



Sydney Uni
SPORT & FITNESS

2020

INTERCOLLEGIATE

**ATHLETICS
TOURNAMENT**



2020 SYDNEY UNIVERSITY INTERCOLLEGIATE ATHLETICS CARNIVAL

Date: Friday 11th September

Gates open: 4:00pm.

First event: 4:30pm.

Location: Competition Arena
Sydney Olympic Park Athletic Centre.

Entrance located on Edwin Flack Ave near Dawn Fraser Ave,
Sydney Olympic Park.

CARNIVAL & VENUE INFORMATION

- **Alcohol policy:** This is a DRY event. Individuals found possessing or consuming alcohol will be asked to leave the venue immediately by security, college and/or event staff.
- **No smoking:** Smoking in the grandstand, or in the Competition Arena is strictly prohibited. Receptacles are available outside the venue perimeter.
- **No self-catering:** SOPAC is a fully catered, so food, BBQ's and beverages cannot be brought into the venue.
- **Spectators:** For safety reasons, please remain outside the Competition Arena at all times. For the final 2 x track events, please wait for the relevant PA announcement before entering the Competition Arena.
- **Conduct:** All athletes and spectators are expected to abide by the Intercol code of conduct and Sydney Uni Sport & Fitness code of conduct. Misconduct **will not be tolerated** and offending persons may be asked to leave the venue immediately and disciplinary action will follow.
- **Injuries/Accidents/Incidents:** Please report to the first aid officer located in the Medical Room. In the event of a serious injury/incident, please notify the SUSF staff member at the carnival, an Intercol Committee rep, college sports rep, or head of college immediately.
- **Rubbish:** All colleges must ensure that the venue is cleared of all rubbish on departure from the premises.

ATHLETES

- **Eating, drinking, or smoking** is **NOT** allowed in the Competition Arena. Water bottles are permitted.
- **Max. spike length:** 7mm on the track surface and 9mm on the infield. Spikes are not to be worn outside the Competition Arena, in spectator areas, or indoors.
- **Marshalling:** Report to the marshalling area prior to each of your events. Event marshalling times will be announced over the PA.

VOLUNTEER OFFICIALS

- Report to the marshalling area at **least 15 minutes prior** to your scheduled track staff changeover time/s, or the scheduled start time of given field event/s.

LANE DRAWS

| | |
|--------------|-------------|
| Rosebowl | Rosebowl |
| | Andrews - 1 |
| | Johns - 2 |
| | Wesley - 3 |
| | Sancta - 4 |
| | Womens - 5 |
| Pauls GH - 6 | |

| | |
|--------|---------------|
| Rawson | Rawson |
| | Sancta PG - 1 |
| | Wesley - 2 |
| | Johns - 2 |
| | Pauls - 4 |
| | Andrews - 5 |

TRANSPORT AND PARKING

Travelling by public transport?

Call 131 500, or visit <http://131500.com.au/> to plan your trip.

Driving?

Best parking for the venue is in the P1 or P2 car parks. 4 hours free parking upon validation at the Venue then its \$5.00 per hour after that with a maximum \$25.00 daily rate. Tickets may be validated at venue reception. **Please note that peak-time traffic delays are expected so please allow ample time for travel.**

IAAF AND INTERCOL RULES

| HURDLE HEIGHTS Rule 217 | Distance | Height |
|-------------------------|----------|--------|
| Male | 110m | 0.991m |
| Female | 100m | 0.838m |

| THROW WEIGHTS Rule 187.1 | Male | Female |
|--------------------------|--------|---------|
| Shot Put | 6.00g | 4.000kg |
| Discus | 1.750g | 1.000kg |
| Javelin | 800g | 600g |

JUMPS & THROWS

Athletics By-Laws Part 1

Competitors in Shot Put, Discus, Javelin, High Jump, Long Jump and Triple Jump shall each have **three qualifying** efforts and the leading three competitors may have a further three attempts.

Exception: High Jump - all competitors have three attempts per height (in accordance with IAAF rules).

FALSE START RULE

Rule 162.7 [From 1 January 2010]

Any athlete responsible for a false start shall be (immediately) disqualified.

CONTACT

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Email: m.rennick@sport.usyd.edu.au

ENQUIRIES

Visit www.susf.com.au
or call **1300 068 922**



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PROGRAM OF EVENTS

| Time | Track | Field |
|------|--|------------|
| 4:00 | Gates open | |
| 4:05 | Meeting of event staff & Athletics NSW officials @ the marshalling area | |
| 4:15 | Volunteer officials for track & field events 1-4, report to marshalling area | |
| 4:30 | F 100m Hurdles • Div B • Div A | M Triple J |
| 4:45 | M 110m Hurdles | F High J |
| 4:55 | F 800m | M Shot Put |
| | | F Javelin |
| 5:05 | M 800m | |
| 5:15 | F 100M | |
| 5:30 | M 100M | F Triple J |
| 5:40 | F 400m • Div B • Div A | |
| 5:50 | | |
| 6:00 | M 400m | |
| 6:05 | | F Discus |
| | | M Long J |
| 6:10 | F 1500m | M Javelin |
| 6:20 | M 1500m | M High J |
| 6:35 | F 200m • Div B • Div A | |
| 6:40 | | F Shot Put |
| 6:50 | M 200m | F Long J |
| 7:00 | F 3000m | M Discus |
| 7:35 | M 4x 100m Relay | |
| 7:45 | F 4x 100m Relay | |
| 7:50 | M 5000m | |
| 8:15 | M 4x 400 Relay | |
| 8:25 | F 4x 400 Relay | |

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