ATHLETICS - OUTDOOR TRACK AND FIELD
(men and women)

2016

AUS Athletics competitions are conducted in accordance with the rules of Athletics Australia (AA) except where these differ from AUS sports rules; in which case the latter shall take precedence.

1. Team/squad size

- Minimum registered competitors per university in individual events – 1
- Maximum registered competitors per university in individual events – no limit
- Maximum number of teams in a relay event per university – 1

2. Competition format

2.1. The first 3 competitors from any team may qualify for a final and earn overall points for their university.

2.2. In the event that a nominated competitor withdraws from an event, a team may replace that person with another member of their named squad. This rules applies for heats only.

2.3. All withdrawals and substitutions (as per rule 2.2) during the competition must be submitted to the athletics administration desk.

2.4. The following events shall be included in the championship:

MEN		WOMEN	
100m	4x100m relay	100m	4x100m relay
200m	4x400m relay	200m	4x400m relay
400m	1600m medley relay	400m	1600m medley relay
800m	3000m steeplechase	800m	3000m steeplechase
1500m	110m hurdles	1500m	100m hurdles
5000m	400m hurdles	5000m	400m hurdles
10000m	5000m walk	10000m	5000malk
Discus	Long jump	Discus	Long jump
Shot Put	High jump	Shot Put	High jump
Hammer	Triple jump	Hammer	Triple jump
Javelin	Pole vault	Javelin	Pole vault
Decathlon: Day one: 100m, long jump, shot put, high jump, 400m Day two: 110m hurdles, discus, pole vault, javelin, 1500m		Heptathlon: Day one: 100m hurdles, high jump, shot put, 200m Day two: long jump, javelin 800m	

2.5. Event scheduling shall take into consideration the venue capabilities and if need be, rescheduling of events may take place at the discretion of the event organiser to enable the competition to run on time and to schedule. For example, the triple jump may need to be run alongside the long jump instead of running both triple jumps together if the runway is not long enough.

2.6. Change of event procedures may be considered at the event organiser's discretion to allow check in staff to update start lists from the stand by list.

3. Point score

3.1. Events shall be scored in the following manner:

	Individual	Multi events	Relays
1st	9	18	18
2nd	7	14	14
3rd	6	12	12
4th	5	10	10
5th	4	8	8
6th	3	6	6
7th	2	4	4
8th	1	2	2

3.2. In the event of a dead heat, the tying competitors or teams shall share the points for the places tied.

3.3. For events which are straight finals, competitors who do not meet the AUS qualifying standard will not score points for the university they represent.

3.4. The overall champion university will be the university with the highest combined total based on the combination of points from all events.

3.5. In the event that universities finish on the same points in either an award division or the overall university points, the university with the highest number of placings will be deemed the winner. If universities are still equal, then a joint winner will be awarded.

4. Check in

4.1. Athletes must check in for their event, at least, 1 hour before the start of the event. Any athlete who has not checked in will be scratched from their event.

4.2. There will be no check in for subsequent rounds.

4.3. Athletes will need to check in personally and produce their athlete accreditation and competition uniform for inspection when checking in.

4.4. Athletes will be issued with their competition numbers at check in.
- Athletes must attach the number firmly to their competition singlet both front and back (high jump and pole vault only need to attach one)
- Athletes are not permitted to tamper with the competition number in any way

4.5. Athletes in the decathlon and heptathlon must check in 1 hour prior to the commencement of their first event each day.

4.6. Athletes cross registered in other sports must personally check in to their athletics event within the required time.

5. Marshalling procedures

5.1. Track events - All athletes are required to report to the call room at the times indicated:
- 100m, 200m, 400m, 800m, 1500m, 5000m, 5000m walk, 10000m – no later than 15 minutes before the advertised start time
- Steeplechase, hurdles, relays – no later than 20 minutes before the advertised start time

5.2. Field events - All athletes are required to report to the event site at the times indicated:
- Pole vault 45 minutes before start time
- All other field events 30 minutes before start time

5.3. If an athlete is already competing in another event at the designated marshalling time, the team manager or the athlete must notify the competition manager of this, prior to the designated marshalling time.

5.4. For the decathlon and heptathlon, athletes should report as above.

5.5. All competitors in track events of 800m and above and the finishing runner in relay teams will be issued with their hip number at the start.

5.6. All athletes are to enter the field of play via the closest entry to their event site and to leave the field of play via post event control.

5.7. Coaches are not permitted onto the field of play.

6. Progression to finals

6.1. In the event that there are insufficient competitors to warrant heats, the final will be conducted at the time allocated for the final except in situations where competition management deems it more suitable to run the final at the time of the heats.

6.2. The organisers where possible will arrange heats so that competitors from the same university do not compete against each other.

6.3. The maximum number of 3 rounds will apply for all track events.

6.4. The number of athletes who check in will determine the format of the heats as guideline below, but will remain subject to change as directed by the competition manager:

a) 100m, 200m, 400m, 100m H, 110m H and 400m H**.**
- Note that the maximum of rounds will not exceed 3 for track events.
- The Competition Manager reserves the right to utilise available additional lanes if it considers insufficient competitors are available to activate progression table.

Declared Entries	Heats	Progression	Semi Finals	Progression
9 – 16	2	First three plus next two fastest		
17 - 14	3	First two plus next two fastest		
25 - 32	4	First three plus next four fastest	2	First three plus next two fastest

b) 800m

Declared Entries	Heats	Progression	Semi Finals	Progression
10 - 20	2	First three plus next four fastest		
21 – 30	3	First two plus next four fastest		
30 - 40	4	First four plus next four fastest	2	First three plus next four fastest

c) 1500m

Declared Entries	Heats	Progression	Semi Finals	Progression
16 - 30	2	First four plus next four fastest	-----	

d) The following events will be ***straight finals***:
- 5 000 metres;
- 10 000 metres;
- Steeplechase; &
- Walks.

6.5. For all throws and the long and triple jump all competitors will have an initial 3 attempts, with the leading 8 competitors having a further 3 attempts.
- Qualifying rounds may be deemed necessary dependent upon the number of entries received in any event
- If qualifying rounds are required then each competitor will have 3 attempts with the top 12 performers overall progressing to the final round

7. Commencement heights

7.1. High jump:
- Men: 1.75m with 5cm rises to 2.00m, thereafter 3cm rises
- Women: 1.45m with 5cm rises to 1.70m, thereafter 3cm rises

7.2. Pole vault:
- Men: 3.00m with 20cm rises to 4.00m, followed by 15cm rises to 4.60m, thereafter 10cm rises
- Women: 2.00m with 20cm rises to 3.00m, followed by 15cm rises to 3.60m, thereafter 10cm rises

8. Relays

8.1. All members in a relay team must wear the same uniforms as per IAAF guidelines.

8.2. An official AUG athletics relay declaration form (with the names of 4-6 competitors) must be submitted to the athletics administration desk at least 1 hour prior to the commencement of the starting time of the relay.

8.3. Once a relay team has competed in a heat, only 2 athletes may be used as substitutes in the composition of the team for the final. Only eligible athletes can be substituted.

8.4. Medley relay
- If there are sufficient lanes, the race will be run as follows: 200m, 200m, 400m and 800m
- Teams will stay in their lanes for the first 500m, i.e. 4 x 200m start plus change-over marks
- If there are insufficient lanes, the race will be run as follows: 800m, 400m, 200m and 200m
- The race will commence in lanes

9. Protests

9.1. A protest may be made to the referee by the competitor in the first instance. Protests to the referee by a team manager on behalf of the competitor must be made to the competition manager who will accompany the team manager to the referee.

9.2. Protest must be made within 30 minutes of the announcement of the result either electronically or verbally.

9.3. An appeal against the decision of the referee may be made in writing and handed to the competition manager. A jury will be convened and the decision handed down.

10. Personal implements (other than pole vault)

10.1. Any competitor wishing to use personal implements must ensure that they are handed in to the technical manager no later than 1hour prior to the commencement of the event.

10.2. Personal implements become part of the pool of implements available to all competitors in the event.

10.3. A receipt will be issued for the implement which may be retrieved from the technical manager 30 minutes after completion of the event upon production of the receipt.

11. Pole vault

11.1. All competitors must supply their own pole. The competition management will not supply poles.

11.2. Poles remain the property of the individual competitor and may not be used by others in the event without the permission of the owner.

11.3. Poles do not have to be handed in to the equipment room.

12. Warm up

12.1. Where no warm up track is available the back straight will be available to warm up on dependent upon the track and field events in progress at the time.

12.2. Field competitors will have 30 minutes at the event site to warm up prior to the start of competition (pole vault will have 45 minutes).

12.3. Coaches will not be permitted onto the field of play during warm up or competition.

13. Uniform requirements

13.1. Each athlete shall wear the uniform of their university. The university shall submit a description of its uniform if requested.

13.2. The specific uniform requirements for Athletics are as per the national sporting organisation standard with the following AUS uniform requirements:
- Shorts, singlet, one piece or two piece athletic attire
- All competitors will wear all numbers allocated to them while competing
- Field event competitors may wear track pants while competing

13.3. Minimum uniform requirements for AUS events must be met:
- A competitor must not use equipment or wear anything that is dangerous to him/herself or another competitor (including any kind of jewellery)
- Long or sharp fingernails are to be trimmed short
- All participating competitors are to be correctly attired in appropriate, matching team uniforms
- Exceptions may be made for some sports in cold weather, providing permission is granted by the appropriate officials. Additionally the exceptions will only be granted providing they are the same colour, and the extra clothing does not cover up any identification numbers or colours
- All numbers on shirts need to be clearly visible, and in a contrasting colour to the dominant colour of the shirt
- Mouth guards are strongly recommended for all sports where there is a potential for collision. It is compulsory to wear a mouth guard in those sports where it is stated
- All participants must retain the one number throughout the tournament (if numbered jerseys are used)
- Numbers on shirts are restricted to one or two digit numbers
- Players should not take the field of play in any costume or part of a costume. If they do, players will be asked to remove costume items or incur a code of behaviour report

14. Team duties

14.1. Team duty requirements for Athletics are:
- Each university team with 10 or more participants will be required to assist officials at a designated field station/s over the duration of the championship
- It is envisaged that this will require no more than 2 people at any one time per team
- It is recommended that the sport specific team manager work out a rotating roster for their designated field station
- Each team will be required to supply a lap scorer for long distance events

14.2. The person fulfilling the team duty requirements can be any competent person associated with that team or university and does not necessarily have to be a player e.g. team manager.

14.3. Teams that do not fulfil team duties will be fined as per the AUS Guideline - forfeit of competition requirements.

15. Award ceremonies

15.1. Medal presentations will occur throughout the competition, usually after the final results of each individual events are confirmed.

15.2. Gold, silver and bronze medals will be presented to those teams finishing 1st, 2nd and 3rd in the competition.

15.3. Pennants will be presented at the closing presentation to the following teams:
- For the Australian University Games
  - Overall mens champion
  - Overall womens champion

15.4. The following trophies will be presented to the overall champion teams at the Australian University Games (note that trophies are presented at the closing presentation):
- Mens Overall Champions – Inter-University Athletic Trophy
- Womens Overall Champions – The G.R. Hulbert Trophy
- University with most wins in male event – Dr Granville Waddy Trophy

Previous rule amendments

August 1998 | August 2001 | June 2003 | August 2005 | April 2008 | August 2009 | February 2011 | May 2012 | April 2013 | May 2014 | February 2015

ATHLETICS QUALIFYING STANDARDS

The following table shows the AUS qualifying times for all events contained within the athletics program. It is advisable that these qualifying times would be reached within the current or immediately preceding season and that all universities follow these guidelines as the standard is often much higher.

Organisers have the right to refuse entry should a participant not meet these qualifying standards, and as outlined in clause 3.3 may not award points.

EVENT	MEN	WOMEN
Running		
100m	11.50 secs (11.74)	13.00 secs (13.24)
200m	23.50 secs (23.74)	27.30 secs (27.54)
400m	53.00 secs (53.14)	62.0 secs (62.14)
800m	2.02.00 mins	2.24.00 mins
1500m	4.15.00 mins	5.05.00 mins
5000m	16.45.00 mins	23.00.00 mins
10,000m	36.00.00 mins	44.00.00 mins
Steeplechase		
3000m	10.55.00 mins	12.30.00 mins
Hurdles		
110m Hurdles	17.30 secs (17.54)	-
100m Hurdles	-	18.00 secs (18.24)
400m Hurdles	60.00 secs (60.14)	70.0 secs (70.14)
Walks		
5km	27.00.00 mins	30.30.00 mins
Jumps		
Pole Vault	3.20 m (start height 3.00)	2.40 m (start height 2.20)
High Jump	1.80 m (start height 1.75)	1.45 m (start height 1.40)
Triple Jump	12.50 m	9.50 m
Long Jump	5.85 m	4.30 m
Throws		
Javelin	40.00 m	26.00 m
Hammer	32.00 m	26.00 m
Discus	32.00 m	26.00 m
Shot Put	11.00 m	9.50 m
Multi events		
Decathlon	4750 pts	-
Heptathlon	-	3250 pts

Note: Bracketed track times are the electronically calculated standards (considers lack of delay between gun firing and starting of the electronic clock). Bracketed field event heights are recommended starting heights for each event.

AUS CURRENT ATHLETICS RECORDS

EVENT	RECORD	YEAR	RECORD HOLDER	UNI
Women's 100m	11.50	1973	Barbara Wilson (nee Jordan)	UQ
Women's 200m	23.92	2005	Melanie Kleeberg	UQ
Women's 400m	53.44	1997	Tamsyn Lewis	SUT
Women's 800m	02:07378	2014	Anneliese Rubie	USYD
Women's 1,500m	04:18.90	2014	Jennifer Blundell	USYD
Women's 3,000m steeplechase	10:26.03	2013	Milly Clark	USYD
Women's 5,000m	16:05.90	2010	Lara Tamsett	USYD
Women's 10,000m	35:33.53	2008	Tamara Carvolth	UQ
Women's 100m hurdles	13.82	2013	Michelle Jenneke	USYD
Women's 400m hurdles	01:00.40	1984	Leslie Richards	MQU
Women's 4x100m relay	46.63	2005	J Boyd, M Kleeberg, K Leitch, R Negus	UQ
Women's 4x400m relay	3:464.34	2015	C.Shultz, E.Duve, G.Cowie, A.Rubie	USYD
Women's 1,600 medley relay	3:51.20	2013	J Blundell, A Rubie, L Paasternatsky, E Nelson	USYD
Women's high jump	1.79m	1997	Belinda Blay	VU
		2008	Ellen Pettitt	CURT
Women's pole vault	3.90m	2001	Brigid Isworth	MELB
Women's long jump	6.14m	2015	Audrey Kyriacou	UNSW
Women triple jump	12.85m	1997	Mariklud Viduka	VU
Women's shot put	14.75m	1980	P. Donnelly	MELB
Women's discus throw	54.87m	2015	Taryn Gollshewsky	CQU
Women's hammer throw	61.95m	2015	Lara Nielsen	USQ
Women's javelin throw	52.01m	2011	Kelsey-Lee Roberts	UOW
Women's heptathlon	5406	1984	Leslie Richards	MQU
Women's 5,000m walk	23.19.54	2004	Laura Johnson	ACPE
		1966	Gary Eddy	MELB
Men's 100m	10.40	1968	Phillip King	MELB
Men's 200m	21.00	1967	Gary Eddy	MELB
		1981	D. Blumburg	SYD
Men's 400m	46.30	1997	Patrick Dwyer	UNSW
Men's 800m	01:47.80	1968	Ian Jones	MELB
Men's 1,500m	03:41.14	2008	Ryan Gregson	UWS
Men's 5,000m	14:03.44	2010	James Nipperess	USYD
Men's 10,000m	29:33.80	1973	Brendan Layh	MON
Men's 110m hurdles	14.10	1970	Mal Baird	MON
Men's 400m hurdles	51.52	2015	Leigh Bennett	ACU
Men's 3,000m steeplechase	8.45.75	2002	Matthew Kerr	UOW
Men's 4x100m relay	40.80	1967	G Lewis, P King, G Eddy, D James	MELB
Men's 4x400m relay	3:10.92	2013	J S Jung, J Hiscox, I Dewhurst, J Ralph	USYD
Men's 1,600m medley relay	3:22.16	2014	T Robinson, A DiMedio, I Douglas, A Rowe	MELB
Men's high jump	2.26m	2015	Joel Baden	MELB
Men's pole vault	5.00m	2002	Steven Hooker	RMIT
		2004	James Filshie	MON
Men's long jump	7.73m	1971	Grahame Taylor	UQ
Men's triple jump	16.02m	1973	Donald Commons	MELB
Men's shot put	18.69m	200	Dale Stevenson	MON
Men's discus throw	59.30m	2005	Tim Driesen	UC
Men's hammer throw	67.70m	1991	Sean Carlin	ADEL
Men's javelin throw	77.71	2006	Joshua Robinson	UQ
Men's decathlon	7353	1984	Stuart Andrews	ANU
Men's 5,000m walk	21:09.13	2008	Thomas Barnes	MELB