

IGSA Sport 2025 Athletics Rules and Guidelines

Date	Event
26 June 2025	IGSA Sport twilight athletics entries due
21 July 2025	IGSA Sport athletics Friday night 12yrs extra events nominations due
25 July 2025	Twilight athletics 1 – SOPAC
1 August 2025	Twilight athletics 2 – SOPAC
8 August 2025	Twilight athletics 3 – SOPAC
14 August 2025	IGSA Sport athletics rep team nominations, carnival entries and spectator numbers due
15 August 2025	Twilight athletics 4 – SOPAC
20 August 2025	IGSA Sport athletics change sheet due (final changes due NO LATER than 4:30pm on Thursday for Thursday events, and 8am on Friday for the rest)
21 August 2025	IGSA Sport athletics – 800m & hurdles races, commences 5pm
22 August 2025	IGSA Sport Annual Track and Field Carnival - SOPAC, Homebush
25 August 2025	Athletics feedback forms due
25 August 2025	IGSA Sport Track & Field extra event nominations for CIS due
3 September 2025	IGSA Sport athletics post season meeting
9 September 2025	NSWCIS athletics team lists due

Conveners and NSWCIS Representatives	Kath Sambell, Kambala
	Katie Edwards, Pymble Ladies' College
Representative Team Managers	Larissa Pasternatsky, Abbotsleigh
	Teri Fragiadakis, Ascham
	Matt Joyce, PLC Sydney

IGSA Sport Athletics Divisions 2025

Division 1 (Heat 3)	Division 2 (Heat 2)	Division 3 (Heat 1)
Abbotsleigh	Kambala	Brigidine College
Ascham School	Loreto Kirribilli	Canberra Girls Grammar School
Meriden	Loreto Normanhurst	Danebank
Monte Sant' Angelo	Queenwood	Frensham
PLC Sydney	Roseville College	Kincoppal - Rose Bay
Pymble Ladies' College	SCEGGS Darlinghurst	MLC School
Ravenswood	St Scholastica's College	NEGS
St Catherine's School	St Vincent's College	PLC Armidale
Wenona	Stella Maris College	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 student with highest individual point score (best 3 events)
Intermediate	Individual student with highest individual point score (best 3 events)
Senior	Individual student with highest individual point score (best 3 events)
Open (para-athlete)	Individual student with highest individual point score in open events (best 3 events)

Trophies and Results 2024

Finals

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

Heats

Division 1	Pymble Ladies' College
Division 2	Roseville College
Division 3	SCEGGS Darlinghurst

Relays

Junior Relay	St Catherine's School
Intermediate Relay	Meriden
Senior Relay	Monte Sant' Angelo

Individual Champions

Junior Individual Champion	Avie Russell, Stella Maris
Intermediate Individual Champion	Julia Meaker, Meriden
Senior Individual Champion	Jessica Johnston, Loreto Kirribilli
Senior Individual Champion	Samara Bond, Pymble Ladies' College
Open (Para) Individual Champion	Coco Espie, SCEGGS Darlinghurst

2025 Track Program of Events

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

Thursday 21st August 2025

Start: 5.00 pm

Heats

(Approx 5:45pm start)

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 22nd August 2025

Start: 8.30 am

Finals will commence following the lunch break

Heats

(8:30am start)

Event 15	12 years 200m
Event 16	13 years 200m
Event 17	14 years 200m
Event 18	15 years 200m
Event 19	16 years 200m
Event 20	17 years 200m
Event 21	18 -19 years 200m

Timed Final*

(approx. 9:15am)

Event 22	Junior 1500m
Event 23	Intermediate 1500m
Event 24	Senior 1500m

Heats

(approx. 9:30am)

Event 25	12 years 100m
Event 26	13 years 100m
Event 27	14 years 100m
Event 28	15 years 100m
Event 29	16 years 100m
Event 30	17 years 100m
Event 31	18 -19 years 100m
Event 32	Junior Relay
Event 33	Intermediate Relay
Event 34	Senior Relay

Timed Final*

(approx. 11:15am)

Event 35	Junior 400m
Event 36	Intermediate 400m
Event 37	Senior 400m

(approx. 12:30pm)

Final 1	12 years 80m Hurdles	<i>Finalists from</i>
Final 2	13 years 80m Hurdles	<i>Event 1</i>
Final 3	14 years 90m Hurdles	<i>Event 2</i>
Final 4	15 years 90m Hurdles	<i>Event 3</i>
Final 5	16 years 100m Hurdles	<i>Event 4</i>
Final 6	17 years 100m Hurdles	<i>Event 5</i>
Final 7	18 – 19 years 100m Hurdles	<i>Event 6</i>
Final 8	12 years 200m (approx. 12:45pm)	<i>Event 7</i>
Final 9	13 years 200m	<i>Event 15</i>
Final 10	14 years 200m	<i>Event 16</i>
Final 11	15 years 200m	<i>Event 17</i>
Final 12	16 years 200m	<i>Event 18</i>
Final 13	17 years 200m	<i>Event 19</i>
Final 14	18 – 19 years 200m	<i>Event 20</i>
Final 15	Para athlete 200m Timed Final	<i>Event 21</i>
Final 16	12 years 800m (approx. 1:15pm)	<i>Event 39*</i>
Final 17	13 years 800m	<i>Event 8</i>
Final 18	14 years 800m	<i>Event 9</i>
Final 19	15 years 800m	<i>Event 10</i>
Final 20	16 years 800m	<i>Event 11</i>
Final 21	17 years 800m	<i>Event 12</i>
Final 22	18 – 19 years 800m	<i>Event 13</i>
Final 23	12 years 100m (approx. 1:45pm)	<i>Event 14</i>
Final 24	13 years 100m	<i>Event 25</i>
Final 25	14 years 100m	<i>Event 26</i>
Final 26	15 years 100m	<i>Event 27</i>
Final 27	16 years 100m	<i>Event 28</i>
Final 28	17 years 100m	<i>Event 29</i>
Final 29	18 – 19 years 100m	<i>Event 30</i>
Final 30	Para athlete 100m Timed Final	<i>Event 31</i>
Final 31	Junior Relay (approx. 2:15pm)	<i>Event 38*</i>
Final 32	Intermediate Relay	<i>Event 32</i>
Final 33	Senior Relay	<i>Event 33</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 22nd August 2025

Start: 8.30 am

Please note times are only approximate - students 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 Discus	(finish line end)
Event 43	Intermediate High Jump	(finish line end)
Event 44	17 years Shot Put	(scoreboard end)
Event 45	18 – 19 years Shot Put	(finish line end)

10:00am - Final to follow immediately

Event 46	14 years Long Jump	(scoreboard end)
Event 47*	Para athlete Long Jump	(finish line end)
Event 48	Senior High Jump	(finish line end)
Event 49	Senior Javelin	(scoreboard end)
Event 50	Intermediate Discus	(finish line end)
Event 51	13 years Shot Put	(finish line end)
Event 52	12 years Shot Put	(scoreboard end)

11:30am - Final to follow immediately

Event 53	15 years Long Jump	(finish line end)
Event 54	16 years Long Jump	(scoreboard end)
Event 55	Junior High Jump	(finish line end)
Event 56	Intermediate Javelin	(scoreboard end)
Event 57	Senior Discus	(finish line end)
Event 58/63*	Para athlete Seated Shot Put & Discus	(scoreboard end – Discus cage), then:
Event 58*	Para athlete Standing Shot Put	(scoreboard end – Shot Put circle), then:
Event 63*	Para athlete Standing Discus	(scoreboard end – Discus cage)
Event 59	14 years Shot Put	(finish line end)

1:00pm - Final to follow immediately

Event 60	17 years Long Jump	(finish line end)
Event 61	18 – 19 years Long Jump	(scoreboard end)
Event 62	Junior Javelin	(scoreboard end)
Event 64	15 years Shot Put	(finish line end)
Event 65	16 years Shot Put	(scoreboard end)

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

Para athletes should check for their weights against their age and classification in the following document:
<https://cdn.revolutionise.com.au/cups/aa/files/bt3daop8regeriak.pdf>

Online Results: Results will be streamed on the Meet Mobile – Track & Field App.

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 student may compete in a higher age group than her own, provided this is the only age group in which she competes.
5. a) Every student may enter a total of 5 events. This may consist of a maximum of any 4 individual events plus 1 relay. Schools are asked to notify IGSA Sport of their intention to utilise this option. Schools with an enrolment of less than 351 may require greater flexibility and should contact IGSA Sport as required.
b) Para athletes may enter either all 5 individual events or 4 individual events plus 1 relay.
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 afternoon of the 800m and hurdles heats, only 1 change can be made prior to 4:30pm. On the day of the carnival proper, only 1 change can be made prior to 8am. These final changes must be 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 can be used by all competitors in events up to and including 400m and relays. If a competitor is wearing spikes, blocks must be used.
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, shoes (or spikes) 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.
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, at all times. Para-athlete coaches/support personnel are an exception to this rule. Officials who are also coaches of students 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 800m & 1500m races must wear hip number stickers if supplied by IGSA Sport.
12. Only IGSA Sport approved photographers are allowed to be inside the competition arena during the day's events.
13. The highest/first placegetter for track events and the highest/first placegetter in field events at the IGSA Sport carnival, from the finals, will automatically qualify for the IGSA team. The next two places may be decided by the second or third placegetters in the event or heat at the IGSA Sport carnival, or a nominated time / distance achieved within the same calendar year (NSW Athletics approved times / distances only) or via the exemption policy. Results achieved at IGSA Twilight carnivals will also be accepted. Students who compete in the IGSA Sport carnival and have a time / distance equal to an extra event entry will take priority when team selections are done. See the IGSA Sport Representative Selection Policy for full details on selection. Students submitting extra entries for events not contested at the IGSA Sport carnival (e.g. 3000m, triple jump etc) must have competed at the IGSA Sport carnival in order to be considered.
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 should be returned to the IGSA office at least one 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 (student assistants) are to be supplied by the designated schools.
4. Lost property will 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. A 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 and finals will be marshalled at the starting area of that 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 wherever possible.
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, 58 and 63 will be conducted as multi-class events and scored using the Baseline scoring system.

More than one athlete per school may compete in any event, 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.

If para field events contain less than nine competitors, the events will be run as straight finals (i.e. no extra attempts will be permitted).

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 student who does not participate in this qualifying event cannot compete in the finals.

Field Events and Finalists

Warm-Up:

IGSA will attempt to call all field events 20 minutes in advance, so long as the program is running to time; please ensure athletes listen out for their marshalling call and go straight to their event, to minimise the risk of missing out on the warm-up.

If a student arrives late and misses the warm-up timeslot, they will miss the opportunity to have a warm-up throw or jump. Run-ups for Long Jump and High Jump can still be marked, but no practice jumps will be allowed.

Competitors are not permitted to use any equipment or apparatus for warming up prior to the commencement of the event, and prior to the arrival of IGSA officials. Following the check-in process, all competitors will be allowed one warm-up attempt. Warm-up attempts will be done in competition order.

High jump and long jump competitors may mark out their run-ups prior to checking in. No further warm-ups will be permitted between the heats and finals of each event. Competitors who leave a field event to compete in a track event must come straight back into the competition; no additional warm-up attempts are permitted.

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). No extra warm-up throws or jumps are permitted between heats and finals.

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

If para field events contain less than nine competitors, the events will be run as straight finals (i.e. no extra attempts will be permitted).

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.

2025 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 21st August 2025

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 students 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 students 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 students from marshalling, sending messages and removing blocks.

Students 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. (Any student using spikes must use blocks.)

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 student 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 students 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. **Long Jump schools must provide 3 staff and 2 students.**

Field event guidelines for officials:

- If a student needs to report to another event, she must notify you and return as soon as possible. Competitors who leave a field event to compete in a track event must come straight back into the competition; no additional warm-up attempts are permitted.
- Please be constantly aware of SAFETY.
- Competitors are not permitted to use any equipment or apparatus for warming up prior to the commencement of the event, and prior to the arrival of IGSA officials. Following the check-in process, all competitors will be allowed one warm-up attempt. Warm-up attempts will be done in competition order.
- High jump and long jump competitors may mark out their run-ups prior to checking in.
- 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. (Any para events of less than 9 competitors will be run as straight finals.) No further warm-ups will be permitted between the heats and finals of each event.
- 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 finals 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 athletes - 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 22nd August 2025 - TBC

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
Abbotsleigh	Finals medals -12noon to finish (1 staff + 3 students)		Hurdles supervisor (1 staff)	Changeover 1 7, 8 & 9 Start lanes (1 staff)	11.30am Para Shot Put & Discus (2 staff +2 students) with Wenona	Yes
Ascham School			Finish line supervisor / track recorder (1 staff + 2 student)	Changeover 1 3 & 4 - Start lanes (1 staff)	8.30am Inter High Jump (2 staff +2 students)	
Brigidine		Check Starter 12noon-finish (1 staff + 2 students)		Changeover 3 1 & 2 - Finish lanes (1 staff)	10am Para Long Jump (3 staff + 2 students)	
Canberra Girls Grammar School				Changeover 2 7, 8 & 9 - Start lanes (1 staff)		
Danebank				Changeover 1 1 & 2 - Finish lanes (1 staff)	8.30am 13yrs Long Jump (3 staff + 2 students)	
Frensham			Hurdles moving team (10 students)			Yes
Kambala		Meet Director (1 staff) Track Events		Changeover 2 3 & 4 - Finish lanes (1 staff)	11.30am Junior High Jump (2 staff + 2 students)	
Kincoppal - Rose Bay				Changeover 1 5 & 6 - Finish lanes (1 staff)	10am 13yrs & 1pm 16yrs Shot Put (2 staff + 2 students)	Yes
Loreto Kirribilli				Changeover 1 Supervisor 1 & 2 - Start lanes (1 staff)	11.30am 16yrs Long Jump (3 staff + 2 students)	

School	Recording room	Other duties	Track events	Relay changes	Field events	Judge
Loreto Normanhurst		Track & Field Clearing Supervisor (heats)		Changeover 2 5 & 6 - Start lanes (1 staff)	1pm 17yrs Long Jump (3 staff + 2 students)	Yes
Meriden School		Track & Field Clearing Supervisor (finals)		Changeover 2 3 & 4 - Start lanes (1 staff)	8.30am Junior & 10am Inter Discus (2 staff + 2 students)	
MLC School	Recording room results 12noon – finish - (1 staff + 1 student runner)			Changeover 3 7, 8 & 9 finish lanes (1 staff)	8.30am 17yrs & 1pm 15yrs Shot Put (2 staff + 2 students)	
Monte Sant' Angelo	Main scoring spreadsheet All day (1 staff)	Marshal 12 noon - Finish (1 staff)		Changeover 2 1 & 2 - Finish lanes (1 staff)		Yes
NEGS	n/a					
PLC Armidale	n/a					
PLC Sydney			Hurdles supervisor + moving team (1 staff +10 students);	Changeover 2 5 & 6 - Finish lanes (1 staff)	10am 12yrs & 11.30am 14yrs Shot Put (2 staff + 2 students)	
Pymble Ladies' College		Meet Director Field Events (1 staff)		Changeover 1 7, 8 & 9 Finish lanes (1 staff)	8.30am 12yrs & 10am 14yrs Long Jump (3 staff + 2 students)	
Queenwood				Changeover 1 3 & 4 - Finish lanes (1 staff)	11.30am 15yrs & 1pm 18+yrs Long Jump (3 staff + 2 students)	
Ravenswood	Recording room results 8am – 12 noon (1 staff + 1 student runner)			Changeover 3 5 & 6 - start lanes (1 staff)	10am Snr High Jump (2 staff + 2 students)	
Roseville College			Hurdles assistant + moving team (10 students)	Changeover 3 7, 8 & 9 - Start lanes (1 staff)	11.30am Inter Javelin (2 staff + 2 students)	
SCEGGS Darlinghurst		Marshal 12noon - Finish (1 staff)		Changeover 3 3 & 4 - Start lanes (1 staff)	10am Senior Javelin (2 staff + 2 students)	
Stella Maris College				Changeover 2 Supervisor 1 & 2 -Start lanes (1 staff)	8:30am 18+yrs Shot Put (2 staff @ 2 students)	Yes
St Catherine's School		Finish Line Assistant (1 staff)		Changeover 3 3 & 4 Finish lanes (1 staff)	11.30am Senior Discus & 1pm Junior Javelin (2 staff + 2 students)	Yes
St Scholastica's College		Marshal 8.00am - 12 noon (1 staff)		Changeover 2 7, 8 & 9 Finish lanes (1 staff)		

School	Recording room	Other duties	Track events	Relay changes	Field events	Judge
St Vincent's College		Marshal 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)		
Wenona School		Recording room heats & division ribbons 8.30am – 12noon (1 staff + 3 students)		Changeover 3 Supervisor 1 & 2 - Start lanes (1 staff)	11.30am Para Shot Put & Discus (2 staff + 2 students) with Abbotsleigh	