



Sydney Uni
SPORT & FITNESS

2023

INTERCOLLEGIATE

**ATHLETICS
TOURNAMENT**



2023 SYDNEY UNIVERSITY INTERCOLLEGIATE ATHLETICS CARNIVAL

Date: Wednesday 18th October

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	Wesley - 1
	Women's - 2
	St Andrew's - 3
	St Paul's - 4
	Sancta - 5
	St John's - 6

Rawson	St Paul's - 1
	Wesley - 2
	St John's - 3
	St Andrew's - 4
	Sancta - 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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ENQUIRIES

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

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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