



2026

NSWCIS SECONDARY ATHLETICS CHAMPIONSHIPS

Tuesday 22 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 must be used by all athletes wearing spiked shoes, in all laned track events up to and including 400m, except where this contravenes any rule(s) made by the venue management on the use of starting blocks.
- These athletes will not be permitted to do a crouch start without blocks nor will they be able to do a standing start.
- 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.
- Only starting blocks supplied by the Sydney Athletic Centre are permitted to be used.

False Starts

- Any athlete who makes a false start will be disqualified as per World Athletics disqualification rules.
- If an athlete is disqualified, they 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 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 + Javelin - maximum 9mm
- In the 800m, 1500m and 3000m athletes are permitted to wear spikes.

2026

GUIDELINES & RULES

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. Teams will use batons provided by Sydney Olympic Park.

Track Events - Timed Finals

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

2026

GUIDELINES & RULES

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. Placings will be determined by each competitor's best jump. If competitors are tied, countback will apply, with the next furthest jump used to decide the result.

Shot Put

Each competitor will be allowed three throws in rotation. Placings will be determined by each competitor's best throw. If competitors are tied, countback will apply, with the next furthest throw used to decide the result.

Discus

Each competitor will be allowed three throws in rotation. Placings will be determined by each competitor's best throw. If competitors are tied, countback will apply, with the next furthest throw used to decide the result.

Javelin

Each competitor will be allowed three throws in rotation. Placings will be determined by each competitor's best throw. If competitors are tied, countback will apply, with the next furthest throw used to decide the result.

2026

GUIDELINES & RULES

High Jump

Girls	Starting Heights	Boys	Starting Heights
	High Jump		High Jump
12 years	1.20m	12 years	1.30m
13 years	1.25m	13 years	1.35m
14 years	1.30m	14 years	1.35m
15 years	1.30m	15 years	1.50m
16 years	1.45m	16 years	1.60m
17 years	1.50m	17 years	1.70m
18-19 years	1.50m	18-19 years	1.70m

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

Placings will be determined by each competitor's best jump. If competitors are tied, countback will apply, with the next furthest jump used to decide the result.

Implement Weights

Girls	Javelin	Shot Put	Discus	Boys	Javelin	Shot Put	Discus
12 years	400g	3kg	750g	12 years	600g	3kg	750g
13 years	400g	3kg	1kg	13 years	600g	3kg	1kg
14 years	500g	3kg	1kg	14 years	700g	4kg	1kg
15 years	500g	3kg	1kg	15 years	700g	4kg	1kg
16 years	500g	3kg	1kg	16 years	700g	5kg	1.5kg
17 years	500g	3kg	1kg	17 years	700g	5kg	1.5kg
18-19 years	600g	4kg	1kg	18-19 years	800g	6kg	1.75kg

2026

GUIDELINES & RULES

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	12 Years		13-14 Years		15-16 Years	
	Shot Put	Discus	Shot Put	Discus	Shot Put	Discus
F01	3kg	750g	4kg (3kg)	1 kg	5kg (3kg)	1.5kg (1 kg)
F11-13	3kg	750g	4kg (3kg)	1 kg	5kg (3kg)	1.5kg (1 kg)
F20	3kg	750g	4kg (3kg)	1 kg	5kg (3kg)	1.5kg (1 kg)
F21	3kg (2kg)	750g (500g)	3kg (2kg)	1 kg (750g)	3kg (2kg)	1 kg (750g)
F32	1 kg	500g	1 kg	750g	1 kg	750g
F33	2kg (1 kg)	500g	2kg	750g	2kg	750g
F34	2kg	500g	3kg (2kg)	750g	3kg (2kg)	750g
F35	2kg	500g	3kg (2kg)	750g	3kg (2kg)	750g
F36	2kg	500g	3kg (2kg)	750g	3kg (2kg)	750g
F37	2kg	500g	3kg (2kg)	750g	4kg (2kg)	750g
F38	2kg	500g	3kg (2kg)	750g	4kg (2kg)	1 kg (750g)
F40	2kg	750g (500g)	3kg (2kg)	1 kg (750g)	3kg (2kg)	1 kg (750g)
F41	2kg	750g (500g)	3kg (2kg)	1 kg (750g)	3kg (2kg)	1 kg (750g)
F42	3kg	750g	4kg (3kg)	1 kg	5kg (3kg)	1 kg
F43	3kg	750g	4kg (3kg)	1 kg	5kg (3kg)	1 kg
F44	3kg	750g	4kg (3kg)	1 kg	5kg (3kg)	1 kg

2026

GUIDELINES & RULES

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	12 Years		13-14 Years		15-16 Years	
	Shot Put	Discus	Shot Put	Discus	Shot Put	Discus
F45	3kg	750g	4kg (3kg)	1 kg	5kg (3kg)	1 kg
F46	3kg	750g	4kg (3kg)	1 kg	5kg (3kg)	1 kg
F51	No Event	500g	No Event	750g	No Event	750g
F52	2kg	500g	2kg	750g	2kg	750g
F53	2kg	500g	2kg	750g	2kg	750g
F54	2kg	500g	2kg	750g	3kg (2kg)	750g
F55	2kg	500g	2kg	750g	3kg (2kg)	750g
F56	2kg	500g	2kg	750g	3kg (2kg)	750g
F57	2kg	500g	2kg	750g	3kg (2kg)	1 kg (750g)
F60	3kg	750g	4kg (3kg)	1 kg	5kg (3kg)	1.5kg (1 kg)
F61	3kg	750g	4kg (3kg)	1 kg	5kg (3kg)	1 kg
F62	3kg	750g	4kg (3kg)	1 kg	5kg (3kg)	1 kg
F63	3kg	750g	4kg (3kg)	1 kg	5kg (3kg)	1 kg
F64	3kg	750g	4kg (3kg)	1 kg	5kg (3kg)	1 kg
ii-3	3kg	750g	4kg (3kg)	1 kg	5kg (3kg)	1.5kg (1 kg)

2026

GUIDELINES & RULES

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	17-19 Years	
	Shot Put	Discus
F01	6kg (4kg)	1.75kg (1kg)
F11-13	6kg (4kg)	1.75kg (1kg)
F20	6kg (4kg)	1.75kg (1kg)
F21	4kg (3kg)	1kg (750g)
F32	2kg	1kg
F33	3kg	1kg
F34	4kg (3kg)	1kg
F35	4kg (3kg)	1kg
F36	4kg (3kg)	1kg
F37	5kg (3kg)	1kg
F38	5kg (3kg)	1.5kg (1kg)
F40	4kg (3kg)	1kg (750g)
F41	4kg (3kg)	1kg (750g)
F42	6kg (4kg)	1.5kg (1kg)
F43	6kg (4kg)	1.5kg (1kg)
F44	6kg (4kg)	1.5kg (1kg)

2026

GUIDELINES & RULES

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	17-19 Years	
	Shot Put	Discus
F45	6kg (4kg)	1.5kg (1kg)
F46	6kg (4kg)	1.5kg (1kg)
F51	No Event	1 kg
F52	2kg	1kg
F53	3kg	1kg
F54	4kg (3kg)	1kg
F55	4kg (3kg)	1kg
F56	4kg (3kg)	1kg
F57	4kg (3kg)	1kg
F60	6kg (4kg)	1.75kg (1kg)
F61	6kg (4kg)	1.5kg (1kg)
F62	6kg (4kg)	1.5kg (1kg)
F63	6kg (4kg)	1.5kg (1kg)
F64	6kg (4kg)	1.5kg (1kg)
ii-3	6kg (4kg)	1.75kg (1kg)