



**2025**

**INTERCOLLEGIATE**

**ATHLETICS  
TOURNAMENT**



## VENUE

**Date:** Wednesday 15th 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.

### First Aid

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 15 minutes before the listed event start time. If an athlete fails to report prior to the events listed start time, they will be considered scratched and all attempts forfeited. Track events take precedence over field events. It is the athletes responsibility to notify officials if they have a clash in timing and to move to their alternative events, complete the track event, then return immediately to the field event to resume their attempts. If you do not notify the officials prior to leaving your field event, any missed attempts are forfeited.

## OFFICIALS

- The appointment of suitably accredited Officials is the responsibility of Sydney Uni Sport as managers of the competition.

- A Starter and two Ground officials shall be employed for the duration of the event.
- A minimum of two Sports Committee members from different colleges shall be involved in the scorekeeping to avoid disputes.
- For all relays, there will be sufficient monitors present at each of the three baton exchange stations to monitor the baton exchange of a college not their own.

## OPERATING RULES

- The event shall be conducted in accordance with the Inter-College Competitions Memorandum, these by-laws and IAAF rules as they apply in the year of competition.
- In the case of conflict between the IAAF rules and these Sporting By-Laws, the IAAF rules shall have over-riding authority.
- The following additional rules are to be adhered to:
  - Each competitor may only compete in a maximum of four individual events and two relays.
  - If a competitor is unable to compete at the appointed time they are not allowed to compete at a different time and have their points attributed to the final score.
  - In the Rawson Cup, each College may only enter two competitors per individual event.
  - In Rosebowl competition, each event shall be divided into two divisions. Unless otherwise stated these divisions will compete simultaneously. Each College may enter one competitor in each division. Competitors must nominate which division they intend to compete in before the start of the event.
  - In relay events for both Rawson and Rosebowl, only one team from each College may enter.
  - In the event of a spectator disrupting a race or field event, the spectator's college shall be disqualified from the event. Disruption may be defined as both intentional and non-intentional acts from another Intercol member, which physically disadvantage competitors during an event.

## COMPETITION FORMAT

- Events up to 400m in distance, Hurdles and Relay events will be run in lanes.
- Staggered starts shall be applied in the 800m.
- Height of hurdles shall follow IAAF standards.
- Competitors in Shot Put, Discus, Javelin, High Jump, Long Jump and Triple Jump shall each have three qualifying attempts, and the leading three competitors may have a further three attempts.

## LANE DRAWS

ROSEBOWL		RAWSON	
LANE 0	Sancta	LANE 0	St Andrew's
LANE 1	St Paul's	LANE 1	St Paul's
LANE 2	Wesley	LANE 2	Sancta
LANE 3	Women's	LANE 3	St John's
LANE 4	St Andrew's	LANE 4	Wesley
LANE 5	St John's		

## CONTACT

Kirsty Stevens | Sydney Uni Sport  
Phone: 0432 133 758  
Email: [k.stevens@sport.usyd.edu.au](mailto:k.stevens@sport.usyd.edu.au)

## ENQUIRIES

Visit [www.susf.com.au](https://www.susf.com.au)  
or call **1300 068 922**

## PROGRAM OF EVENTS

MARSHALLING TIME	EVENT TIME	TRACK EVENT	FIELD EVENT
4:15	4:30	Rosebowl 100m hurdles Heat B & Heat A	Rawson Triple Jump
			Rosebowl High Jump
4:30	4:45	Rawson 110m hurdles	Rawson Shot Rosebowl Javelin
4:40	4:55	Rosebowl 800m Heat B & Heat A	
4:50	5:05	Rawson 800m	
5:00	5:15	Rosebowl 100m Heat B & Heat A	
5:15	5:30	Rawson 100m	
5:25	5:40	Rosebowl 400m Heat B & Heat A	Rosebowl Triple Jump
			Rawson Long Jump
5:45	6:00	Rawson 400m	Rosebowl Discus
			Rawson Javelin
5:55	6:10	Rosebowl 1500m Heat B & Heat A	
6:05	6:20	Rawson 1500m	
6:20	6:35	Rosebowl 200m Heat B & Heat A	
6:35	6:50	Rawson 200m	Rawson High Jump
			Rosebowl Long Jump
6:45	7:00	Rosebowl 3000m Heat B & Heat A	Rosebowl Shot
			Rawson Discus
7:20	7:35	Rawson 4x100m	
7:30	7:45	Rosebowl 4 x 100m Heat B & Heat A	
7:35	7:50	Rawson 5000m	
8:00	8:15	Rosebowl 4 x 400m Heat B & Heat A	
8:10	8:25	Rawson 4 x 400m	

## 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.

 SYDNEY UNI SPORT & FITNESS

 SYDUNISPORT

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

## CONTACT

Kirsty Stevens | Sydney Uni Sport  
Phone: 0432 133 758  
Email: [k.stevens@sport.usyd.edu.au](mailto:k.stevens@sport.usyd.edu.au)

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## POINT SCORING

In individual events in the Rawson Cup, points shall be scored in the following manner:

### RAWSON CUP

- 1st Place - 14 points
- 2nd Place - 12 points
- 3rd Place - 10 points
- 4th Place - 8 points
- 5th Place - 6 points
- 6th Place - 5 points
- 7th Place - 4 points
- 8th Place - 3 points
- 9th Place - 2 points
- 10th Place - 1 point

In individual events in the Rosebowl, points shall be scored in the following manner:

### "A" DIVISION

- 1st Place - 10 points
- 2nd Place - 7 points
- 3rd Place - 5 points
- 4th Place - 4 points
- 5th Place - 3 points
- 6th Place - 2 points

### "B" DIVISION

- 1st Place - 7 points
- 2nd Place - 5 points
- 3rd Place - 4 points
- 4th Place - 3 points
- 5th Place - 2 points
- 6th Place - 1 point

In relay events, points shall be scored in the following manner:

### RAWSON

- 1st Place - 20 points
- 2nd Place - 16 points
- 3rd Place - 12 points
- 4th Place - 8 points
- 5th Place - 4 points
- 6th Place - N/A

### ROSEBOWL

- 1st Place - 24 points
- 2nd Place - 20 points
- 3rd Place - 16 points
- 4th Place - 12 points
- 5th Place - 8 points
- 6th Place - 4 points

## 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	6.000kg	4.000kg
DISCUS	1.750kg	1.000kg
JAVELIN	800g	600g

## JUMPS & THROWS

Athletics By-Laws Part 1

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

High Jump: All competitors have three attempts per height (in accordance with IAAF rules). All competitors chose their own starting height, increments of 5cm will apply until all competitors have entered, then a minimum 3cm rises thereafter.

## FALSE START RULE

Rule 162.7 [From 1 January 2010]

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





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