



**2024**

**INTERCOLLEGIATE**

**ATHLETICS  
TOURNAMENT**



# 2024 SYDNEY UNIVERSITY INTERCOLLEGIATE ATHLETICS CARNIVAL

**Date:** Wednesday 16th 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 / vaping:** Smoking in the grandstand, or in the Competition Arena is strictly prohibited. Receptacles are available outside the venue perimeter.
- 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 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 Sydney Uni Sport 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	Sancta - 1
	St John's - 2
	St Paul's - 3
	St Andrew's - 4
	Wesley - 5
Women'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.

 SYDNEY UNI SPORT & FITNESS

 SYDUNISPORT

 [SUSF.COM.AU/INTERCOLLEGIATE-SPORT](http://susf.com.au/intercollegiate-sport)

## CONTACT

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## ENQUIRIES

Visit [www.susf.com.au](http://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	
4:15	Volunteer officials for track & field events 1-4 report to marshalling area	
4:30	Rosebowl 100m Hurdles • Division B • Division A	Rawson Triple Jump
4:45	Rawson 110m Hurdles	Rosebowl High Jump
4:55	Rosebowl 800m	Rawson Shot Put
		Rosebowl Javelin
5:05	Rawson 800m	
5:15	Rosebowl 100m	
5:30	Rawson 100m	Rosebowl Triple Jump
5:40	Rosebowl 400m • Division B • Division A	
6:00	Rawson 400m	
6:05		Rosebowl Discus
		Rawson Long Jump
6:10	Rosebowl 1500m	Rawson Javelin
6:20	Rawson 1500m	Rawson High Jump
6:35	Rosebowl 200m • Division B • Division A	
6:40		Rosebowl Shot Put
6:50	Rawson 200m	Rosebowl Long Jump
7:00	Rosebowl 3000m	Rawson Discus
7:35	Rawson 4 x 100m Relay	
7:45	Rosebowl 4 x 100m Relay	
7:50	Rawson 5000m	
8:15	Rosebowl 4 x 400m Relay	
8:25	Rawson 4 x 400m Relay	



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