



MACKILLOP ATHLETICS CHAMPIONSHIP COMPETITION RULES AND GUIDELINES

This Championship will be conducted in accordance with the rules of the **New South Wales Catholic Primary Schools MacKillop Sports Council**, **World Athletics**, and **IPC**. Additional rules and exceptions are outlined below.

Age Groups & Divisions

8, 9, 10, 11, 12, 13 years

Age Divisions:

Junior	8, 9, 10 Years
11 years	11 Years
Senior	12, 13 Years
Junior Relay	8, 9, 10 Years
Senior Relay	11, 12, 13 Years
Junior Multi Class	8, 9, 10 Years
Senior Multi Class	11, 12, 13 Years

Eligibility:

- Competitors are eligible for the age division corresponding to their birthday during the current year.
- No competitor may enter more than one age division.
- All relay team members must be enrolled in the same school.

Small School Relays

- Open to schools with **1–25** pupils or **26–54** pupils, as per the February Census
- **Norm & Elizabeth Austen Mixed Relay** (enrolment 1-25 pupils)
- **Nigel Bagley Mixed Relay** (enrolment 26-54 pupils)

Uniform

- Competitors must wear their official **Diocesan team uniform**.
- Compression garments are permitted under uniforms and must either match the team uniform or be black if replacing shorts.

Marshalling & Field Enclosure

- **Marshalling Area:** Near the marathon tunnel (southern end of the grandstand). Competitors must report when called
- Inform Diocesan Team Managers of their whereabouts.
- **Field Enclosure:** Only officials and active competitors are permitted. No coaching or parental guidance is permitted once competitors enter.

Event Program

- **Track Events:**
 - 800m, 1500m & Relays - Timed finals
 - 100m - 9 fastest times across heats determine finalists
 - 200m - 8 fastest times across heats determine finalists
 - Multi Class (100m, 200m, 800m) - Timed finals
- Track events take precedence over field events. Competitors must inform field officials when leaving for track events and return immediately after.
- High jump rules: Competitors re-enter at the current bar height. A break will be taken if half the competitors leave for a track event.

Clash of Events:

- Competitors are entitled to a warm-up/practice jump/throw.
- Field officials may adjust the order to accommodate clashes.
- Competitors must return to field events within **30 minutes**, or results may be excluded.
- A **Clash Coordinator** will manage athletes during conflicts.

Equipment & Spikes

- Only competition-provided equipment may be used (batons, shot put, discus).
- **Spikes:** Pyramid or Christmas Tree only. Needle spikes prohibited.
 - Track: max 7mm
 - Throws/jumps: max 9mm
 - No spikes in 800m & 1500m events
- Starting blocks are required for laned events (except Multi Class). Only Sydney Athletic Centre blocks are permitted.

Start & False Starts

100m, 200m, Relay	On your Mark, Set, Gun
800m, 1500m	On your Mark, Gun

- **1 start Rule** - If an athlete is disqualified before the start signal, or if athletes are recalled for a second start, the disqualified athlete may still be permitted to run.
- However, the disqualification will stand unless successfully overturned through the protest process.

Determining Finalists & Placegetters

- **100m:** 9 fastest times
- **200m:** 8 fastest times
- **Dead Heat / Tie Resolution:**
 - Field: countback or additional jumps/throws.
 - Track: photo-finish, heat times, or run-off if necessary.
- **Official Results:** Electronic timing with manual backup. Results displayed in the recording room and on **Hytek Meet Mobile & MacKillop Athletics site**.

Field Events

High Jump:

- 3 attempts per rotation, consecutive failures = elimination
- Starting heights: Junior – 1.00m, 11 yrs – 1.10m, Senior – 1.15m
- Tie: countback based on the fewest attempts/failures

Long Jump:

- 3 jumps per competitor
- Tie: next best jump used

Shot Put:

- 3 throws per competitor
- Weights: Junior & 11 yrs – 2kg, Senior – 3kg

Discus:

- 3 throws per competitor
- Weights: Junior – 500g, 11 & Senior – 750g

Relays:

- The baton passed within a 30m takeover zone
- Venue-provided batons must be used

Protests

- Must be lodged **in writing within 15 minutes** to the Team Manager Coordinator.
- Handled by the **Disputes Committee**: Convenor, Track/Field Referee, MacKillop Sports Council representative.

Multi Class Events

- **Age Divisions:** Junior (8–10), Senior (11–13)
- Must be officially classified (Athletics Australia or Sport Inclusion Australia) to compete.
- Placings determined using **Athletics Australia BASELINE scoring** (percentage of performance vs baseline).
- [Multi Class Events - Athletics Implement Weights](#)

Multi Class Calculation:

- Track: % = (Baseline Time / Competitor Time) × 100
- Field: % = (Competitor Distance / Baseline) × 100

Examples Provided: See full examples for Track & Field scoring.

- Field event calculation - Competitor's distance divided by Baseline x 100 = % result

Field event example:				
Name	Baseline	Result	%	Place
Stubb F42, Joshua	5.37	2.66	49.53%	1st
Hasting F20, Julian	7.64	3.78	49.48%	2nd
Tovish F13, Darren	67.66	3.52	45.95%	3rd
Moon F20, Murray	7.64	3.46	45.29%	4th

- Track event calculation - Baseline time divided by competitor's time x 100 = % result

Track event example:				
	Baseline	Result	%	Place
Black T37, Joshua	11.05	19.81	55.78%	3rd
Smith T01, Julian	10.21	18.62	54.83%	4th
Henry T20, Darren	10.47	18.50	56.59%	2nd
Johnson T38, Murray	10.74	19.74	68.64%	1st

Percentage (%) results are then compared in the age division and placings allotted. First place will be the result with the highest percentage (%).

Event Restrictions:

- TF40 & TF41: no 800m or long jump
- Frame/ Race Runners (T71 & T72): 100m only

Matrix of eligible events													
Class	100m	200m	800m	Long Jump	Shot Put	Discus	Class	100m	200m	800m	Long Jump	Shot Put	Discus
1	✓	✓	✓	✓	✓	✓	44	✓	✓	✓	✓	✓	✓
11	✓	✓	✓	✓	✓	✓	45	✓	✓	✓	✓	✓	✓
12	✓	✓	✓	✓	✓	✓	46	✓	✓	✓	✓	✓	✓
13	✓	✓	✓	✓	✓	✓	47	✓	✓		✓		
20	✓	✓	✓	✓	✓	✓	51	✓	✓	✓			✓
21	✓	✓	✓	✓	✓	✓	52	✓	✓	✓		✓	✓
32	✓	✓	✓		✓	✓	53	✓	✓	✓		✓	✓
33	✓	✓	✓		✓	✓	54	✓	✓	✓		✓	✓
34	✓	✓	✓		✓	✓	55					✓	✓
35	✓	✓	✓	✓	✓	✓	56					✓	✓
36	✓	✓	✓	✓	✓	✓	57					✓	✓
37	✓	✓	✓	✓	✓	✓	60	✓	✓	✓	✓	✓	✓
38	✓	✓	✓	✓	✓	✓	61	✓	✓	✓	✓	✓	✓
40	✓	✓			✓	✓	62	✓	✓	✓	✓	✓	✓
41	✓	✓			✓	✓	63	✓	✓	✓	✓	✓	✓
42	✓	✓	✓	✓	✓	✓	64	✓	✓	✓	✓	✓	✓
43	✓	✓	✓	✓	✓	✓	TR71	✓					
							TR72	✓					

Amended November 2024

Specific Multi Class Rules:

- **Event - Long Jump:** jump-off points and take-off areas defined per classification
- **Hearing impaired:** remove hearing aids before start or event one minute prior to the start or after all final instructions have been given, whichever is the latter.
- **Vision Impaired:**
- T11 must run with a guide
- T12 may elect to run with a guide
- T13 unable to elect to run with a guide

Guide Runner Requirements for Vision-Impaired Athletes

- The guide runner must wear a **bright vest** supplied by the organising committee.
- Athletes are responsible for bringing their **own guide**.
- The guide must ensure the athlete is **properly oriented at the start**.
- At the finish line, the guide must remain **behind the athlete**.
- **T11 competitors** must wear **opaque glasses or suitable substitutes** during competition.

For **T11 and T12 athletes**, the method of guidance is at the athlete's discretion:

- Elbow lead
- Tether
- Running independently
- Verbal instruction from the guide is permitted, but **guides must not push or propel** the athlete to gain an advantage.

Awards & Selection

- **Participants:** Certificate of Participation
- **Finals:** Medals for 1st, 2nd, 3rd
- **MacKillop Team Selection:** Top 3 in each standard or Multi Class event (meeting qualifying standards) advance to **NSWPSSA Athletics Championships**, Sydney Olympic Park, 22–24 October 2025.
- Parents/Guardians may confirm selection, view uniforms, and meet officials in the Melinda Gainsford-Taylor Room

General Information

- **Parent Enquiries:** Contact your diocesan team manager
- **Parking:** Flat rate vouchers available at Centre Reception, lower ground level
- **Academy Souvenir Apparel:** Available on the concourse near Bays 8–10