

GPS

SINCE
THE GREAT
PUBLIC SCHOOLS'
ASSOCIATION OF
QUEENSLAND
1918

RELAY TITLES

TRACK AND FIELD – YEARS 7-12

HOSTED BY ANGLICAN CHURCH GRAMMAR SCHOOL

AT ST JOSEPH'S NUDGEE COLLEGE ATHLETICS CENTRE, BOONDALL

FRIDAY 13 SEPTEMBER 2019

Spirit of Fellowship



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A RELAY BASED CONCEPT EVENT

The inaugural relay-based carnival was conducted as one of the lead up meets in the 100th year of GPS Track and Field, 2017.

The goal of the Relay Titles event is to facilitate a transition from participation to excellence and provide an opportunity for athletes to practice for relay events, allow more students to participate, and create a team atmosphere amongst competitors of member schools.

ELIGIBILITY

All boys enrolled at a GPS member school in Year 7 – Year 12 are eligible to compete at the Relay Titles, there are no restrictions on enrolment dates.

TIMETABLE OF EVENTS

Please refer to the separate attachment sent with this guide.

EVENT ORGANISATION

Each School will be allocated to an event as the Duty School. It is the responsibility of the Duty School running the event to **provide equipment (tape measures, throwing implements and markers) and allocate an Official who is competent and aware of Guidelines** in relation to rules and regulations and safety requirements for the running of the specific discipline.

MICs of Duty Schools for events are reminded to ensure that risk management checks are completed and appropriate personnel assigned for Discus and Javelin events, and additional safety messages provided to students, staff and appropriate signage or barriers arranged if required. Schools are asked to remind coaches to provide throws instruction and reinforce safety messages during lead up training.

The Host School is responsible for the overall Risk Management of the event while the Duty School who has been allocated an event [i.e. track or field] is responsible for allocating competent staff who can adhere to the risk management procedures.

RULES OF COMPETITION

Central Field Grassed Area Out of Bounds

The central field grassed area is out of bounds to all athletes unless under direct supervision of their coach. This is particularly pertinent for all jumps and throws events.

Staff Required [Duty School assigned – Infield Safety Supervision (GT)]

Warm Up

Warm up will be allowed on the outside four lanes of the track from the 300m mark to the 150m. The track will be cleared by the carnival announcer prior to events requiring all lanes.

Track

Events

Distance Medley	1200m, 400m, 800m, 1600m
Sprint Medley	200m, 200m, 400m, 800m
4 x 100m	
4 x 400m	

Staff Required [Duty School assigned – (ACGS)]

Long/Triple Jump

- All 5 age groups (13 Years to Open)
- Three athletes per school per age group (9 schools = 27 athletes)
- Two jumps only per athlete (54 jumps per age group) and their longest jump is recorded.

- One Long jump pit and one Triple Jump pit will operate to get through the events (2 pits total).
- To save time, officials to call out School then numbered athlete (ie TGS 1). Schools to be called out in alphabetical order starting with ACGS 1 through to TGS 3.
- If athletes are not present for their jump, they miss this opportunity.
- Add 2 best distances from each team. If ties exist for placings, each team nominates their designated “jumper” to determine final placings with ONE measured jump. This jump will ONLY be counted in determining the original tied placing.

Timing

Events must be no longer than 45mins to get through the competition. 5 mins allocated for transition.

Time	Age Group	Pit
430-535pm	LJ - 13 Years	East Pit
430-535pm	TJ – 15 Years	West Pit
535-625pm	LJ – 14 Years	East Pit
535-625pm	TJ – 16 Years	West Pit
625-710pm	LJ – 15 Years	East Pit
625-710pm	TJ – Open	West Pit
710-755pm	LJ - 16 Years	East Pit
710-755pm	TJ – 13 Years	West Pit
755-840pm	LJ – Open	East Pit
755-840pm	TJ – 14 Years	West Pit

Points

No Measuring	Points	Measuring
5 Zones		
13s 570m 520m 470m 420m	4 points above top mark	Measuring every jump and add the jumps of the 3 competitors together to come up with a raw score. School with the greatest distance wins.
14s 600m 550m 500m 450m	3 points	
15s 620m 670m 520m 470m	2 points	
16s 640m 590m 540m 490m	1 point below the first mark	
Open 660m 610m 560m 510m		

Staff Required

[Duty School assigned - Long Jump (NC); Triple Jump (BGS)]

Position Title	Number required
Starter/ urger	1-2
Foul Judge	1
Recorder	1
Distance judge	1
Raker	1-2
TOTAL per pit	5-7

High Jump

- All 5 age groups (13 Years to Open)
- Three athletes per school per age group (9 schools = 27 athletes)
- Each competitor can only jump 4 times and their highest jump is recorded.
- This is added to the best jump from the other two competitors from this school. The winners are determined by the largest totals. This may look like BGS U13 – 1.45 + 1.48 + 1.55 = 4.48.
- To help eliminate ties, the team with the least amount of failed attempts will win.

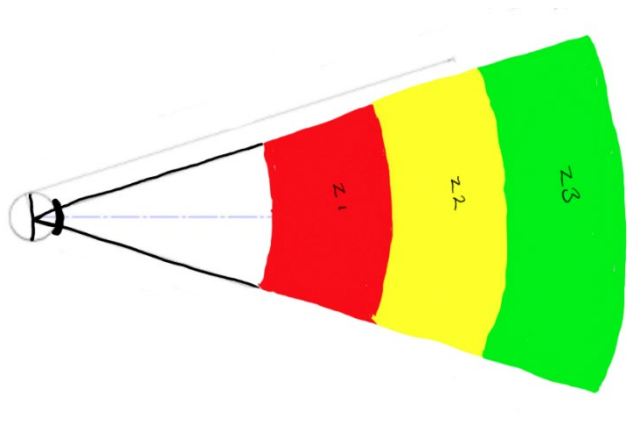
Staff Required

[Duty School assigned - BSHS]

Position Title	Number required
Recorder	1
Height adjusters	2
Total per HJ Station	3

Discus

- 3 competitors per school
- 2 throws each
- 5 mins to complete all 6 throws for each school
- Points awarded for each throw and determined by which zone the discus lands.
- 1st, 2nd and 3rd awarded based on most points per school.
- If tiebreaker occurs when determining 1st, 2nd or 3rd, a designated thrower from each of the tied teams will throw ONCE ONLY. These tiebreaker throws are used to determine the ties. Only take into consideration the tiebreaker throws. Do not compare with all throws of the event.
- The 6 arc lines will be marked by the NC grounds staff.
- Reflectors on Discus implements will be permitted to assist with visibility for the twilight meet



Points

Distance	13 Years	Distance	14 Years	15 Years	16 Years	Open
Less than 25m	1 point					
25-30m	2 points	Less than 30m	1 point	1 point	1 point	1 point
30-35m	3 points	30-35m	2 point	2 point	2 point	2 point
35-40m	4 points	35-40m	3 points	3 points	3 points	3 points
40-45m	5 points	40-45m	4 points	4 points	4 points	4 points
45-50m	6 points	45-50m	5 points	5 points	5 points	5 points
Greater than 50m	7 points	50-55m	6 points	6 points	6 points	6 points
		Greater than 55m	7 points	7 points	7 points	7 points

NB: zones to be marked on field and marker to be available for the longest throw in a tiebreaker

Staff Required

[Duty School assigned - BBC]

Position Title	Number required
Recorder	1
Measure	2
Collect discus	2
Total	5

Shot Put

- Shot put- Participation, Simplified, Unique, Team focused
- IAAF competition rules apply.
- 2 throws each
- 5mins to complete all 6 throws for each school
- Points awarded for each throw and determined by which zone the shot put lands.
- 1st, 2nd and 3rd awarded based on most points per school.
- If tiebreaker occurs when determining 1st, 2nd or 3rd, a designated thrower from each of the tied teams will throw ONCE ONLY. These tiebreaker throws are used to determine the ties. Only take into consideration the tiebreaker throws. Do not compare with all throws of the event.

Points

		1 point	2 points	3 points	4 points	5 points
13 year zones	3kg	< less than 10m	10 - 11.5m	11.5 - 13m	13.0-14.5m	14.5m +
14 year zones	4kg	< less than 10m	10 - 11.5m	11.5 - 13m	13.0-14.5m	14.5m+
15 year zones	4kg	< less than 10m	10 - 11.5m	11.5 - 13m	13.0-14.5m	14.5m+
16 year zones	5kg	< less than 10m	10 - 11.5m	11.5 - 13m	13.0-14.5m	14.5m+
Open zones	5kg	< less than 10m	10 - 11.5m	11.5 - 13m	13.0-14.5m	14.5m+

NB: zones to be marked on field and marker to be available for the longest throw in a tiebreaker

Staff Required [Duty School assigned - IGS]

Position Title	Number required
Recorder	1
Measure	2
Collect shot	2
Total	5

Javelin

- 2 throws each
- 5 mins to complete all 6 throws for each school
- Points awarded for each throw and determined by which zone the javelin lands.
- 1st, 2nd and 3rd awarded based on most points per school.
- If tiebreaker occurs when determining 1st, 2nd or 3rd, a designated thrower from each of the tied teams will throw ONCE ONLY. These tiebreaker throws are used to determine the ties. Only take into consideration the tiebreaker throws. Do not compare with all throws of the event.
- Three teams:
 - 13 years and under (max 3 athletes per team 600gm javelin)
 - 14 years and 15 years (max 3 athletes per team 700gm javelin)
 - 16 years and Open (max 3 athletes per team 700gm javelin)

Points

Distance	13 Years	Distance	14 Years	15 Years	16 Years	Open
Less than 27m	1 point	25m	1 point	1 point	1 point	1 point
27-30m	2 points	30m	2 points	2 points	2 points	2 points
30-33m	3 points	35m	3 points	3 points	3 points	3 points
33m-35m	4 points	40m	4 points	4 points	4 points	4 points
35-37m	5 points	45m	5 points	5 points	5 points	5 points
37-40m	6 points	50m	6 points	6 points	6 points	6 points
40 + m	7 points	55m	7 points	7 points	7 points	7 points

NB: zones to be marked on field and marker to be available for the longest throw in a tiebreaker

Staff Required [Duty School assigned -TGS]

Position Title	Number required
Recorder	1
Measure	2
Collect Implement	2
Total	5

TIMING/ RESULTS

Each school will be required to time their own athletes for Track events.

Recording sheets for all field events will be provided by the Host School [ACGS] at the meet.

All Track and Field event measurements/ times will be collected and collated at the Control Tent

Staff Required [Duty School assigned - GT]

A full set of final results will be emailed out to member schools on the following Monday after the event through the GPS office.

MEDALS/ AWARDS

Gold, Silver and Bronze medals will be awarded for each event.

IMMEDIATELY after the event, one of the crew staffing the event will be responsible for presenting the place-getters their medals at the end of the event area. [Medals are to be collected by the Duty School /event from the Control Tent prior to commencing the event].

CATERING ARRANGEMENTS

Any school who would like to partake of the Nudgee catering, please confirm the number of staff meals AND if you have boarders you wish to feed, as soon as possible please to allow for preparation.

Nudgee will invoice each school individually based upon the number of Staff & Boys (boarder) meals you request.

Deadline: Schools are asked to advise Nudgee of catering numbers by **12 noon Wednesday 11 September 2019** via email.

Mr. Peter C Kropp
H&PE Marine Science Teacher
Director - Track & Field
Ph: 3865 0591 Mobile: 0416 156 251 Email: pk@nudgee.qld.edu.au

COST SHARING

Venue, First Aid, Medals costs and a results management fee will all be included as "Fixed Costs" for the event, and will be paid by the Host School in the first instance, and then shared equally amongst all member schools who indicated attendance. A levy invoice will be issued from the GPS office at the end of the season.

FOR FURTHER INFORMATION OR ENQUIRIES

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