



SECTION C

COMPETITIONS

These rules are for adoption at Centre, Zone and Region competitions for all athletes and State carnivals for athletes in the 9's – 12's age groups.

State events for 13's (U14) and above will comply with World Athletics rules where permit status is necessary. Specific event rules will be published in advance of each State Championship.

COMPETITIONS

These rules are to be read in conjunction with the Competition Rules Track Events & Field Events and take precedence over the General Rules

11. Zone/Region/State Track & Field

11.1 Progression from Region to State – Qualifying Standards

These rules should be read in conjunction with the document Entry Regulations – Championship Progression that can be found on the LANSW website: [Entry-Guidelines-State-Pathway-FINAL.pdf \(lansw.com.au\)](https://www.lansw.com.au/entry-guidelines-state-pathway-final.pdf)

i. Qualifying Standard 1500m Walk and 3000m Run

- a. A maximum qualifying time for 1500m walk events for boys and girls are as follows: -

| | |
|------------|----------|
| 12's | 11.00min |
| 13's (U14) | 10.45min |
| 14's (U15) | 10.30min |
| 15's (U16) | 10.15min |

- b. A maximum qualifying time for 3000m races for boys and girls is as follows: -

| | |
|----------|----------|
| 13 (U14) | 13.30min |
| 14 (U15) | 13.00min |
| 15 (U16) | 12.30min |

- c. Athletes who cannot complete their 1500m walk or 3000m run within these time limits, at region carnivals, irrespective of placings (including any auto qualifiers), will not be considered for progression to the State Track & Field Championships.

ii. Qualifying Standard for High Jump

Athletes who cannot attain the state minimum starting height for the relevant age groups (see 11.2 ii) at region carnivals, irrespective of placings (including any auto qualifiers), will not be considered for progression to the State Track & Field Championships.

11.2 Rules Specific to Zone/Region/State

i. Track Times

- a) The normal rules for timing an event apply, with the exception that hand times will be to the 1/100th of a second rather than 1/10th.
- b) For progression purposes manual times will be adjusted by adding: -
- 0.24 secs to the actual time for events up to and including 200m, and
 - 0.14 secs to the actual time for events over 200m and up to and including 400m.
- c) On all result sheets at zones and regions that use handheld times, there must be a sentence advising that this adjustment will be made in order for progressing athletes to be determined.

ii. High Jump – starting heights

The starting height for high jumps will be as follows: -

| | ZONE | | REGION | | STATE | |
|-------------------|------|-------|--------|-------|-------|-------|
| | Boys | Girls | Boys | Girls | Boys | Girls |
| 9's | 0.85 | 0.80 | 0.90 | 0.85 | 0.95 | 0.90 |
| 10's | 0.95 | 0.90 | 1.00 | 0.95 | 1.05 | 1.00 |
| 11's | 1.05 | 1.00 | 1.10 | 1.05 | 1.15 | 1.10 |
| 12's | 1.15 | 1.10 | 1.20 | 1.15 | 1.25 | 1.20 |
| 13's (U14) | 1.20 | 1.15 | 1.25 | 1.20 | | |
| 14's (U15) | 1.25 | 1.20 | 1.30 | 1.25 | | |
| 15's (U16) | 1.25 | 1.20 | 1.30 | 1.25 | | |
| 16's (U17) | 1.30 | 1.25 | 1.35 | 1.30 | | |
| 17's (U18) | 1.30 | 1.25 | 1.35 | 1.30 | | |

NOTE: Starting heights for 13's (U14) and above at the State Championships will be subject to World Athletics rules.

iii. Increments

At Zone / Region / State Championship events the bar will be raised by 5cm increments for the first three heights thence by 5 cm until there are 6 or fewer athletes remaining and by increments of 2cms thereafter until only one athlete remains. When only one athlete remains, that athlete may choose the increments.

11.3 Local Rules

- To be accepted as a local rule, rules listed in the conditions of hiring a ground, e.g., spikes, blocks etc. apply to all carnivals conducted at that ground, including zone, region, and state.
- Any other local competition rules which have been submitted and approved by the Sport and Events Manager before they can be used at zone, region, and state. This is to be done on a carnival-to-carnival basis.

11.4 3000m

Zone and/or Region Coordinators are permitted to move the 3000m to suit weather conditions.

11.5 400m – Timed Finals

All 400m events for all ages at all Zones, Regions and the State Track & Field Championships for the 9's to 12's only will be conducted as timed finals.

Each timed final heat will be seeded slowest to fastest using the athletes' zone or region performances. Performances from all timed finals will be combined to determine the overall places for each age group.

11.6 800m – Timed Finals

800m events at the 9's to 12's State Track & Field Championships will be conducted as timed finals, which will be seeded, using the athletes' performances from Regions, with the 12 fastest athletes in the same heat, which will be conducted last. Performances from both timed finals will be combined to determine the overall places for each age group.

11.7 200m Hurdles, 300m Hurdles & 400m Hurdles – Timed Finals

All circular track hurdles, i.e., 200m, 300m and 400m hurdles at all Zones and Region Championships will be conducted as timed finals.

Each timed final heat will be seeded slowest to fastest, using the results from the athletes' zones or region performances. Performances from all timed finals will be combined to determine the overall places for each age group.

11.8 Exempted Athletes Seeding – Timed Finals

Exempted athletes will be seeded based upon their times supplied by their Centre. If no seed time is provided athletes will be placed in the slowest heat.

11.9 Natural Disaster Clause

Athletes may be given special consideration for an exemption from Zone and/or Region where the athlete has been affected by environmental factors outside of their control e.g., floods, bushfires. The final decision for special consideration for exemptions will be the sole discretion of the Sport and Events Manager. Special consideration for an exemption must be put in writing (email accepted) to the Sport and Events Manager prior to the commencement of the athletes' respective championships.

11.10 Zone Championships – Order of Events

A standard zone program may be supplied to all zone coordinators, who may change the order to suit local conditions. If the standard zone program is not used, the zone coordinator **must** provide the updated zone program to LANSW no later than 7 days prior to the Zone Championships for posting on the LANSW website.

11.11 Region Championships – Order of Events

Regions may be supplied with a matrix of events per day for the State Track & Field Championships. All Regions must supply a Timed Program (or not before times) to the Sport and Events Manager no later than 7 days prior to the Championships for posting on the LANSW website. Regions are permitted to make changes to suit local conditions. If changes to the days that the events are held are made, they **MUST** submit their proposed program to the Sport and Events Manager for approval.

11.12 Program for Zone/Region

- i. A standard program at Zone / Region Championships to consist of: -
 - a. Heats and Finals for 70m, 100m, 200m, 60m/80m/100/110m hurdles (where there are less than 8 entries these events would be conducted as straight-out finals)
 - b. 400m, 800m, 200m Hurdles, 300m Hurdles **and 400m Hurdles** will be conducted as timed finals.
NB. Timed final heats will be seeded slowest to fastest using the athletes' zone or region performances. (The heat with the fastest athletes to be conducted last). Performances from all timed finals will be combined to determine the overall places for each age group. (**Note:** refer to 11.6 for conduct of 800m at State Track and Field Championships).
 - c. Other circular track events will be conducted as pack starts
 - d. Field events (except for High Jump) will consist of 3 rounds with the top 8 (with valid performances at the end of round three) having three additional rounds. (Note the normal rules regarding ties and progression will apply).
- ii. If the Championships need to be altered, due to extenuating circumstances (e.g., adverse weather conditions), a compressed program should be used. The decision to compress the carnival shall be made during the carnival if circumstances warrant the change.

A compressed program will consist of: -

- a. Timed finals for all track events.
- b. **3 trials only in all field events.**
- c. The decision to reduce a Championship carnival to a compressed carnival will be made by: -
 - Zone Championships - Zone Coordinator and Carnival Manager, in conjunction with the LANSW Sport and Events Manager **or ANSW General Manager – Sport Delivery.**
 - Region Championships – Region Coordinator and/or Carnival Manager, Region Technical Delegate, in conjunction with the LANSW Sport and Events Manager **or ANSW General Manager – Sport Delivery.**
 - State Championships – LANSW Sport and Events Manager **or ANSW General Manager – Sport Delivery** in conjunction with Carnival Manager and Technical Delegate (if appointed).