

# IGSA Sport 2023 Athletics Calendar, Rules and Guidelines

Date	Event
19 June 2023	IGSA Sport twilight athletics entries and spectator numbers
17 July 2023	IGSA Sport athletics Friday night 12yrs extra events nominations
21 July 2023	Twilight athletics – ES Marks Athletics Field
28 July 2023	Twilight athletics - ES Marks Athletics Field
4 August 2023	Twilight athletics - ES Marks Athletics Field
11 August 2023	Twilight athletics - ES Marks Athletics Field
17 August 2022	IGSA Sport athletics rep team nominations, carnival entries and spectator numbers due
23 August 2023	IGSA Sport athletics change sheet due (final changes due <b>NO LATER</b> than 8am)
24 August 2023	IGSA Sport athletics - 800m and hurdles races, staff meeting and managers meeting (4.30pm)
<b>25 August 2023</b>	<b>IGSA Sport Annual Track and Field Carnival - SOPAC, Homebush</b>
28 August 2023	Athletics feedback forms
28 August 2023	IGSA Sport Track & Field extra event nominations for CIS due
11 September 2023	IGSA Sport athletics post season meeting
12 September 2023	NSWCIS athletics team lists due

<b>Convener and NSWCIS Representative</b>	Kath Sambell, Kambala
	Katie Edwards, Pymble Ladies' College
<b>Representative Team Managers</b>	Larissa Pasternatsky, Abbotsleigh
	Jacinta Jacobs, St Vincent's College
	Ann Osborne, Wenona

## IGSA Sport Athletics Divisions 2023

Division 1 (Heat 3)	Division 2 (Heat 2)	Division 3 (Heat 1)
Abbotsleigh	Ascham School	Canberra Girls Grammar School
Kambala	Brigidine College	Danebank
Meriden	Loreto Kirribilli	Frensham
Monte Sant' Angelo	Loreto Normanhurst	Kincoppal - Rose Bay
PLC Sydney	Queenwood	MLC School
Pymble Ladies' College	SCEGGS Darlinghurst	NEGS
Ravenswood	St Vincent's College	PLC Armidale
Roseville College	Stella Maris College	St Scholastica's College
St Catherine's School	Wenona	Tara

## IGSA Sport Athletics Point Score

Point score applicable for ALL heats and finals

Individual: 13 - 11 - 9 - 7 - 6 - 5 - 4 - 3 - 2

Relays: 16 - 14 - 12 - 10 - 9 - 8 - 7 - 6 - 5

### Trophies Presented

#### Divisions

#### Taken from Heats

Division 1 Combined total of senior, intermediate and junior point score

Division 2 Combined total of senior, intermediate and junior point score

Division 3 Combined total of senior, intermediate and junior point score

#### Finals Results

#### Taken from finals only

Junior Combined total of junior point score

Intermediate Combined total of intermediate point score

Senior Combined total of senior point score

Most Improved, Kay Couldwell Cup The school who improves their position in the final point score by the most places. If equal, then the schools will be declared joint winners.

Nicole Harris Shield Combined total of para athletes point score

Melinda Gainsford Taylor Shield Combined total of junior, intermediate and senior point scores (excluding para athlete points).

\*\*Overall Champion School Overall combined total of junior, intermediate and senior point scores (including para athlete points).

\*\* Trophy name TBA.

#### Relays

Junior Relay

Intermediate Relay

Senior Relay

#### Individual Champions

Junior Individual girl with highest individual point score (best 3 events)

Intermediate Individual girl with highest individual point score (best 3 events)

Senior Individual girl with highest individual point score (best 3 events)

Open (para athlete) Individual girl with highest individual point score in open events

# Trophies and Results 2022

## Finals

Overall Champion School	Pymble Ladies' College
Para-Athlete Point Score (Nicole Harris Shield)	Pymble Ladies' College
Combined Point Score (Melinda Gainsford Taylor Shield)	Pymble Ladies' College
Most Improved (Kay Couldwell Cup)	Kambala
Senior Point Score	Pymble Ladies' College
Intermediate Point Score	Pymble Ladies' College
Junior Point Score	Meriden

## Heats

Division 1	Pymble Ladies' College
Division 2	St Catherine's School
Division 3	Queenwood

## Relays

Junior Relay	Meriden
Intermediate Relay	Monte Sant' Angelo
Senior Relay	Pymble Ladies' College

## Individual Champions

Junior Individual Champion	Grace Townsend, Pymble Ladies' College
Intermediate Individual Champion	Samara Bond, Pymble Ladies' College
Intermediate Individual Champion	Sarah Baker, Pymble Ladies' College
Senior Individual Champion	Ada Rand, Meriden
Open (Para) Individual Champion	Sybella Warton, Pymble Ladies' College

# 2023 Track Program of Events

**Track Events** (held in divisions 3, 2, 1- in that order)

**Thursday 24<sup>th</sup> August 2023**

**Start: 5.00 pm**

## Heats

Event 1	12 years 80m Hurdles	Event 8	12 years 800m
Event 2	13 years 80m Hurdles	Event 9	13 years 800m
Event 3	14 years 90m Hurdles	Event 10	14 years 800m
Event 4	15 years 90m Hurdles	Event 11	15 years 800m
Event 5	16 years 100m Hurdles	Event 12	16 years 800m
Event 6	17 years 100m Hurdles	Event 13	17 years 800m
Event 7	18 - 19 years 100m Hurdles	Event 14	18 -19 years 800m

**Friday 25<sup>th</sup> August 2023**

**Start: 8.30 am**

**Finals will commence following the lunch break**

## Heats

Event 15	12 years 200m	Final 1	12 years 80m Hurdles	<i>Finalists from</i> <i>Event 1</i>
Event 16	13 years 200m	Final 2	13 years 80m Hurdles	<i>Event 2</i>
Event 17	14 years 200m	Final 3	14 years 90m Hurdles	<i>Event 3</i>
Event 18	15 years 200m	Final 4	15 years 90m Hurdles	<i>Event 4</i>
Event 19	16 years 200m	Final 5	16 years 100m Hurdles	<i>Event 5</i>
Event 20	17 years 200m	Final 6	17 years 100m Hurdles	<i>Event 6</i>
Event 21	18 -19 years 200m	Final 7	18 – 19 years 100m Hurdles	<i>Event 7</i>

## Timed Final\*

Event 22	Junior 1500m	Final 8	12 years 200m	<i>Event 15</i>
Event 23	Intermediate 1500m	Final 9	13 years 200m	<i>Event 16</i>
Event 24	Senior 1500m	Final 10	14 years 200m	<i>Event 17</i>
		Final 11	15 years 200m	<i>Event 18</i>
		Final 12	16 years 200m	<i>Event 19</i>
		Final 13	17 years 200m	<i>Event 20</i>
		Final 14	18 – 19 years 200m	<i>Event 21</i>

## Heats

Event 25	12 years 100m	Final 15	Para athlete 200m <b>Timed Final</b>	<i>Event 39*</i>
Event 26	13 years 100m	Final 16	12 years 800m	<i>Event 8</i>
Event 27	14 years 100m	Final 17	13 years 800m	<i>Event 9</i>
Event 28	15 years 100m	Final 18	14 years 800m	<i>Event 10</i>
Event 29	16 years 100m	Final 19	15 years 800m	<i>Event 11</i>
Event 30	17 years 100m	Final 20	16 years 800m	<i>Event 12</i>
Event 31	18 -19 years 100m	Final 21	17 years 800m	<i>Event 13</i>
Event 32	Junior Relay	Final 22	18 – 19 years 800m	<i>Event 14</i>
Event 33	Intermediate Relay	Final 23	12 years 100m	<i>Event 25</i>
Event 34	Senior Relay	Final 24	13 years 100m	<i>Event 26</i>
		Final 25	14 years 100m	<i>Event 27</i>
		Final 26	15 years 100m	<i>Event 28</i>
		Final 27	16 years 100m	<i>Event 29</i>
		Final 28	17 years 100m	<i>Event 30</i>
		Final 29	18 – 19 years 100m	<i>Event 31</i>
		Final 30	Para athlete 100m <b>Timed Final</b>	<i>Event 38*</i>
		Final 31	Junior Relay	<i>Event 32</i>
		Final 32	Intermediate Relay	<i>Event 33</i>
		Final 33	Senior Relay	<i>Event 34</i>

**\* Timed Final only - no heat**

Hurdles	12 and 13 years	14 and 15years	16 and 17years	18 years +
Distance	80m	90m	100m	100m
Height	0.762m	0.762m	0.762m	0.840m

## Field Events

Friday 25<sup>th</sup> August 2023

Start: 8.30 am

Please note times are only approximate - girls will be called if required earlier than stated.

**8:30am Sharp-** *Final to follow immediately*

Event 40	12 years Long Jump	(scoreboard end)
Event 41	13 Years Long Jump	(finish line end)
Event 42	Junior Javelin	(scoreboard end)
Event 43	Intermediate Discus	(finish line end)
Event 44	Senior High Jump	(finish line end)
Event 45	17 years Shot Put	(finish line end)
Event 46	18 -19 years Shot Put	(scoreboard end)

**10:00am** - *Final to follow immediately*

Event 47	Para athlete Long Jump	(finish line end)
Event 48	17 years Long Jump	(scoreboard end)
Event 49	Junior High Jump	(scoreboard end)
Event 50	Intermediate High Jump	(finish line end)
Event 51	Junior Discus	(scoreboard end)
Event 52	Senior Javelin	(finish line end)
Event 53	16 years Shot Put	(finish line end)
Event 54	12 years Shot Put	(scoreboard end)

**11:30am** - *Final to follow immediately*

Event 55	13 years Shot Put	(scoreboard end)
Event 56	Para athlete Shot Put	(finish line end)
Event 57	Intermediate Javelin	(scoreboard end)
Event 58	Senior Discus	((finish line end)
Event 59	15 years Long Jump	(scoreboard end)
Event 60	16 years Long Jump	(finish line end)

**1:00pm** - *Final to follow immediately*

Event 61	14 years Shot Put	(finish line end)
Event 62	15 years Shot Put	(scoreboard end)
Event 63	14 years Long Jump	(finish line end)
Event 64	18 – 19 years Long Jump	(scoreboard end)
Event 65	Para athlete Discus	(finish line end)

	Junior	Intermediate	Senior
<b>Javelin</b>	500 gm	500 gm	600 gm
<b>Discus</b>	1 Kg	1 Kg	1 Kg
<b>Shot</b>	3 Kg	3 Kg	3 Kg for 17 years 4 Kg for 18 years
<b>High Jump</b>	1.25m	1.30m	1.30m
5cm rises until 3 competitors remain, then 3cm rises			

# IGSA Sport Athletics Rules and Guidelines

## Entry Rules

1. Age as at December 31 of the year of carnival.
2. Junior                      14 Years and Under  
Intermediate                15 and 16 Years  
Senior                         17 Years and Over
3. A school may enter one competitor / team per event (except for para athlete's events).
4. A girl may compete in a higher age group than her own, provided this is the only age group in which she competes.
5. a) A girl may enter a total of 5 events. This may consist of a maximum of any 4 individual events and a relay. Schools are asked to notify IGSA Sport of their intention to utilise this option.  
b) Schools with an enrolment of less than 351 may also enter a girl in 5 events i.e. 4 individual and a relay. Should these schools require more flexibility, further consultation with IGSA Sport is required.
6. Team changes will be limited to 5 athletes only, to be submitted on the "In / Out change sheet" no later than 8am on the Wednesday before the carnival. On the day of the carnival, only 1 change can be made prior to 8am, which has been signed off by the school's Head of Sport.

## Carnival Rules

1. Competitors must be ready at the start when called or they will be disqualified from competing in the event.
2. With the exception of para athlete events, in all races up to and including the 400 metres, competitors must use a crouch start.
3. With the exception of para athlete events, starting blocks supplied by the venue will be the only blocks to be used on the ground, and should be used by all competitors in events up to and including 400m and relays.
4. All athletes will compete under the IAAF Rule 162.7 that states 'any athlete responsible for a false start shall be disqualified'. Starter's discretion will be applied.
5. Track events take precedence over field events. Competitors leaving a field event for a track event must report to the field official before leaving and return within 30 minutes or forfeit their attempt in any completed round. Officials are to record the time the competitor left the field event. Please note that upon return to high jump events, the bar will not be moved back down to a lower height should an athlete miss a turn due to being at another event (track or field).
6. Spikes are optional for all events. However, spikes or shoes must be worn for all events. Spikes must not exceed 7 mm, except for high jump and javelin which must not exceed 9 mm. Athletes using spikes must use SOPAC starting blocks.
7. Regulation school athletics uniform to be worn by competitors. No jewellery is to be worn except for a watch. No power bands are permitted.
8. Any protest must be lodged in writing immediately after the race. Protests may only be lodged by Directors/Heads of Sport or their nominated delegate. All protests will be heard by either IGSA Director of Sport or another IGSA Sport staff member, the IGSA Sport Athletics Convener and Director/Head of Sport from the school involved and in consultation with the NSW Athletics referee. The decision will be made during the carnival.
9. Coaches and parents are to remain outside the competition arena i.e. outside the fence. Officials who are also coaches of girls may not coach while performing an official duty.
10. Competitors, spectators, parents and coaches / staff should adhere to guidelines for conduct in the IGSA Sport Code of Conduct.

11. All competitors in the 1500m races must wear hip number stickers (supplied by IGSA Sport).
12. Only IGSA Sport approved photographers are allowed to be inside the competition arena during the day's events.
13. Only the two highest placegetters for track events and the 1<sup>st</sup> placegetter in field events at the IGSA Sport Carnival, from the finals, will automatically qualify. The next place may be decided by the second (field) or third (track) placegetter in the event or heat at IGSA Sport, or a nominated time / distance achieved within the same calendar year (NSW Athletics approved times / distances only). See the IGSA Sport Representative Selection Policy for full details on selection.
14. Competitors are to use the field event equipment supplied by SOPAC. If an athlete wishes to use their own equipment she must check it with the Field Referee and it will be pooled for use by all competitors.
15. Coaching shall be permitted off-track or during breaks for field events. Coaching is not permitted on the track or field while competing.
16. Anybody not affiliated with an IGSA school (i.e. either doesn't work for a school or a school approved coach who has an athlete competing in the championships) will be questioned and may be asked to leave the venue.

### **General Information**

1. Cleaned, engraved trophies are to be returned to the IGSA office at least 1 week prior to the carnival.
2. Lunch will be provided for Athletics NSW Officials only. Coffee and Tea will be provided for school officials.
3. Runners (schoolgirl assistants) to be supplied by the designated schools.
4. Lost property to be collected by IGSA Sport.
5. All student spectators and competitors are to be seated in their allocated areas and are only to leave with the permission of the staff member in charge. Seating diagram will be provided to schools.
6. Competitors may warm up on the track prior to the start of the carnival. No shot put, discus or javelin may be practiced until the officials for the event are present to supervise. Whilst hurdles and 100m races are being conducted, a warm up may be conducted on the far side of the track.
7. All heats for the track events are marshalled in the tunnel of the athletics centre. An official will then walk the competitors to the start of the event. All finals will be marshalled at the starting area of the event.
8. Division ribbons and finals medals can be collected by school staff at the completion of the carnival from the recording room. New record certificates will be posted to schools. Trophies will be presented at the end of the carnival.
9. Each school is responsible for their own basic first aid requirements however a first aid official will be available for serious injuries; they will be located in the First Aid Office. Schools must bring their own bags for ice.

### **Para Athletes Events**

Events 38, 39, 47, 56 and 65 will be conducted as multi-class events and scored using the Baseline scoring system.

More than 1 athlete per school may compete, however they will not all receive points. Only the highest placed athlete per school will receive points.

All para athletes are to have had previous race experience and be adequately prepared to compete. School staff should have knowledge of any special requirements for an athlete to compete safely.

Official classification is required for para athletes competing at IGSA Sport, NSW CIS and NSW All Schools.

## Track Events

Placegetters from each division in heats will receive division ribbons. Places will be awarded and points allocated to the appropriate division accordingly.

Placegetters from each final will receive a medal.

**In the event of the electronic timing malfunctioning, IGSA Sport reserves the right to re-run the event with at least a 20-minute break and when the program allows or to revert to hand held times.**

### Track Finalists

The 400m and 1500m are straight, timed finals. Points are allocated from this event to both heat and final results.

The para athlete 100m and 200m are straight finals.

The fastest 9 times from the heats will progress through to the finals of the 100m, hurdles, 200m, 800m and relays.

Where there is a tie for finals placings, neither will run if there are insufficient lanes - they will both receive a percentage of that place's points.

800m and hurdles - positions in finals will be decided in the heats prior to the main carnival. Any girl who does not participate in this qualifying event cannot compete in the finals.

### Field Events and Finalists

The top 9 placed competitors from each event after the first round of 3 jumps or throws will progress to the final round of 3 jumps or throws (except for high jump).

High jump placings will be allocated after the event is fully completed.

**Ties:** Where the result is determined by distance, the second-best performance shall resolve the tie, and if necessary the third.

If a tie still remains and involves first place, those concerned will compete again in the same order in a new attempt until the tie is resolved. If a tie still remains and involves places other than 1st place competitors, then those competitors are awarded the same place.

**Ties - High Jump:** The competitor with the lowest number of jumps at height the tie occurs then wins.

### Wet Weather

As SOPAC is an all-weather track, cancellation is unlikely. All competitors are requested to provide suitable, safe footwear and clothing (and reserve clothing) for all conditions regardless of the weather forecast.



## 2023 IGSA Sport Athletics Duties

*\*\* Please make sure staff and students undertaking any duties **know what their duty is and are suitably competent.** All those completing a duty must **report to the recording room to sign on and collect a pink vest.***

### **Duties for the 800m and Hurdles Heats: Thursday 24<sup>th</sup> August 2023**

Starter	NSW Official
Track Referee	NSW Official
Chief Timekeeper	NSW Official
Marshall	Tara, Pymble Ladies' College
Finish Line Assistant	Ascham
Head Timekeeper	St Vincent's College
Hurdles	Roseville College
Judges	Monte Sant' Angelo, St Catherine's
Results	Kincoppal Rose Bay
Equipment Manager	MLC
Split Timer & Bell Ringer	Ravenswood

Staff from every school present will be responsible for setting up the hurdles

### **Staff to report to the Recording Tent (near Finish line) by 4.30pm for a 5pm commencement of racing.**

Hurdles to be placed on the track and moved accordingly by all schools in attendance.

School managers will receive a program, team lists and protest sheets prior to the carnival. Schools will no longer receive a folder containing these documents at the venue.

### **Track Marshalls – (1 staff)**

Report to marshalling area at 8.00am. Check the correct starting point for each event with the check starter and starter.

Make sure the girls know exactly where to go, that they remain together in order and report to the check starter.

Hurdles supervisors to check distances and heights are correct and instruct the moving team with placement of hurdles.

### **Finish Line Assistant (1 staff)**

Keep competitors from leaving track until places are finalised.

### **Track Recorders plus 2 runners**

Report to finish line by 8.00am.

### **Track and Field Supervisors**

Report at 8.00 am. Check all areas have equipment then locate yourself near the finish line. Any people requiring equipment, or help, will report to you. Use radio to contact SOPAC personnel for assistance. Supervise hurdle placements.

### **Check Starter plus 2 runners**

Report to start line at 8.00am. Check correct lanes and position of girls at start - hands behind line, spikes, etc.

Check you know all starting lines 80m; 90m; 100m etc.

Check with Starter for any requests she/he may have.

Ensure starter equipment is moved for different/next events.

Two (2) runners assist you with such things as collecting girls from marshalling, sending messages and removing blocks.

Girls using starting blocks must use those supplied by venue - not their own.

Help move blocks to start of next event or remove from the track.

Remind athletes of crouch or block start.

### **Judge (1 staff)**

Report to the finish line at 8:00am. Judges are to judge all places for all events.

Listen to advice from the Chief Judge and arrange between you to do the lap count and bell for the 1500m and 800m.

### **Relay Changes (1 or 2 staff as requested on duties list)**

Report to the IGSA Sport Track Referee when called by announcer at the start of the relays. Use one staff member and girl to assist. If a fault is noticed, immediately mark the spot where the infringement occurred.

Supervisors - Notify Track Referee of infringements very quickly and clearly. Please check everyone at your change knows the correct marks and ask all officials to assist the girls when placing them in their lanes. Please collect your flags from the finish line and return them after the relays.

### **Field Events**

See reporting times in field event table - 20 minutes prior to scheduled start or as requested over PA.

Collect folders from recording room.

**Schools must supply 2 staff and 2 students at each field event** - one supervisor, one recorder and two measurers. In most cases there will also be a NSW Athletics Official on each field event.

#### **Field event guidelines for officials:**

- If a girl needs to report to another event she must notify you and return as soon as possible.
- Please be constantly aware of SAFETY.
- All competitors will have 3 attempts, which will be measured. In all shot put, discus, javelin and long jump events, those achieving the best 9 places in the qualifying round will be awarded 3 additional attempts.
- Field judge or a field official to read out finalists and qualifying distance and offer all athletes opportunity to check their recorded results prior to commencing the additional throws or jumps.

All performances accomplished in the qualifying round shall be considered part of the overall results.

- Heat and final results must be recorded on the score sheet.
- Field event judges may allow a competitor to compete out of order, provided it is in the same round, if this assists competitors who are in more than one event scheduled for the same time.

**Advise athletes to request this if they are likely to have a clash of events.**

### **Ribbons / Medals (1 staff member and 3 students to assist).** *(Ribbons for heats and medals for finals)*

Ribbons to be written on throughout the morning session and placed in envelopes based on recording room results.

Medals to be placed in envelopes based on recording room results.

### **Recording Room Results (1 staff + 1 student runner)**

Report to recording room by 8:00am to check duties.

**para athlete** - Schools with para athletes must supply a staff member to accompany their athletes to assist with events.

**General** - Supervise your own team and spectators.

## Duties for IGSA Sport Athletics Friday 25<sup>th</sup> August 2023

Please note that IGSA Sport will host a meeting for all staff at the beginning of the day to outline all duties and rules followed by a brief meeting of NSW officials and all field officials.

School	Recording room	Other duties	Track events	Relay changes	Field events	Judge
<b>Abbotsleigh</b>	Finals medals - 12noon to finish (1 staff + 3 students)		Hurdles supervisor (1 staff)		10am 16yrs shotput & 11.30am 13yrs shotput (2 staff +2 students)	Yes
<b>Ascham School</b>			Finish line supervisor / track recorder (1 staff + 2 student)	Changeover 1 3 & 4 - Start lanes (1 staff)	8.30am Senior high jump (2 staff +2 students)	
<b>Brigidine</b>		Check Starter 12noon-finish (1 staff + 2 students)		Changeover 3 1 & 2 - Finish lanes (1 staff)	10am Para long jump (1 staff + 2 students)	
<b>Canberra Girls Grammar School</b>				Changeover 2 7, 8 & 9 - Start lanes (1 staff)		
<b>Danebank</b>				Changeover 1 1 & 2 - Finish lanes (1 staff)	8.30am 13yrs long jump (2 staff + 2 students)	
<b>Frensham</b>			Hurdles moving team (10 students)	Changeover 1 7, 8 & 9 Start lanes (1 staff)		Yes
<b>Kambala</b>	Main scoring spreadsheet All day (1 staff)	Meet Director (1 staff) Track Events				
<b>Kincoppal - Rose Bay</b>				Changeover 1 5 & 6 - Finish lanes (1 staff)	8.30am Junior javelin 10am Intermediate high jump (2 staff + 2 students)	Yes
<b>Loreto Kirribilli</b>				Changeover 1 Supervisor 1 & 2 - Start lanes (1 staff)	8.30am 12yrs long jump (2 staff + 2 students)	
<b>Loreto Normanhurst</b>		Track & Field Clearing Supervisor (Long jump staff)		Changeover 2 5 & 6 - Start lanes (1 staff)	11.30am 16yrs Long jump (2 staff + 2 students)	Yes
<b>Meriden School</b>		Presentation assistant (1 staff)		Changeover 2 3 & 4 - Start lanes (1 staff)	Discus 10am – Junior, 11.30am- Senior (2 staff + 2 students)	
<b>MLC School</b>	Recording room results 12noon – finish - (1 staff + 1 student runner)			Changeover 3 7, 8 & 9 - finish lanes (1 staff)	10am 12yrs shotput 1pm 15yrs shotput (2 staff + 2 students)	
<b>Monte Sant' Angelo</b>		Marshall 12 noon - Finish (1 staff)			10am Junior high jump (2 staff + 2 students)	Yes

School	Recording room	Other duties	Track events	Relay changes	Field events	Judge
NEGS				Changeover 2 1 & 2 - Finish lanes (1 staff)		
PLC Armidale				Changeover 2 3 & 4 - Finish lanes (1 staff)		
PLC Sydney			Hurdles supervisor + moving team (1 staff +10 students);	Changeover 2 5 & 6 - Finish lanes (1 staff)	11.30am Para Shotput 1pm Para Discus	
Pymble Ladies' College		Meet Director Field Events (1 staff)		Changeover 1 7, 8 & 9 - Finish lanes (1 staff)	11.30am 15yrs Long jump 1pm 14yrs Long jump (2 staff + 2 students)	
Queenwood		Marshall 8.00am - 12 noon (1staff)		Changeover 1 3 & 4 - Finish lanes (1 staff)	10am 17yrs Long jump 1pm 18yrs Long jump (2 staff + 2 students)	
Ravenswood	Recording room results 8am - 12noon (1 staff + 1 student runner)			Changeover 3 5 & 6 - start lanes (1 staff)	1pm 14yrs shotput (2 staff + 2 students)	
Roseville College			Hurdles assistant + moving team (10 students)	Changeover 3 7, 8 & 9 - Start lanes (1 staff)	11.30am Intermediate Javelin (2 staff + 2 students)	
SCEGGS Darlinghurst		Marshall 12noon - Finish (1 staff)		Changeover 3 3 & 4 - Start lanes (1 staff)	8.30am Intermediate Discus (2 staff + 2 students)	
Stella Maris College				Changeover 2 Supervisor 1 & 2 - Start lanes (1 staff)		Yes
St Catherine's School		Finish Line Assistant (1 staff)		Changeover 3 3 & 4 - Finish lanes (1 staff)	8.30am 18yrs Shotput & 10am - Senior Javelin (2 staff + 2 students)	Yes
St Scholastica's College				Changeover 2 7, 8 & 9 - Finish lanes (1 staff)		
St Vincent's College		Marshall 8am - 12noon (1 staff)	All day Multi timer back up (1 staff)	Changeover 3 5 & 6 - Finish lanes (1 staff)		
Tara		Check Starter 8am - 12noon (1 staff + 2 students)		Changeover 1 5 & 6 - start Lanes (1 staff)		

School	Recording room	Other duties	Track events	Relay changes	Field events	Judge
<b>Wenona School</b>		Recording room heats & division ribbons 8.30am – 12noon (1 staff + 3 students)		Changeover 3 Supervisor 1 & 2 - Start lanes (1 staff)	8.30am 17yrs Shotput (1 staff + 2 students)	