

CIS Athletics General Information

TIMING

7:00am Gates open

7:30am Students and competitors arrive

7:30am – 8:10am Warm up

8:00am – Welcome & venue briefing

8:00am Marshal first events

8:15am Seated field events

8:40am First track events commence

4:00 pm Championships concludes (approximately)

Program may change at the discretion of the Championship Manager

TEAM ENTRIES

Association Teams may enter up to:

- 3 competitors per event – 100m, 200m, 400m, 800m, 1500m, 3000m & hurdles
- 3 competitors per event – shot put, discus, javelin, high jump, long jump & triple jump
- 3 competitors per 12- 15yrs & 16-19yrs event for Multi Class Athletes – 100m, 200m & 800m
- 3 competitor per 12- 15yrs & 16-19yrs event for Multi Class Athletes – Long Jump, Shot Put, Discus
- 3 School based teams per event in relays

All competitors must be nominated in DASH by school/Association AND registration completed by parents before competing.

RESULTS

Results can be found on Hy-Tech Track & Field Meet Mobile (found on App Store) and posted on window in front of recording room.

[RULES & GUIDELINES>>](#)

FOOTWEAR & SPIKES

- All competitors must wear footwear
- In all sprint events (100m, 200m and Relays) competitors may wear spiked
 - The length of spiked shoes must be no more than 7mm
 - Athletes under 14 years of age who are wearing spiked shoes are NOT required to use starting blocks but have the option to do so
- In all jumping events, competitors may wear spiked In jumping events the following spike lengths apply:
 - - Long Jump – maximum 7mm
 - High Jump + Javelin – maximum 9mm
- In the 800m, 1500m and 3000m athletes are permitted to wear spikes.

PARKING

Transport to and from the venue is the responsibility of the individual competitor.

There will be a flat rate of \$24 parking for this event.

Please collect a flat rate parking voucher at the downstairs centre reception prior to departure.

FOOD & BEVERAGES

Competitors and spectators are encouraged to bring their own food. There will be food/service concessions available at the concessions behind the grandstand.

NO COMMERCIAL food permitted to be brought in eg. McDonalds, Gloria Jeans

MEDALS & MERIT TEAM

Overall places in each event will be determined by the three (3) fastest times from all heats in that event. Medals will be presented to the first three (3) placegetters in each event.

Medalists will be named in a MERIT CIS Team and given the opportunity to purchase NSW CIS Representative merchandise from the Melinda Gainsford Taylor room on the concourse.