

UniSport Australia Guideline

Athletics – outdoor track and field

Men and Women

UniSport Australia (UniSport) track and field competitions are conducted in accordance with the rules of [Athletics Australia](#) (AA) except where these differ from UniSport competition guidelines; in which case the latter shall take precedence.

1. Team/squad size

- 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. All withdrawals and substitutions during the competition must be submitted to the athletics administration desk at least 60 minutes before the scheduled time of the event.
- 2.2. The following events shall be included in the championships:

Men		Women	
100m	5000m race walk	100m	5000m race walk
200m	3000m steeplechase	200m	3000m steeplechase
400m	110m hurdles	400m	100m hurdles
800m	400m hurdles	800m	400m hurdles
1500m	4x100m relay	1500m	4x100m relay
5000m	4x400m relay	5000m	4x400m relay
10000m	Decathlon*	10000m	Heptathlon*
Discus	Long jump	Discus	Long jump
Shot put	High jump	Shot put	High jump
Javelin	Triple jump	Javelin	Triple jump
Hammer throw	Pole vault	Hammer Throw	Pole Vault
Mixed events	4x400m relay		

**Decathlon and Heptathlon events will be contested as part of the 2022 Australian Track & Field Championships. Competitors will be required to enter their university and student number during registration to ensure their results count towards their university's point score.*

- 2.3. Event scheduling shall take into consideration the venue capabilities and if need be, rescheduling of events may take place at the discretion of competition management to enable the competition to run on time and to schedule.
- 2.4. 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. The points awarded for each final shall be:

Place	Individual finals	Combined events	Relay finals*
1 st	9	18	18
2 nd	7	14	14
3 rd	6	12	12
4 th	5	10	10
5 th	4	8	8
6 th	3	6	6
7 th	2	4	4
8 th	1	2	2

* Points for the mixed 4x400m relay will be split between the men's and women's point score total for each university involved.

- 3.2. If two or more competitors finish equal in an event, they shall share the points for the places tied.
- 3.3. For events which are straight finals, competitors who do not meet the UniSport qualifying standard in the event will not score points for the university they represent.
- 3.4. The university scoring the greatest number of points in the competition (separately for men and women), shall be declared the overall winners for the competition.
- 3.5. If two or more universities score an equal number of points to tie for first place overall, the university with the highest number of first placings will be deemed the winner. If universities are still equal, then a joint winner will be awarded.

4. Multi-class point score

- 4.1. Multi-class athletics events will be incorporated into the overall competition schedule upon close of entries. Athletes will be required to select their event and classification at the point of registration.
- 4.2. Multi-class athletes contribute to their university's point score based on their result/s achieved as outlined in items 4.3 and 4.4. Multi-class is not considered a separate competition to the overall men's and women's point score.
- 4.3. Multi-class events shall be scored as a percentage of a Baseline Performance as [provided by Athletics Australia](#).
- 4.4. Athletes who achieve a result which falls within the percentage range for their classification will be allocated the relevant point score and/or medal, which will contribute to their university's total point score.

Place	Range
1 st	80% +
2 nd	70-79.99%
3 rd	60-69.99%
4 th	55-59.99%

Place	Range
5 th	50-54.99%
6 th	45-49.99%
7 th	40-44.99%
8 th	35-39.99%

5. Check in

- 5.1. Athletes must check in for their event, at least one hour before the scheduled start time of the event. Any athlete who has not checked in will be scratched from their event.
- 5.2. There will be no check in for subsequent rounds.
- 5.3. Athletes will need to check in personally and produce their UniSport accreditation and competition uniform for inspection when checking in.
- 5.4. Athletes will be issued with their competition bibs at check in.
 - Athletes must attach the competition bib firmly to their singlet or crop top both front and back (all jumps are only required to wear one bib).
 - Athletes are not permitted to tamper with the competition bib in any way.
- 5.5. Athletes in the combined events must check in one hour prior to the commencement of their first event each day.

6. Marshalling procedures

- 6.1. Track events: all athletes are required to report to the marshalling area at the times indicated:
 - 100m, 200m, 400m, 800m, 1500m, 5000m, 10000m, 5000m race walk – no later than 15 minutes before the advertised start time.
 - Steeplechase, hurdles, relays – no later than 20 minutes before the advertised start time.
- 6.2. Field events: all athletes are required to report to the event site at the times indicated:
 - Pole vault 60-75 minutes before start time.
 - All other field events 30 minutes before start time.
- 6.3. 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.
- 6.4. All competitors in track events of distances 800m and greater, as well as the finishing runner in relay teams will be issued with their hip number at marshalling.
- 6.5. 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 marshalling officials.
- 6.6. Coaches are not permitted onto the competition area.

7. Progression to finals

- 7.1. If 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.
- 7.2. The maximum number of three rounds will apply for all track events.
- 7.3. 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 hurdles, 110m hurdles and 400m hurdles.

- If the competition venue has more than eight lanes available, then the competition manager may, at their discretion, utilise the extra lanes in both heats and finals.

Declared entries	Heats	Progression	Semi finals	Progression
9 – 16	2	First three plus next two fastest		
17 - 24	3	First two plus next two fastest		
25 - 32	4	First three plus next four fastest	2	First three plus next two fastest
33+	5+	First three plus next four fastest	3	First two 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
40+	5+	First three plus next five 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**:

- 5000m
- 10000m
- Steeplechase
- Race walks

7.4. For all throws and the long and triple jump, all competitors will have an initial three attempts, with the leading eight competitors having a further three 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 three attempts with the top 12 performers overall progressing to the final round.

7.5. Multi-class athletes competing in throws and jumps will have three attempts, with their best attempt recorded as their final result.

8. Commencement heights

8.1. 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.

8.2. 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.

9. Relays

9.1. All members in a relay team must wear the same uniforms as per World Athletics guidelines.

9.2. An official athletics relay declaration form (with the names of four to six competitors) must be submitted to the athletics administration desk at least two hours prior to the commencement of the starting time of the relay. Changes will be permitted up until one hour before.

9.3. Once a relay team has competed in a heat, only two athletes may be used as substitutes in the composition of the team for the final. Only eligible athletes can be substituted; i.e. athletes listed in the original relay form as fifth or sixth names.

9.4. Mixed 4x400m relay

- Mixed teams must consist of two male and two female competitors running 400m each
- Teams may decide the order in which their athletes will race

10. Protests

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

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

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

11. Personal implements (other than pole vault)

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

11.2. No more than two implements may be submitted by any athlete for any throwing event.

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

11.4. 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.

12. Pole vault

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

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

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

13. Warm up

- 13.1. 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.
- 13.2. 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).
- 13.3. Coaches will not be permitted into the competition area during warm up or competition.

14. Uniform requirements

- 14.1. Each athlete shall wear the uniform of their university. The university shall submit a description of its uniform if requested. A competition bib will be provided to competitors to wear.
- 14.2. The specific uniform requirements for track and field are as per the World Athletics Rule 5.1 with the following UniSport uniform requirements:
 - Shorts, singlet, one piece or two-piece athletic attire.
 - All competitors will wear all competition bibs allocated to them while competing.
 - Field event competitors may wear track pants while competing.
- 14.3. [World Athletics Athletic Shoe Regulations](#) (effective from 1 January 2022) will be applicable to the competition. Athletes are strongly encouraged to check the [World Athletics Approved Shoe List](#) prior to the competition to ensure their footwear is permitted. This list is updated frequently by World Athletics.

15. Team duties

- 15.1. Team duty requirements (if required) for athletics are:
 - Each university team with 10 or more participants may be required to assist officials at a designated field sites over the duration of the championships.
 - It is envisaged that this will require no more than two 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 site.
 - Each team will be required to supply a lap scorer for long distance events for each of their competitors.
 - 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.
 - Teams that do not fulfil team duties will be fined as per the UniSport Guideline *Breach of Competition Requirements*.

16. Qualifying standards

- 16.1. All competitors must meet the qualifying standards below established for the competition.
- 16.2. It is advisable that these qualifying times would be reached within the current or immediately preceding season (2020 season will be considered due to lack of competition opportunities as a result of COVID-19) and that all universities follow these guidelines as the standard is often much higher.

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

Men	Event	Women
Track		
11.50 secs (11.74)	100m	13.00 secs (13.24)
23.50 secs (23.74)	200m	27.30 secs (27.54)
53.00 secs (53.14)	400m	62.0 secs (62.14)
2:02.00 mins	800m	2:24.00 mins
4:15.00 mins	1,500m	5:05.00 mins
16:45.00 mins	5,000m	23:00.00 mins
36:00.00 mins	10,000m	44:00.00 mins
10:55.00 mins	3,000m steeplechase	12:30.00 mins
17.30 secs (17.54)	110m hurdles	-
-	100m hurdles	18.00 secs (18.24)
60.00 secs (60.14)	400m hurdles	70.0 secs (70.14)
27:00.00 mins	5,000m walk	30:30.00 mins
Field		
3.20 m (start height 3.00)	Pole vault	2.40 m (start height 2.00)
1.80 m (start height 1.75)	High jump	1.45 m (start height 1.45)
12.50 m	Triple jump	9.50 m
5.85 m	Long jump	4.30 m
40.00 m	Javelin	26.00 m
32.00 m	Hammer Throw	26.00 m
32.00 m	Discus	26.00 m
11.00 m	Shot put	9.50 m
Combined events		
per AA Track & Field Championships	Decathlon	-
	Heptathlon	per AA Track & Field Championships

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.

16.3. Athletes participating in combined events must meet the entry standards as set by Athletics Australia equivalent to the U20s and Open age group in each respective competition.

17. Current UniSport athletics records

Women's events	Record	Year	Record holder	University
100m	11.5	1973	Barbara Wilson (nee Jordan)	UQ
200m	23.92	2005	Melanie Kleeberg	UQ
400m	53.44	1997	Tamsyn Lewis	SUT
800m	1:59.78	2019	Catriona Bisset	MELB
1,500m	4:10.52	2019	Georgia Griffith	MON
3,000m steeplechase	9:51.75	2021	Stella Radford	MELB
5,000m	16:05.90	2010	Lara Tamsett	USYD
10,000m	34:33.38	2018	Samantha Phillips	UQ
5,000m walk	22.56.39	2017	Regan Lamble	MELB
100m hurdles	13.28	2019	Michelle Jenneke	USYD
400m hurdles	58.47	2019	Genevieve Cowie	USYD
4x100m relay	46.63	2005	J Boyd, M Kleeberg, K Leitch, R Negus	UQ
4x400m relay	3:46.34	2015	C.Shultz, E.Duve, G.Cowie, A.Rubie	USYD
1,600m medley relay	3:51.20	2013	J Blundell, A Rubie, L Paasternatsky, E Nelson	USYD
High jump	1.85m	2017 2019	Nicola McDermott	USYD
Pole vault	3.90m	2001	Brigid Isworth	MELB
Long jump	6.14m	2015	Audrey Kyriacou	UNSW
Triple jump	12.87m	2019	Aliyah Johnson	GU
Shot put	15.33m	2015	Chelsea Lenarduzzi	GU
Discus	60.27m	2016	Taryn Gollshewsky	CQU
Hammer throw	63.63m	2019	Alexandra Hulley	ACU
Javelin	59.65m	2021	Mackenzie Little	USYD
Heptathlon	5406	1984	Leslie Richards	MQU

Men's events	Record	Year	Record holder	University
100m	10.4	1966 1968	Gary Eddy Phillip King	MELB MELB
200m	21.0	1967 1981	Gary Eddy Derek Blumberg	MELB UNSW
400m	46.30	1997	Patrick Dwyer	UNSW
800m	1:47.8	1968	Ian Jones	MELB
1,500m	3:41.14	2008	Ryan Gregson	UWS
5,000m	14:03.44	2010	James Nipperess	USYD
10,000m	29:30.31	2021	Tim Vincent	QUT
5,000m walk	19:04.60	2021	Declan Tingay	UWA
110m hurdles	14.1	1970	Mal Baird	MON
400m hurdles	51.52	2015	Leigh Bennett	ACU
3,000m steeplechase	8.45.75	2002	Matthew Kerr	UOW
4x100m relay	40.8	1967	G Lewis, P King, G Eddy, D James	MELB
4x400m relay	3:10.92	2013	J S Jung, J Hiscox, I Dewhurst, J Ralph	USYD
1,600m medley relay	3:22.16	2014	T Robinson, A DiMedio, I Douglas, A Rowe	MELB
High jump	2.26m	2015	Joel Baden	MELB
Pole vault	5.00m	2002 2004	Steven Hooker James Filshie	RMIT MON
Long jump	7.73m	1971	Grahame Taylor	UQ
Triple jump	16.02m	1973	Donald Commons	MELB
Shot put	18.69m	2000	Dale Stevenson	MON
Discus	59.30m	2005	Tim Driesen	UC
Hammer throw	67.70m	1991	Sean Carlin	AU
Javelin	77.71	2006	Joshua Robinson	UQ
Decathlon	7353	1984	Stuart Andrews	ANU

Mixed events	Record	Year	Record holder	University
4x400m relay	3:43.70	2021	M Fokas, R Craker, K Wahby, B Nohra	UTS

Note: Track records shown to one-tenth of a second were timed by hand and not electronically. For awareness of differential: 0.24 for 100m and 200m; 0.14 for 400m.

Previous amendments

August 1998 | August 2001 | June 2003 | August 2005 | April 2008 | August 2009 | February 2011 | May 2012 | April 2013 | May 2014 | February 2015 | March 2017 | October 2017 | February 2018 | March 2018 | August 2018 | March 2019 | March 2021 | April 2021 | April 2022

*All competitions will be held in accordance with the UniSport competition guidelines.

