



2026

NSWCIS PRIMARY ATHLETICS CHAMPIONSHIPS

Friday 4 September
Sydney Olympic Park Athletic Centre

2026

GUIDELINES & RULES

Starts

- The method of starting for 100m, 200m and relays shall be "On your marks - Set - Gun". For the 800m and 1500m the method shall be "On your marks - Gun".

Starting Blocks

- Starting blocks may be used, at the discretion of the athlete, in all laned track events, except where this contravenes any rule(s) made by the venue management on the use of starting blocks.
- Only starting blocks supplied by the Sydney Athletic Centre are permitted to be used.
- Competitors may use a crouch start (with or without blocks) or a standing start. No other starting positions are permitted.
- Athletes under 14 years of age (i.e. Primary students) who are wearing spiked shoes are NOT required to use starting blocks but have the option to do so.

False Starts

- Any athlete making a false start shall be warned.
- Any athlete(s) making further false starts in the race shall be disqualified from the race. If the disqualification is in the heat, the athlete will be advised of their disqualification but allowed to complete the race.

Footwear & Spikes

- All competitors must wear footwear.
- In all **sprint events** (100m, 200m and Relays) competitors may wear spiked shoes.
 - The length of spiked shoes must be no more than 7mm.
 - Athletes under 14 years of age (i.e. Primary students) 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 shoes. In jumping events the following spike lengths apply:
 - Long Jump - maximum 7mm
 - High Jump - maximum 9mm
- In the 800m and 1500m **distance events**, spiked shoes are NOT permitted.

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Relays

Takeover Zone

- In the 4 x 100m each takeover zone shall be 30m long, of which the scratch line is 20m from the start of the zone.
 - The zones shall start and finish at the edges of the zone lines nearest the start line in the running direction.
 - For each takeover conducted in lanes, a designated official shall ensure that the athletes are correctly placed in their takeover zone and are aware of any applicable acceleration zone.
- No athlete may run two sections for a team.
- The baton must be carried by hand throughout the race.
- If dropped, the athlete who dropped the baton must recover it. The athlete may leave their lane to retrieve the baton. Provided this procedure is adopted and no other athlete is impeded, dropping that baton shall not result in disqualification.
- Should any athlete deliberately impede a member of another team by running out of their lane at the finish of their leg they are liable to cause the disqualification of their team.

Check Marks

- Athletes may place one check mark on the track within their own lane using adhesive tape (except where this contravenes any rule(s) made by the venue management) of maximum dimensions 5mm x 40mm. Use of chalk or similar substances is prohibited.

Baton Change

- Within the takeover zone, it is only the position of the baton that is decisive and not the position of the body or the limbs of the athlete. Athletes should remain in their lanes after handing over the baton, until the course is clear.

Track Events - Timed Finals

- All track events will be conducted as Timed Finals.
- Heats will be seeded from Fastest to Slowest.
- In the event a tie for 3rd place occurs, a run-off will need to take place.

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Multi-Class Classifications

- All athletes in multi-class events must have a current sporting classification (national, provisional or review status) to be eligible to compete.

Multi-Class Determinations

- Multi-class placings will be determined using the School Sport Australia Track and Field Baseline Scoring System for the year of competition, with each multi-class athlete's performance being converted to a percentage.

Field Events - No Finals

Long Jump

Each competitor will be allowed three jumps in rotation.

CIS reserves the right not to measure a jump should it not meet the following qualifying distances:

QUALIFYING DISTANCES	JUNIOR	11 YEARS	12/13 YEARS
BOYS	3.80m	3.90m	4.10m
GIRLS	3.30m	3.40m	3.80m

In the event of a tie, the next best jump on a countback will decide the winner. If there is a tie for 3rd place, a jump off must take place to determine this placing.

High Jump

STARTING HEIGHTS	JUNIOR	11 YEARS	12/13 YEARS
BOYS	1.10m	1.25m	1.30m
GIRLS	1.05m	1.20m	1.25m

The bar will rise by 5cm until there are only 8 competitors left, and then increase by 3cm.

Countback rules apply to determine placings if required. If there is a tie for 3rd place, a jump off must take place to determine this placing.

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Shot Put

Each competitor will be allowed three throws in rotation.

CIS reserves the right not to measure a throw should it not meet the following qualifying distances:

QUALIFYING DISTANCES	JUNIOR	11 YEARS	12/13 YEARS
BOYS	7.50m	8.00m	8.50m
GIRLS	5.30m	6.80m	6.80m

The best overall throw of each competitor shall determine the placings. If there is a tie for 3rd place, a throw off must take place to decide this placing.

Discus

Each competitor will be allowed three throws in rotation.

CIS reserves the right not to measure a throw should it not meet the following qualifying distances:

QUALIFYING DISTANCES	JUNIOR	11 YEARS	12/13 YEARS
BOYS	18.50m	19.00m	20.00m
GIRLS	15.00m	16.00m	16.00m

The best overall throw of each competitor shall determine the placings. If there is a tie for 3rd place, a throw off must take place to decide this placing.

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Implement Weights

IMPLEMENT	JUNIOR	11 YEARS	12/13 YEARS
SHOT PUT	2kg	2kg	3kg
DISCUS	500g	750g	750g

Multi-class Implement Specifications:

Athletes competing in multi-class events throw the following, applicable to their classification class, gender and age group, as per the table below.

N.B. Where boys and girls in a classification group throw different weights, the weight for the girls is indicated in brackets.

CLASSIFICATION	8-10 YEARS		11 YEARS		12 YEARS	
	Shot Put	Discus	Shot Put	Discus	Shot Put	Discus
F01	2kg	500g	2kg	750g	3kg	750g
F11-13	2kg	500g	2kg	750g	3kg	750g
F20	2kg	500g	2kg	750g	3kg	750g
F21	2kg (1.5kg)	500g (350g)	2kg	500g	3kg (2kg)	750g (500g)
F32	1kg	500g	1kg	500g	1kg	500g
F33	1kg	500g	1kg	500g	2kg (1kg)	500g
F34	2kg	500g	2kg	500g	2kg	500g
F35	2kg	500g	2kg	500g	2kg	500g
F36	2kg	500g	2kg	500g	2kg	500g
F37	2kg	500g	2kg	500g	2kg	500g
F38	2kg	500g	2kg	500g	2kg	500g
F40	1.5kg	500g	1.5kg	500g	2kg	750g (500g)
F41	1.5kg	500g	1.5kg	500g	2kg	750g (500g)
F42	2kg	500g	2kg	750g	3kg	750g
F43	2kg	500g	2kg	750g	3kg	750g
F44	2kg	500g	2kg	750g	3kg	750g

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Multi-class Implement Specifications (continued):

N.B. Where boys and girls in a classification group throw different weights, the weight for the girls is indicated in brackets.

CLASSIFICATION	10 YEARS		11 YEARS		12 YEARS	
	Shot Put	Discus	Shot Put	Discus	Shot Put	Discus
F45	2kg	500g	2kg	750g	3kg	750g
F46	2kg	500g	2kg	750g	3kg	750g
F51	No Event	350g	No Event	500g	No Event	500g
F52	1.5kg	350g	1.5kg	500g	2kg	500g
F53	1.5kg	350g	1.5kg	500g	2kg	500g
F54	1.5kg	350g	2kg (1.5kg)	500g	2kg	500g
F55	1.5kg	350g	2kg (1.5kg)	500g	2kg	500g
F56	1.5kg	350g	2kg (1.5kg)	500g	2kg	500g
F57	1.5kg	350g	2kg (1.5kg)	500g	2kg	500g
F60	2kg	500g	2kg	750g	3kg	750g
F61	2kg	500g	2kg	750g	3kg	750g
F62	2kg	500g	2kg	750g	3kg	750g
F63	2kg	500g	2kg	750g	3kg	750g
F64	2kg	500g	2kg	750g	3kg	750g