

## IGSA Sport Twilight Athletics Competition 2023

MEET 1 - Friday 21 July 2023

ES Marks Athletics Centre, Kensington

Officials: IGSA Director of Sport – Matt Mulronee

IGSA Sport Athletics Conveners – Kath Sambell (Kambala) & Katie Edwards (Pymble Ladies' College)

### AGE GROUPS

Senior – 17 years to 19 years  
Intermediate – 16 years and Under  
Junior – 14 years and Under

### PROGRAM

Warm up 4.30 pm to 5 pm

Track Order	Field Order	Field Location
800m – 12,13,14,15 - 18 (5 pm start)	Junior Discus (5 pm start) Includes 12 years 750g for CIS	Discus cage
Hurdles - 12 & 13yrs (80m)	Senior High Jump (5 pm start)	Stand 1
Hurdles - 14 & 15yrs (90m)	Intermediate Javelin (5 pm start)	Arc 1
Hurdles - 16,17 & 18yrs (100m)	Intermediate High Jump (5 pm start)	Stand 2
Multi-class 100m	Junior Shot Put (5 pm start)	12's & 13's – Left circle 14's – Right circle
100m -12, 13, 14, 15, 16, 17, 18 Yrs	Junior Long Jump (5 pm start)	12's and 13's – Pit 1 14's – Pit 2
1500m - Junior, Inter, Senior	Junior High Jump	12's and 13's – Stand 2 14's - Stand 1
Relays - Junior, Inter, Senior	Senior & Para Athlete Long Jump	Pit 1
200m - 12, 13, 14, 15, 16,17, 18 Yrs	Intermediate Discus	Discus cage
200m - Multiclass	Junior Javelin	Arc 1
400m - Junior, Intermediate, Senior	Senior Shot Put	Right circle
	Intermediate Long Jump	Pit 2
	Senior Javelin	Arc 2
	Intermediate & Para Athlete Shot Put	Left circle

Track and Field run concurrently

Arc 1, Stand 1, Pit 1 – located Kensington/finish line end of stadium

Arc 2, Stand 2, Pit 2 – located City end of stadium

DUTY MEET 1	SCHOOL	LOCATION	Number of Staff
Starter	Brigidine		1
Marshalls	Tara & PLC Sydney		2 per school
Hurdles	Frensham		1 + student helpers
Results	Pymble & Ravenswood	Finish	1 each
Timekeepers	All schools to provide their own timekeeper and stop watch		
Shot Put	Junior (12 & 13) – Abbotsleigh	Left circle	2
	Junior (14) - MLC	Right circle	2
	Intermediate & Para Athlete – St Catherines	Left circle	2
	Senior – Wenona	Right circle	2
Discus	Junior (including 12 years 750g) – Meriden	Discus cage	2
	Intermediate – SCEGGS Darlinghurst	Discus cage	2
Javelin	Junior – Roseville	Arc 1	2
	Intermediate – St Scholasticas	Arc 1	2
	Senior – PLC Sydney	Arc 2	2
High Jump	Junior (12 & 13) – Ascham	Stand 2	2
	Junior (14) – Monte	Stand 1	2
	Intermediate – Stella Maris	Stand 2	2
	Senior – Queenwood	Stand 1	2
Long Jump	Junior (12 & 13) – Kambala	Pit 1	2
	Junior (14) – Danebank	Pit 2	2
	Intermediate – Loreto Kirribilli	Pit 2	2
	Senior & Para Athlete – Loreto Normanhurst	Pit 1	2
Relay Change (4 x 100m)	Abbotsleigh, Frensham, Queenwood, St Scholasticas, Stella Maris, MLC		1 per school
Front Gate	Pymble & Ravenswood		1 each

\*\* - Measurement for Nominated athletes only