

# UNISPORT AUSTRALIA (UNISPORT) GUIDELINE

## Athletics – Outdoor track and field

### Men and Women (2018)

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UniSport Australia (UniSport) track and field competitions are conducted in accordance with the rules of [Athletics Australia](#) (AA) except where these differ from UniSport competition guidelines; in which case the latter shall take precedence.

## 1. Team/squad size

- Minimum registered competitors per university in individual events – 1
- Maximum registered competitors per university in individual events – no limit
- Maximum number of teams in a relay event per university – 1

## 2. Competition format

2.1. The first three competitors from any team may qualify for a final and earn overall points for their university.

2.2. In the event that a nominated competitor withdraws from an event, a team may replace that person with another member of their named squad. This rule applies for heats only.

2.3. All withdrawals and substitutions (as per rule 2.2) during the competition must be submitted to the athletics administration desk.

2.4. The following events shall be included in the championship:

Men		Women	
100m	4x100m relay	100m	4x100m relay
200m	4x400m relay	200m	4x400m relay
400m	1600m medley relay	400m	1600m medley relay
800m	3000m steeplechase	800m	3000m steeplechase
1,500m	110m hurdles	1,500m	100m hurdles
5,000m	400m hurdles	5,000m	400m hurdles
10,000m	5,000m walk	10,000m	5,000m walk
Discus	Long jump	Discus	Long jump
Shot Put	High jump	Shot Put	High jump
Hammer	Triple jump	Hammer	Triple jump
Javelin	Pole vault	Javelin	Pole vault
<b>Decathlon:</b> <b>Day one:</b> 100m, long jump, shot put, high jump, 400m <b>Day two:</b> 110m hurdles, discus, pole vault, javelin, 1,500m		<b>Heptathlon:</b> <b>Day one:</b> 100m hurdles, high jump, shot put, 200m <b>Day two:</b> long jump, javelin, 800m	

PRINCIPAL PARTNER

- 2.5. Event scheduling shall take into consideration the venue capabilities and if need be, rescheduling of events may take place at the discretion of the event organiser to enable the competition to run on time and to schedule. For example, the triple jump may need to be run alongside the long jump instead of running both triple jumps together if the runway is not long enough.
- 2.6. Change of event procedures may be considered at the event organiser's discretion to allow check in staff to update start lists from the stand by list.

### 3. Point score

3.1. Events shall be scored in the following manner:

	Individual	Multi events	Relays
1 <sup>st</sup>	9	18	18
2 <sup>nd</sup>	7	14	14
3 <sup>rd</sup>	6	12	12
4 <sup>th</sup>	5	10	10
5 <sup>th</sup>	4	8	8
6 <sup>th</sup>	3	6	6
7 <sup>th</sup>	2	4	4
8 <sup>th</sup>	1	2	2

- 3.2. In the event of a dead heat, the tying competitors or teams shall share the points for the places tied.
- 3.3. For events which are straight finals, competitors who do not meet the UniSport qualifying standard will not score points for the university they represent.
- 3.4. The overall champion university will be the university with the highest combined total based on the combination of points from all events.
- 3.5. In the event that universities finish on the same points in either an award division or the overall university points, the university with the highest number of placings will be deemed the winner. If universities are still equal, then a joint winner will be awarded.

### 4. Check in

- 4.1. Athletes must check in for their event, at least, one hour before the start of the event. Any athlete who has not checked in will be scratched from their event.
- 4.2. There will be no check in for subsequent rounds.
- 4.3. Athletes will need to check in personally and produce their athlete accreditation and competition uniform for inspection when checking in.
- 4.4. Athletes will be issued with their competition numbers at check in.
- Athletes must attach the number firmly to their competition singlet both front and back (high jump and pole vault only need to attach one).
  - Athletes are not permitted to tamper with the competition number in any way.

- 4.5. Athletes in the decathlon and heptathlon must check in one hour prior to the commencement of their first event each day.
- 4.6. Athletes cross registered in other sports must personally check in to their athletics event within the required time.

## 5. Marshalling procedures

- 5.1. Track events - all athletes are required to report to the call room at the times indicated:
  - 100m, 200m, 400m, 800m, 1,500m, 5,000m, 5,000m walk, 10,000m – no later than 15 minutes before the advertised start time.
  - Steeplechase, hurdles, relays – no later than 20 minutes before the advertised start time.
- 5.2. Field events - All athletes are required to report to the event site at the times indicated:
  - Pole vault 45 minutes before start time.
  - All other field events 30 minutes before start time.
- 5.3. If an athlete is already competing in another event at the designated marshalling time, the team manager or the athlete must notify the competition manager of this, prior to the designated marshalling time.
- 5.4. For the decathlon and heptathlon, athletes should report as above.
- 5.5. All competitors in track events of 800m and above and the finishing runner in relay teams will be issued with their hip number at the start.
- 5.6. All athletes are to enter the field of play via the closest entry to their event site and to leave the field of play via post event control.
- 5.7. Coaches are not permitted onto the field of play.

## 6. Progression to finals

- 6.1. In the event that there are insufficient competitors to warrant heats, the final will be conducted at the time allocated for the final except in situations where competition management deems it more suitable to run the final at the time of the heats.
- 6.2. The organisers where possible will arrange heats so that competitors from the same university do not compete against each other.
- 6.3. The maximum number of three rounds will apply for all track events.
- 6.4. The number of athletes who check in will determine the format of the heats as guideline below, but will remain subject to change as directed by the competition manager:
  - a) 100m, 200m, 400m, 100m H, 110m H and 400m H.
    - Note that the maximum of rounds will not exceed three for track events.

- The competition manager reserves the right to utilise available additional lanes if it considers insufficient competitors are available to activate progression table.

Declared Entries	Heats	Progression	Semi Finals	Progression
9 – 16	2	First three plus next two fastest		
17 - 14	3	First two plus next two fastest		
25 - 32	4	First three plus next four fastest	2	First three plus next two fastest

b) 800m

Declared Entries	Heats	Progression	Semi Finals	Progression
10 - 20	2	First three plus next four fastest		
21 – 30	3	First two plus next four fastest		
30 - 40	4	First four plus next four fastest	2	First three plus next four fastest

c) 1500m

Declared Entries	Heats	Progression	Semi Finals	Progression
16 - 30	2	First four plus next four fastest	-----	

d) The following events will be **straight finals**:

- 5,000m;
- 10,000m;
- Steeplechase; &
- Walks

6.5. For all throws and the long and triple jump all competitors will have an initial three attempts, with the leading eight competitors having a further three attempts.

- Qualifying rounds may be deemed necessary dependent upon the number of entries received in any event.
- If qualifying rounds are required, then each competitor will have three attempts with the top 12 performers overall progressing to the final round.

## 7. Commencement heights

### 7.1. High jump:

- Men: 1.75m with 5cm rises to 2.00m, thereafter 3cm rises.

- Women: 1.45m with 5cm rises to 1.70m, thereafter 3cm rises.

#### 7.2. Pole vault:

- Men: 3.00m with 20cm rises to 4.00m, followed by 15cm rises to 4.60m, thereafter 10cm rises.
- Women: 2.00m with 20cm rises to 3.00m, followed by 15cm rises to 3.60m, thereafter 10cm rises.

## 8. Relays

8.1. All members in a relay team must wear the same uniforms as per IAAF guidelines.

8.2. An official UniSport athletics relay declaration form (with the names of 4-6 competitors) must be submitted to the athletics administration desk at least one hour prior to the commencement of the starting time of the relay.

8.3. Once a relay team has competed in a heat, only two athletes may be used as substitutes in the composition of the team for the final. Only eligible athletes can be substituted.

#### 8.4. Medley relay

- If there are sufficient lanes, the race will be run as follows: 200m, 200m, 400m and 800m.
- Teams will stay in their lanes for the first 500m, i.e. 4 x 200m start plus change-over marks.
- If there are insufficient lanes, the race will be run as follows: 800m, 400m, 200m and 200m.
- The race will commence in lanes.

## 9. Protests

9.1. A protest may be made to the referee by the competitor in the first instance. Protests to the referee by a team manager on behalf of the competitor must be made to the competition manager who will accompany the team manager to the referee.

9.2. Protest must be made within 30 minutes of the announcement of the result either electronically or verbally.

9.3. An appeal against the decision of the referee may be made in writing and handed to the competition manager. A jury will be convened and the decision handed down.

## 10. Personal implements (other than pole vault)

10.1. A receipt will be issued for the implement which may be retrieved from the technical manager 30 minutes after completion of the event upon production of the receipt.

- 10.2. Any competitor wishing to use personal implements must ensure that they are handed in to the technical manager no later than one hour prior to the commencement of the event.
- 10.3. Personal implements become part of the pool of implements available to all competitors in the event.
- 10.4. A receipt will be issued for the implement which may be retrieved from the technical manager 30 minutes after completion of the event upon production of the receipt.

## **11. Pole vault**

- 11.1. All competitors must supply their own pole. The competition management will not supply poles.
- 11.2. Poles remain the property of the individual competitor and may not be used by others in the event without the permission of the owner.
- 11.3. Poles do not have to be handed in to the equipment room.

## **12. Warm up**

- 12.1. Where no warm up track is available the back straight will be available to warm up on dependent upon the track and field events in progress at the time.
- 12.2. Field competitors will have 30 minutes at the event site to warm up prior to the start of competition (pole vault will have 45 minutes).
- 12.3. Coaches will not be permitted onto the field of play during warm up or competition.

## **13. Uniform requirements**

- 13.1. Each athlete shall wear the uniform of their university. The university shall submit a description of its uniform if requested. A race bib will be provided to competitors to wear.
- 13.2. The specific uniform requirements for track and field are as per the national sporting organisation standard with the following UniSport uniform requirements:
  - Shorts, singlet, one piece or two piece athletic attire.
  - All competitors will wear all numbers allocated to them while competing.
  - Field event competitors may wear track pants while competing.

## **14. Team duties**

- 14.1. Team duty requirements for athletics are:

- Each university team with 10 or more participants will be required to assist officials at a designated field station/s over the duration of the championship.
- It is envisaged that this will require no more than two people at any one time per team.
- It is recommended that the sport specific team manager work out a rotating roster for their designated field station.
- Each team will be required to supply a lap scorer for long distance events.
- The person fulfilling the team duty requirements can be any competent person associated with that team or university and does not necessarily have to be a player e.g. team manager.
- Teams that do not fulfil team duties will be fined as per the UniSport guideline - forfeit of competition requirements.

## 15. Award ceremonies

15.1. The following trophies will be presented to the overall champion teams at the UniSport Nationals Div 1 event (note that trophies are presented at the closing presentation):

- Men's Overall Champions – Inter-University Athletic Trophy
- Women's Overall Champions – The G.R. Hulbert Trophy
- University with most wins in male event – Dr Granville Waddy Trophy

## 16. Athletics qualifying standards

The following table shows the UniSport qualifying times for all events contained within the athletics program. It is advisable that these qualifying times would be reached within the current or immediately preceding season and that all universities follow these guidelines as the standard is often much higher.

Organisers have the right to refuse entry should a participant not meet these qualifying standards, and as outlined in clause 3.3 may not award points.

Event	Men	Women
<b>Running</b>		
100m	11.50 secs (11.74)	13.00 secs (13.24)
200m	23.50 secs (23.74)	27.30 secs (27.54)
400m	53.00 secs (53.14)	62.0 secs (62.14)
800m	2.02.00 mins	2.24.00 mins
1,500m	4.15.00 mins	5.05.00 mins
5,000m	16.45.00 mins	23.00.00 mins
10,000m	36.00.00 mins	44.00.00 mins
<b>Steeplechase</b>		
3,000m	10.55.00 mins	12.30.00 mins
<b>Hurdles</b>		
110m Hurdles	17.30 secs (17.54)	-
100m Hurdles	-	18.00 secs (18.24)

400m Hurdles	60.00 secs (60.14)	70.0 secs (70.14)
<b>Walks</b>		
5km	27.00.00 mins	30.30.00 mins
<b>Jumps</b>		
Pole Vault	3.20 m (start height 3.00)	2.40 m (start height 2.20)
High Jump	1.80 m (start height 1.75)	1.45 m (start height 1.40)
Triple Jump	12.50 m	9.50 m
Long Jump	5.85 m	4.30 m
<b>Throws</b>		
Javelin	40.00 m	26.00 m
Hammer	32.00 m	26.00 m
Discus	32.00 m	26.00 m
<b>Shot Put</b>	11.00 m	9.50 m
<b>Multi events</b>		
Decathlon	4750 pts	-
Heptathlon	-	3250 pts

Note: Bracketed track times are the electronically calculated standards (considers lack of delay between gun firing and starting of the electronic clock). Bracketed field event heights are recommended starting heights for each event.

## 17. UniSport current athletics records

Womens – event	Record	Year	Record holder	Uni
Women's 100m	11.50	1973	Barbara Wilson (nee Jordan)	UQ
Women's 200m	23.92	2005	Melanie Kleeberg	UQ
Women's 400m	53.44	1997	Tamsyn Lewis	SUT
Women's 800m	02:07:37	2014	Anneliese Rubie	USYD
Women's 1,500m	04:18.90	2014	Jennifer Blundell	USYD
Women's 3,000m steeplechase	10:23.77	2017	Stella Radford	MELB
Women's 5,000m	16:05.90	2010	Lara Tamsett	USYD
Women's 10,000m	35:33.53	2008	Tamara Carvolth	UQ
Women's 100m hurdles	13.80	2017	Hannah Jones	UNSW
Women's 400m hurdles	01:00.40	1984	Leslie Richards	MQU
Women's 4x100m relay	46.63	2005	J Boyd, M Kleeberg, K Leitch, R Negus	UQ
Women's 4x400m relay	3:46.34	2015	C.Shultz, E.Duve, G.Cowie, A.Rubie	USYD
Women's 1,600 medley relay	3:51.20	2013	J Blundell, A Rubie, L Paasternatsky, E Nelson	USYD
Women's high jump	1.85m	2017	Nicola McDermott	USYD
Women's pole vault	3.90m	2001	Brigid Isworth	MELB
Women's long jump	6.14m	2015	Audrey Kyriacou	UNSW
Women triple jump	12.85m	1997	Mariklud Viduka	VU
Women's shot put	15.33m	2015	Chelsea Lenarduzzi	GU
Women's discus throw	60.27m	2016	Taryn Gollshewsky	CQU
Women's hammer throw	61.95m	2015	Lara Nielsen	USQ
Women's javelin throw	54.35m	2017	Kathryn Brooks	MELB
Women's heptathlon	5406	1984	Leslie Richards	MQU
Women's 5,000m walk	22.56.39	2017	Regan Lamble	MELB
Mens - Event	Record	Year	Record holder	Uni
Men's 100m	10.40	1966 1968	Gary Eddy Phillip King	MELB MELB
Men's 200m	21.00	1967	Gary Eddy	MELB



		1981	D. Blumberg	USYD
Men's 400m	46.30	1997	Patrick Dwyer	UNSW
Men's 800m	01:47.80	1968	Ian Jones	MELB
Men's 1,500m	03:41.14	2008	Ryan Gregson	UWS
Men's 5,000m	14:03.44	2010	James Nipperess	USYD
Men's 10,000m	29:33.80	1973	Brendan Layh	MON
Men's 110m hurdles	14.10	1970	Mal Baird	MON
Men's 400m hurdles	51.52	2015	Leigh Bennett	ACU
Men's 3,000m steeplechase	8.45.75	2002	Matthew Kerr	UOW
Men's 4x100m relay	40.80	1967	G Lewis, P King, G Eddy, D James	MELB
Men's 4x400m relay	3:10.92	2013	J S Jung, J Hiscox, I Dewhurst, J Ralph	USYD
Men's 1,600m medley relay	3:22.16	2014	T Robinson, A DiMedio, I Douglas, A Rowe	MELB
Men's high jump	2.26m	2015	Joel Baden	MELB
Men's pole vault	5.00m	2002 2004	Steven Hooker James Filshie	RMIT MON
Men's long jump	7.73m	1971	Grahame Taylor	UQ
Men's triple jump	16.02m	1973	Donald Commons	MELB
Men's shot put	18.69m	2000	Dale Stevenson	MON
Men's discus throw	59.30m	2005	Tim Driesen	UC
Men's hammer throw	67.70m	1991	Sean Carlin	ADEL
Men's javelin throw	77.71	2006	Joshua Robinson	UQ
Men's decathlon	7353	1984	Stuart Andrews	ANU
Men's 5,000m walk	21:09.13	2008	Thomas Barnes	MELB

## Previous rule amendments

August 1998 | August 2001 | June 2003 | August 2005 | April 2008 | August 2009 | February 2011 | May 2012 | April 2013 | May 2014 | February 2015 | March 2017 | October 2017 | February 2018

\*All competitions will be held in accordance with the UniSport competition guidelines.