



IGSA Sport Twilight Athletics Competition 2023

MEET 3 - Friday 4 August 2023

ES Marks Athletics Centre, Kensington

Officials: IGSA Director of Sport – Matt Mulroney

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 - 12,13,14,15,16,17 (5 pm start)	Senior High Jump (5 pm start)	Stand 1
Hurdles - 12 & 13yrs (80m)	Senior & Para Athlete Discus (5 pm start)	Discus cage
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 & 13's – Pit 1 14's – Pit 2
1500m - Junior**, Inter, Senior Includes 12 years for CIS	Intermediate Discus	Discus cage
Relay's Junior, Inter, Senior	Senior & Para Athlete Long Jump	Pit 1
200m - 12, 13, 14, 15, 16,17, 18 Yrs	Junior High Jump Includes 12 years for CIS	12's – Stand 1 13's & 14's – Stand 2
Multiclass 200m	Senior Shot Put	Right circle
400m - Junior, Intermediate, Senior	Intermediate Long Jump	Pit 2
	Junior Javelin	Arc 1
	Senior Javelin	Arc 2
	Intermediate & Para Athlete Shot Put	Left circle

Track and Field run concurrently

Arc 1, Circle 1, Stand 1, Pit 1 – located scoreboard end of stadium

Arc 2, Circle 2, Stand 2, Pit 2 – located finish line end of stadium

Association of Heads of Independent Girls Schools' New South Wales Inc.
Trading as Independent Girls' Schools Association (IGSA)
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DUTY MEET 3	SCHOOL	LOCATION	Staff
Starter	Brigidine		1
Marshalls	Tara & PLC Sydney		2 per school
Hurdles	Frensham		
Results	Ravenswood and Pymble	Finish	1 each
Timekeepers	All schools to provide their own timekeeper and stop watch		
Shot Put	Junior (12 & 13) – MLC	Left circle	2
	Junior (14) – Wenona	Right circle	2
	Intermediate & Para Athlete – Abbotsleigh	Left circle	2
	Senior – St Catherines	Right circle	2
Discus	Intermediate – SCEGGS	Discus cage	2
	Senior & Para Athlete – Meriden	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) – Monte	Stand 1	2
	Junior (13 & 14) – St Vincents	Stand 2	2
	Intermediate – Kincoppal Rose Bay	Stand 2	2
	Senior – Ascham	Stand 1	2
Long Jump	Junior (12 & 13) – Loreto Kirribilli	Pit 1	2
	Junior (14) – Danebank	Pit 2	2
	Intermediate – Loreto Normanhurst	Pit 2	2
	Senior & Para Athlete – Queenwood	Pit 1	2
Relay Change (4 x 100m)	Stella Maris, Frensham, Kambala, Canberra, Santa Sabina, Abbotsleigh		1 per school
Front Gate	Pymble & Ravenswood		1 each