, Doncaster
- DATE OF EVENT** - Tuesday 10th September, 2019
- SCHOOL ARRIVAL TIME** - All schools to arrive by 8:50am with officials to be checked in **by 8:50am**
- OPENING PRAYER** - 9:15am
- FIRST EVENT** - 9:30am
- COST PER STUDENT** - \$13.00 + GST

CHILD SAFETY

This Code of Conduct has a specific focus on safeguarding children and young people at CSEN Events against sexual, physical, psychological and emotional abuse or neglect. It is intended to complement other professional and/or occupational codes.

All staff, volunteers, contractors, and board/school council members at CSEN are expected to actively contribute to a school events association culture that respects the dignity of its members and affirms the Gospel values of love, care for others, compassion and justice. They are required to observe child safe principles and expectations for appropriate behaviour towards and in the company of children, as per information distributed to schools.

EVENTS OFFERED

	Under 13 B / G	Under 14 B / G	Under 15 B / G	Under 16 B / G	Under 21 B / G
100m	√ - 2 x Athletes	√ - 2 x Athletes	√ - 2 x Athletes	√ - 2 x Athletes	√ - 2 x Athletes
200m	√	√	√	√	√
400m	√	√	√	√	√
800m	√ - 2 x Athletes	√ - 2 x Athletes	√ - 2 x Athletes	√ - 2 x Athletes	√ - 2 x Athletes
1500m	√	√	√	√	√
4 x 100m Relay	√ - A division only	√	√ - A division only	√	√
Long Jump	√	√	√	√	√
Triple Jump	√	√	√	√	√
High Jump	√	√	√	√	√
Shot Put	√	√	√	√	√
Discus	√	√	√	√	√

ORDER OF EVENTS – see attached program. Please note, the times given are a guide only. Actual races will run in order, with minimum waiting time for schools and athletes.



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AWARDS

Competitors that finish 1st, 2nd and 3rd in each age group and in each division will be awarded a ribbon and a certificate. The school with the highest aggregate in each age group in each division will be awarded a pennant. The school with the highest aggregate in each division in will be awarded the shield for Athletics.

The best three athletes from each event and each region will progress through to the CSEN Champions Carnival to be held at Lakeside Stadium on Friday 26th October, 2018. The next best two athletes will be selected for the Champions Carnival, irrespective of their region. Please note that not all events and age groups are offered at the Champions Carnival. Students may be selected for a Champions Carnival event competing in a higher age group than the age group they compete in at the Regional Competition.



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RULES

1. All events shall be conducted in accordance with the competition rules of the Victorian Athletic Association except in cases where they directly contradict the rules stated below.
2. No competitor will be permitted to take part in any event unless they are in correct athletics attire, including official school colours.
3. All ages to be taken from 31st December 2017.
4. Competitors are limited to a maximum of 5 individual events plus the relay. Schools may enter two competitors in the 100m and 800m only. Competitors for all track events must report to the Track Marshalling area when called to marshal by the announcer. Field event competitors report directly to that event 5 minutes prior to the scheduled starting time of the event or when marshalled via the PA system. All track events must take precedence over field events. The times given in the program are a guide only, athletes must listen for announcements during the day for marshalling. Once the allocated “block time” for field events has elapsed, and all competitors have finished the event, students will not be able to join in the event. This includes competitors returning from a track event.
5. For all laned events, competitors must adhere to the lane allocated. In all other track events competitors may move to the inside lane after the starting gun, provided that they do not interfere with other competitors.
6. Students may compete in multiple age groups but must not compete in two events of the same type (i.e. not U/10 Shot Put and U/12 Shot Put, nor U/13 Relay and U/14 Relay).
7. Students may only compete in one relay during the day.
8. Spikes can only be worn by students in laned events and may be no longer than 6mm.
9. All schools are expected to remain until the completion of all presentations.
10. Schools are expected to leave the area they were sitting in clean and tidy – any excess cleaning costs will be passed on directly to the schools concerned.
11. Schools will score points based on the table below.

Notes for Competitors

1. The centre Arena is out of bounds to all students except for those directly involved in an event taking place at that time. Spectators must remain outside the competition area at all times.
2. For all Field events, competitors will be permitted three attempts. In High Jump, three consecutive failures at whatever height will eliminate that competitor.
3. For Relay events, competitors are reminded to remain in their respective lanes until all baton changes have been completed. If the baton is dropped during a takeover, the incoming runner must pick it up and hand it on again. The last runner in the relay must have the correct age group number on their hand for the relay teams placing to count.
4. Starting blocks will be available for all competitors. Competitors competing in spikes must use starting blocks.
5. The decision of the Referee will be final.



CHRISTIAN SCHOOLS EVENTS NETWORK – EASTERN REGION SECONDARY ATHLETICS

High Jump

1. The Competitor must take off from one foot. Knocking the bar off the supports or touching the ground behind the uprights before taking off shall count as a “no jump”.
2. The commencement height and the different heights by which the bar will be raised shall be announced before starting (initially 5cm, later 2cm and finally 1cm)
3. A competitor may start jumping at any height above the minimum height. Three consecutive failures disqualify competitors.
4. High Jump competitors to be given consideration when returning from a track event. Bar at 1.10- returned - bar 1.30 - difference to be halved. The catch up procedure shall continue until the competitor reaches the height or is eliminated.
5. To resolve a tie, the competitor with the lowest number of jumps at which the tie occurs shall be awarded the higher place. If the tie still remains, the competitor with the lowest number of failures shall be awarded the higher place.

Long Jump and Triple Jump

1. If a competitor touches the ground beyond the take-off board, whether running without jumping or in the act of jumping, it shall be a “No Jump”.
2. All jumps shall be measured from the nearest break in the landing area made by any part of the body to the take-off line, and at right angles to such line. Sand should be raked evenly between the jumps.
3. To resolve a tie, the second best performance of each competitor shall be compared with the greater distance being awarded the higher placing. If the tie still remains, the third best performance should be compared.

Track Events

1. The start will consist of “On your marks” “Set” Gun. If a competitor leaves the “set” position before the gun, it is a false start. The competitor making the false start must be warned. If he/she is responsible for two (2) false starts, he/she shall be disqualified.
2. At the finish, the competitors shall be placed in the order in which any part of their torso reaches the nearest edge of the finish line.
3. Any competitor leaving his/her lane and cutting across another competitor shall be disqualified. This does not apply to the 1500m where lanes are not designated.
4. Members of the relay team other than the first runner may commence running not more than 10m outside the take-over zone. In all Relays, the baton must be passed within the take-over zone. If the baton is dropped, it must be recovered by the athlete who dropped it. Competitors after handing the baton over should remain in their lane, until all baton changes are completed.



CHRISTIAN SCHOOLS EVENTS NETWORK – EASTERN REGION SECONDARY ATHLETICS

General Throwing Rules

1. The order in which competitors take their trials shall be drawn. Each competitor shall have three attempts.
2. In all Throwing events from a circle, a competitor must commence to throw from a stationary position.
3. In all Throwing events from a circle, a competitor is allowed to touch the inside of the stop board. It shall be a foul throw if, after commencing the throw, the competitor touches the top of the board or circle or the ground outside the circle or improperly releases the shot or discus in making the attempt. A competitor may stop mid throw, lay implement down and return to stationary position, provided he/she only restarts once during each attempt. A competitor may not leave the circle until the implement has touched the ground and then must leave via the rear half of the circle.
4. All throws must land within the inner edges of the lines marking the throwing sectors. The measurement of each throw will be made from the nearest mark made by the fall of the implement, to the inside circumference of the circle, along a line from the mark made by the implement to the centre of the circle or the centre of the radius of the arc. All throwing implements must be carried back to the starting line or circle.
5. To resolve a tie, the second best performance of each competitor shall be compared with the greater distance being awarded the higher placing. If the tie still remains, the third best performance should be compared.

Discus

1. General throwing rules apply.

Shot Put

1. The Shot Put shall be put from the shoulder with one hand only. The Shot should be close to the chin and the hand must not be dropped from this position during the action of putting.
2. The Shot must not be brought behind the line of the shoulder.

Weight Specifications

Age Group	Shot Put	Discus
U/9 Boys, U/10 Boys, U/11 Boys	2kg	500g
U/9 Girls, U/10 Girls, U/11 Girls	2kg	500g
U/12 Girls, U/12 Boys	3kg	750g
U/13 Girls, U/14 Girls, U/15 Girls	3kg	1kg
U/13 Boys, U/14 Boys	3kg	1kg
U/15 Boys, U/16 Boys	4kg	1kg
U/16 Girls, U/21 Girls	4kg	1kg
U/21 Boys	6kg	1.5kg



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PROCEDURES FOR THE COMPETITION

Scoring Procedure – for both individual & team events

Event Type	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th	9 th
All	30	28	26	24	22	20	18	16	14
Event Type	10 th	11 th	12 th	13 th	14 th	15 th	16 th	17 th	18 th +
All	12	10	8	6	4	2	1	1	1

** Please note, the additional 100m races in each division will also score points as per the table above.

Final Procedures

It is expected that at the conclusion of the carnival, all schools will pack up the area that they have been officiating at, as well as cleaning their area in the stands as directed by CSEN and the staff from the convening school.

ENTRY FORMS

SportsTrak Data Entry forms will be distributed via email. These forms are expected to be fully completed and returned to Adam Dearness (dearness.a@wcc.vic.edu.au) by 4:00pm on Thursday 30th August, 2018.

At the conclusion of the carnival, progressions will be allocated and Heads of Sport are requested to return the progression entry forms by the due date. Athletes that cannot make the Champions Carnival, must be named on the "Request for non-progression" form, handed into the CSEN Coordinator by the end of the Regional Carnival. All other athletes that qualify for the Champions Carnival will be charged for a progression.

DIVISIONS

SECONDARY DIVISIONS	
A DIVISION	B DIVISION
Hillcrest	Belgrave Heights
Maranatha	Chairo Pakenham
St Andrews	Heatherton
Waverley Narre Warren	Lighthouse
Waverley Wantirna	Northside



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LANE DRAW

DIVISION	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
A	HILL	WANW	STAN	WAVE	MARA	HILL	WANW	STAN	WAVE	MARA
B	HRTN	LIGH	NORT	CHPA	BELG	HRTN	LIGH	NORT	CHPA	BELG

OFFICIALS

Roles of Officials

All School Officials must sign in at the pavilion by 8:50am and must have either a VIT / WWCC.

Chief of Officials x 1

1. Responsible for the signing in of all officials.
2. Responsible for ensuring all officials are in place for the duration of the program.

Announcer x 1

1. Sign in with the Chief of Officials by 8:50am
2. Responsible for welcome, general announcements and prayer at the beginning of the day.
3. Responsible for announcing each block of races to marshal at the start line 10 mins before the scheduled start time.
4. Responsible for announcing overall results.
5. Responsible for wrap up of carnival – thanks, prayer etc.

IT Technician x 2 (SportsTrak Entry)

1. Sign in with the Chief of Officials by 8:50am
2. Computers and printer will be provided.
3. Responsible for collecting and entering results printing off overall results and division results
4. Responsible for sorting out results into the correct divisions for presentation.



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Recorders x 2

1. Sign in with the Chief of Officials by 8:50am
2. Record the finishing order of students on Marshalling sheets. Enter times onto sheets.
3. Take the recording sheet to the pavilion for Sports Trak / IT Technicians.

Ribbons / Certificates x 1

1. Work with the recorders to ensure that the correct athletes are awarded their positions in Track events.
2. Distribute ribbons and certificates to those who finish in the top 4.

Field Event Officials x 18

1. Have a knowledge of the field event you are officiating it (be willing to take advice from the AV Official).
2. Sign in with the Chief of Officials by 8:50am
3. Please stick to the allocated time blocks for your event (if you want to start early, permission to do this must be given by Waverley and announced via the announcer). Be aware that 2 divisions events are running at once for discus only – do not complete A division first – both divisions are to be completed at the same time.
4. **DO NOT** hand out ribbons until the end of your time slot, as track athletes may still be returning.
5. Once the allocated time has passed, no more competitors may join in (even if they have come back from a track event).
6. At the conclusion of the event, please distribute ribbons and certificates to competitors in each division of the age group per “block of events”.
7. Take the Results sheet to the pavilion to upload results before starting the next event.
8. At the finish of all events, please pack up the equipment and return to the area next to the track finish line.

Extra Officials x 4

1. Sign in with the Chief of Officials by 8:50am
2. Help out Waverley as required – if not given a specific task, please check in with the Chief of Officials every 30 mins.
3. Act as a relay changeover marshal when the relays are scheduled.

Starters Marshall x 2

1. Sign in with the Chief of Officials by 8:50am
2. Assist the starter as required.
3. Place students into correct lanes based on Division allocation.
4. Ensure at least 4 races are marshalled behind the current race.



CHRISTIAN SCHOOLS EVENTS NETWORK – EASTERN REGION SECONDARY ATHLETICS

Finish Marshall x 2

1. Sign in with the Chief of Officials by 8:50am
2. Assist the Track Referee as required.
3. Ensure the athletes that are finishing a race remain in an orderly line until the referee / timekeeper allows them to depart the finish area.
4. Ring the lap bell if required.
5. Distribute finishing numbers for 800m and 1500m races.
6. Re – order the finishing numbers, ready for the next event.

Starter x 1

1. Sign in with the Chief of Officials by 8:50am
2. Bring own starting equipment (gun / caps etc)
3. Start the 800m and 1500m races. These are to be run at the same time as the 200m and 100m races.

OTHER INFORMATION

1. In the case of inclement weather, the athletics will proceed as much as possible, given that it is an all-weather track. Please ensure your students have suitable attire for sitting around between races.
2. Students may not bring or use sports equipment unless they are outside the perimeter fence of the facility and are actively supervised by a staff member from your school.
3. All schools are expected to leave their area neat and tidy. Excess cleaning costs will be passed onto the schools that leave their area in an unacceptable state.
4. There should be a canteen available operated by Doncaster Little Athletics Club.



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Officials Allocation

The names of all adult officials must be submitted one week prior to the carnival. Please note that any changes to the names submitted will result in the Sports Coordinator from that school needing to fulfil the role.

Highlighted roles can be completed by a student, all other roles must be completed by an adult.

OFFICIALS ROLE	SCHOOL
Convener	Waverley Narre Warren
Announcer	Waverley Wantirna
Chief of Officials	Waverley Narre Warren
Starter x 2	Athletics Victoria / Maranatha
Referee – Track	Athletics Victoria
Referee – Throws	Athletics Victoria
Referee – Jumps	Athletics Victoria
IT Technician / Sports Trak Entry x 2	Maranatha / Chairo Pakenham
Starters Marshall x 2	Northside / Hillcrest
Recorders x 2	Belgrave / St Andrews
Extra Officials/Relay Changeover Marshalls x 5	Lighthouse / Heatherton / Hillcrest / Chairo Pakenham / Maranatha
Finish Marshall x 2	Athletics Victoria / Waverley Narre Warren x 2
Ribbons / Certificates x 2	Waverley Wantirna / Maranatha x 2
High Jump # 1 x 3	St Andrews + 2 students
High Jump # 2 x 3	Chairo Pakenham + 2 students
Long Jump # 1 x 3	Lighthouse + 2 students
Long Jump # 2 x 3	Heatherton + 2 students
Triple Jump # 1 x 3	Hillcrest + 2 students
Triple Jump # 2 x 3	Belgrave + 2 students
Shot Put # 1 x 3	Northside + 2 students
Shot Put # 2 x 3	Waverley Wantirna + 2 students
Discus # 1 x 3	St Andrews + 2 students

** Please remember you have a duty of care to your students in the stands – they must be supervised at a 1:20 ratio.