

IGSA Sport
100th Annual
Athletics
Championships

Sydney Olympic Park Athletics Centre

Thursday 21st August 2025, 5.00 pm - 7.00 pm
&
Friday 22nd August 2025, 8.30 am - 3.30 pm
(Times are approximate.)

Risk Warning

(Under Section 5M of Civil Liability Act 2002)

On Behalf of IGSA and participating IGSA Members' Schools listed below:

Abbotsleigh	MLC School	Santa Sabina College
Ascham School	Monte Sant' Angelo	SCEGGS Darlinghurst
Brigidine College	Mount St Benedict	Stella Maris College
Canberra Girls Grammar	NEGS	St Catherine's School
Danebank School	OLMC Parramatta	St Patrick's College
Frensham	PLC Armidale	St Scholastica's College
Kambala	PLC Sydney	St Vincent's College
Kincoppal-Rose Bay	Pymble Ladies' College	Tangara School
Loreto Kirribilli	Queenwood	Tara
Loreto Normanhurst	Ravenswood	Wenona
Meriden School	Roseville College	

Athletics and Twilight Carnivals 2025

The Association of Heads of Independent Girls' Schools NSW, trading as **IGSA** (Independent Girls' Schools Association) and its members' schools organise many individual and team sporting activities during the course of a year. Some of these are organised in conjunction with IGSA Sport, a sub-committee IGSA. Students participating in these sporting activities take part in practice and in competitions.

IGSA and its members' schools expect students to take responsibility for their own safety by wearing compulsory safety equipment, by thinking carefully about the use of safety equipment that is highly recommended and by behaving in a safe and responsible manner towards team members, opponents, spectators, officials, property and grounds.

IGSA and its members' schools also expect parents, spectators and other participants to behave in a safe and responsible manner, to comply with the IGSA Sport Code of Conduct and to set a good example for the students.

While IGSA and its members' schools take measures to make the Athletics and Twilight Carnivals as safe as reasonably possible for participants, there is a risk that students can be injured and suffer loss (including financial loss) and damage as a result of their participation in these sporting activities, whether at training or in actual events. Parents, spectators and officials could also be injured or suffer loss.

Such injury can occur while the student is engaging in or watching the Athletics and Twilight Carnival, or travelling to and from the event. The injury may result from a student's actions, the actions of others, the state of the premises or equipment failure.

In particular, injury at the Athletics and Twilight Carnival may result from slipping and falling, collisions with equipment and / or other participants, exposure to weather or being inadequately trained and / or prepared for the event.

On some occasions, an injury can be serious (such as torn ligaments, dislocations, back injuries, concussion or broken bones). In very rare cases an injury can be life threatening or result in permanent disability. If a student has a pre-existing injury, participating in a sporting activity could result in an exacerbation of that injury.

Students could also suffer loss as a result of their personal property being lost, stolen, damaged or destroyed.

It is the responsibility of IGSA members' schools to ensure that all staff and volunteers undertaking duties at any IGSA Sport event have the required "Working with Children" clearance.

IGSA Sport Committee

President

Ms Lisa Moloney, MLC School

Treasurer

Ms Laetitia Richmond, St Scholastica's College

Committee

Mr Andrew Powell, Ascham School

Mrs Lisa Brown, Meriden School

Dr Kate Hadwen, Pymble Ladies' College

Ms Kristy Genc, PLC Sydney

Mr Tom Hill, Wenona

Ms Sonia Berry, IGSA Executive Officer

Mrs Kate Howitt, IGSA Director of Sport

Mr Matt Mulroney, IGSA Director of Sport

IGSA Sport Athletics Conveners

Kath Sambell, Kambala

Katie Edwards, Pymble Ladies' College

Committee

1 representative from each competing school

Athletics Officials Supplied by Athletics NSW

Data entry provided by SDS Pty Ltd

IGSA Sport Athletics Divisions 2025

Division 1 (Heat 3)	Division 2 (Heat 2)	Division 3 (Heat 1)
Abbotsleigh	Kambala	Brigidine College
Ascham School	Loreto Kirribilli	Canberra Girls Grammar School
Meriden	Loreto Normanhurst	Danebank
Monte Sant' Angelo	Queenwood	Frensham
PLC Sydney	Roseville College	Kincoppal - Rose Bay
Pymble Ladies' College	SCEGGS Darlinghurst	MLC School
Ravenswood	St Scholastica's College	NEGS
St Catherine's School	St Vincent's College	PLC Armidale
Wenona	Stella Maris College	Tara

IGSA Sport Athletics Point Score

Point score applicable for ALL heats and finals

Individual: 13 - 11 - 9 - 7 - 6 - 5 - 4 - 3 - 2

Relays: 16 - 14 - 12 - 10 - 9 - 8 - 7 - 6 - 5

Trophies Presented

Divisions

Taken from Heats

Division 1	Combined total of senior, intermediate and junior point score
Division 2	Combined total of senior, intermediate and junior point score
Division 3	Combined total of senior, intermediate and junior point score

Finals Results

Taken from finals only

Junior	Combined total of junior point score
Intermediate	Combined total of intermediate point score
Senior	Combined total of senior point score
Most Improved, Kay Couldwell Cup	The school who improves their position in the final point score by the most places. If equal, then the schools will be declared joint winners.
Nicole Harris Shield	Combined total of para-athletes point score
Melinda Gainsford Taylor Shield	Combined total of junior, intermediate and senior point scores (excluding para-athlete points).
**Overall Champion School	Overall combined total of junior, intermediate and senior point scores (including para-athlete points).
	** Trophy name TBA.

Relays

Junior Relay
Intermediate Relay
Senior Relay

Individual Champions

Junior	Individual student with highest individual point score (best 3 events)
Intermediate	Individual student with highest individual point score (best 3 events)
Senior	Individual student with highest individual point score (best 3 events)
Open (para-athlete)	Individual student with highest individual point score in open events (best 3 events)

Trophies and Results 2024

Finals

Overall Champion School	Pymble Ladies' College
Para-Athlete Point Score (Nicole Harris Shield)	SCEGGS Darlinghurst
Combined Point Score (Melinda Gainsford Taylor Shield)	Pymble Ladies' College
Most Improved (Kay Couldwell Cup)	St Scholastica's
Senior Point Score	Pymble Ladies' College
Intermediate Point Score	Meriden
Junior Point Score	Pymble Ladies' College

Heats

Division 1	Pymble Ladies' College
Division 2	Roseville College
Division 3	SCEGGS Darlinghurst

Relays

Junior Relay	St Catherine's School
Intermediate Relay	Meriden
Senior Relay	Monte Sant' Angelo

Individual Champions

Junior Individual Champion	Avie Russell, Stella Maris
Intermediate Individual Champion	Julia Meaker, Meriden
Senior Individual Champion	Jessica Johnston, Loreto Kirribilli
Senior Individual Champion	Samara Bond, Pymble Ladies' College
Open (Para) Individual Champion	Coco Espie, SCEGGS Darlinghurst

2025 Track Program of Events

Track Events *(held in divisions 3, 2, 1- in that order)*

PLEASE NOTE: All times are approximate and are subject to change at any time.

Thursday 21st August 2025

Start: 5.00 pm

Heats (5:00pm start)		(Approx 5:45pm start)	
Event 1	12 years 80m Hurdles	Event 8	12 years 800m
Event 2	13 years 80m Hurdles	Event 9	13 years 800m
Event 3	14 years 90m Hurdles	Event 10	14 years 800m
Event 4	15 years 90m Hurdles	Event 11	15 years 800m
Event 5	16 years 100m Hurdles	Event 12	16 years 800m
Event 6	17 years 100m Hurdles	Event 13	17 years 800m
Event 7	18 - 19 years 100m Hurdles	Event 14	18 - 19 years 800m

Friday 22nd August 2025

Start: 8.30 am

Finals will commence following the lunch break

Heats (8:30am start)		(approx. 12:30pm)		<i>Finalists from</i>
Event 15	12 years 200m	Final 1	12 years 80m Hurdles	<i>Event 1</i>
Event 16	13 years 200m	Final 2	13 years 80m Hurdles	<i>Event 2</i>
Event 17	14 years 200m	Final 3	14 years 90m Hurdles	<i>Event 3</i>
Event 18	15 years 200m	Final 4	15 years 90m Hurdles	<i>Event 4</i>
Event 19	16 years 200m	Final 5	16 years 100m Hurdles	<i>Event 5</i>
Event 20	17 years 200m	Final 6	17 years 100m Hurdles	<i>Event 6</i>
Event 21	18 -19 years 200m	Final 7	18 – 19 years 100m Hurdles	<i>Event 7</i>
Timed Final*	(approx. 9:15am)	Final 8	12 years 200m (approx. 1:00pm)	<i>Event 15</i>
	Event 22	Final 9	13 years 200m	<i>Event 16</i>
	Event 23	Final 10	14 years 200m	<i>Event 17</i>
	Event 24	Final 11	15 years 200m	<i>Event 18</i>
Heats	(approx. 9:45am)	Final 12	16 years 200m	<i>Event 19</i>
	Event 25	Final 13	17 years 200m	<i>Event 20</i>
	Event 26	Final 14	18 – 19 years 200m	<i>Event 21</i>
	Event 27	Final 15	Para athlete 200m Timed Final	<i>Event 39*</i>
Event 28	12 years 100m	Final 16	12 years 800m (approx. 1:20pm)	<i>Event 8</i>
Event 29	13 years 100m	Final 17	13 years 800m	<i>Event 9</i>
Event 30	14 years 100m	Final 18	14 years 800m	<i>Event 10</i>
Event 31	15 years 100m	Final 19	15 years 800m	<i>Event 11</i>
Event 32	16 years 100m	Final 20	16 years 800m	<i>Event 12</i>
Event 33	17 years 100m	Final 21	17 years 800m	<i>Event 13</i>
Event 34	18 -19 years 100m	Final 22	18 – 19 years 800m	<i>Event 14</i>
Timed Final*	(approx. 11:15am)	Final 23	12 years 100m (approx. 1:50pm)	<i>Event 25</i>
	Event 35	Final 24	13 years 100m	<i>Event 26</i>
	Event 36	Final 25	14 years 100m	<i>Event 27</i>
	Event 37	Final 26	15 years 100m	<i>Event 28</i>
	Junior 400m	Final 27	16 years 100m	<i>Event 29</i>
	Intermediate 400m	Final 28	17 years 100m	<i>Event 30</i>
	Senior 400m	Final 29	18 – 19 years 100m	<i>Event 31</i>
		Final 30	Para athlete 100m Timed Final	<i>Event 38*</i>
		Final 31	Junior Relay (approx. 2:20pm)	<i>Event 32</i>
		Final 32	Intermediate Relay	<i>Event 33</i>
		Final 33	Senior Relay	<i>Event 34</i>

*** Timed Final only - no heat**

Hurdles	12 and 13 years	14 and 15years	16 and 17years	18 years +
Distance	80m	90m	100m	100m
Height	0.762m	0.762m	0.762m	0.840m

Field Events

Friday 22nd August 2025

Start: 8.30 am

Please note times are only approximate - students will be called if required earlier than stated.

8:30am Sharp - Final to follow immediately

Event 40	12 years Long Jump	(scoreboard end)
Event 41	13 Years Long Jump	(finish line end)
Event 42	Junior Discus	(finish line end)
Event 43	Intermediate High Jump	(finish line end)
Event 44	17 years Shot Put	(scoreboard end)
Event 45	18 – 19 years Shot Put	(finish line end)

10:00am - Final to follow immediately

Event 46	14 years Long Jump	(scoreboard end)
Event 47	Para athlete Long Jump	(finish line end)
Event 48	Senior High Jump	(finish line end)
Event 49	Senior Javelin	(scoreboard end)
Event 50	Intermediate Discus	(finish line end)
Event 51	13 years Shot Put	(finish line end)
Event 52	12 years Shot Put	(scoreboard end)

11:30am - Final to follow immediately

Event 53	15 years Long Jump	(finish line end)
Event 54	16 years Long Jump	(scoreboard end)
Event 55	Junior High Jump	(finish line end)
Event 56	Intermediate Javelin	(scoreboard end)
Event 57	Senior Discus	(finish line end)
Event 58/63*	Para athlete Seated Shot Put & Discus	(scoreboard end – Discus cage), then:
Event 58*	Para athlete Standing Shot Put	(scoreboard end – Shot Put circle), then:
Event 63*	Para athlete Standing Discus	(scoreboard end – Discus cage)
Event 59	14 years Shot Put	(finish line end)

1:00pm - Final to follow immediately

Event 60	17 years Long Jump	(finish line end)
Event 61	18 – 19 years Long Jump	(scoreboard end)
Event 62	Junior Javelin	(scoreboard end)
Event 64	15 years Shot Put	(finish line end)
Event 65	16 years Shot Put	(scoreboard end)

	Junior	Intermediate	Senior	Para
Javelin	500 gm	500 gm	600 gm	n/a
Discus	1 Kg	1 Kg	1 Kg	***
Shot	3 Kg	3 Kg	3 Kg for 17 years 4 Kg for 18 years	***
High Jump	1.25m	1.30m	1.30m	n/a
5cm rises until 3 competitors remain, then 3cm rises				

Para athletes should check for their weights against their age and classification in the following document:
<https://cdn.revolutionise.com.au/cups/aa/files/bt3daop8regeriak.pdf>

Online Results: Results will be streamed on the Meet Mobile – Track & Field App.

IGSA Sport Athletics Rules and Guidelines

Entry Rules

1. Age as at December 31 of the year of carnival.
2. Junior 14 Years and Under
Intermediate 15 and 16 Years
Senior 17 Years and Over
3. A school may enter one competitor / team per event (except for para-athlete's events).
4. A student may compete in a higher age group than her own, provided this is the only age group in which she competes.
5. a) Every student may enter a total of 5 events. This may consist of a maximum of any 4 individual events plus 1 relay. Schools with an enrolment of less than 351 may require greater flexibility and should contact IGSA Sport as required.
b) Para athletes may enter either all 5 individual events or 4 individual events plus 1 relay.
6. Team changes will be limited to 5 athletes only, to be submitted on the "In / Out change sheet" no later than 8am on the Wednesday before the carnival. On the afternoon of the 800m and hurdles heats, only 1 change can be made prior to 4:30pm. On the day of the carnival proper, only 1 change can be made prior to 8am. These final changes must be signed off by the school's Head of Sport.

Carnival Rules

1. Competitors must be ready at the start when called or they will be disqualified from competing in the event.
2. With the exception of para-athlete events, in all races up to and including the 400 metres, competitors must use a crouch start.
3. With the exception of para-athlete events, starting blocks supplied by the venue will be the only blocks to be used on the ground, and can be used by all competitors in events up to and including 400m and relays. If a competitor is wearing spikes, blocks must be used.
4. All athletes will compete under the IAAF Rule 162.7 that states 'any athlete responsible for a false start shall be disqualified'. Starter's discretion will be applied.
5. Track events take precedence over field events. Competitors leaving a field event for a track event must report to the field official before leaving and return within 30 minutes or forfeit their attempt in any completed round. Officials are to record the time the competitor left the field event. Please note that upon return to high jump events, the bar will not be moved back down to a lower height should an athlete miss a turn due to being at another event (track or field).
6. Spikes are optional for all events. However, shoes (or spikes) must be worn for all events. Spikes must not exceed 7 mm, except for high jump and javelin which must not exceed 9 mm. Athletes using spikes must use SOPAC starting blocks.
7. Regulation school athletics uniform to be worn by competitors. No jewellery is to be worn except for a watch.
8. Any protest must be lodged in writing immediately after the race. Protests may only be lodged by Directors/Heads of Sport or their nominated delegate. All protests will be heard by either IGSA Director of Sport or another IGSA Sport staff member, the IGSA Sport Athletics Convener and Director/Head of Sport from the school involved and in consultation with the NSW Athletics referee. The decision will be made during the carnival.
9. Coaches and parents are to remain outside the competition arena, i.e. outside the fence, at all times. Para-athlete coaches/support personnel are an exception to this rule. Officials who are also coaches of students may not coach while performing an official duty.
10. Competitors, spectators, parents and coaches / staff should adhere to guidelines for conduct in the IGSA Sport Code of Conduct.

11. All competitors in the 1500m races must wear hip number stickers if supplied by IGSA Sport.
12. Only IGSA Sport approved photographers are allowed to be inside the competition arena during the day's events.
13. The highest/first placegetter for track events and the highest/first placegetter in field events at the IGSA Sport carnival, from the finals, will automatically qualify for the IGSA team. The next two places may be decided by the second or third placegetters in the event or heat at the IGSA Sport carnival, or a nominated time/distance achieved within the same calendar year (NSW Athletics approved times/distances only) or via the exemption policy. Results achieved at IGSA Twilight carnivals will also be accepted. Students who compete in the IGSA Sport carnival and have a time/distance equal to an extra event entry will take priority when team selections are done. See the IGSA Sport Representative Selection Policy for full details on selection. Students submitting extra entries for events not contested at the IGSA Sport carnival (e.g. 3000m, triple jump etc) must have competed at the IGSA Sport carnival in order to be considered.
14. Competitors are to use the field event equipment supplied by SOPAC. If an athlete wishes to use their own equipment she must check it with the Field Referee, and it will be pooled for use by all competitors.
15. Coaching shall be permitted off-track or during breaks for field events. Coaching is not permitted on the track or field while competing.
16. Anybody not affiliated with an IGSA school (i.e. either doesn't work for a school or a school approved coach who has an athlete competing in the championships) will be questioned and may be asked to leave the venue.

General Information

1. Cleaned, engraved trophies should be returned to the IGSA office at least one week prior to the carnival.
2. Lunch will be provided for Athletics NSW Officials only.
3. Runners (student assistants) are to be supplied by the designated schools.
4. Lost property will be collected by IGSA Sport or the venue.
5. All student spectators and competitors are to be seated in their allocated areas and are only to leave with the permission of the staff member in charge. A seating diagram will be provided to schools.
6. Competitors may warm up on the track prior to the start of the carnival. No shot put, discus or javelin may be practiced until the officials for the event are present to supervise. Whilst hurdles and 100m races are being conducted, a warm-up may be conducted on the far side of the track.
7. All heats and finals will be marshalled at the starting area of that event.
8. Division ribbons and finals medals should be collected by school staff at the completion of the carnival from the recording room. New record certificates will be posted to schools. Trophies will be presented at the end of the carnival.
9. Each school is responsible for their own basic first aid requirements however a first aid official will be available for serious injuries; they will be located in the First Aid Office. Schools must bring their own bags for ice.

Para Athletes Events

Events 38, 39, 47, 58 and 63 will be conducted as multi-class events and scored using the Baseline scoring system.

More than one athlete per school may compete, however they will not all receive points. Only the highest placed athlete per school will receive points.

All para-athletes are to have had previous race experience and be adequately prepared to compete. School staff should have knowledge of any special requirements for an athlete to compete safely.

Official classification is required for para-athletes competing at IGSA Sport, NSW CIS and NSW All Schools.

If para field events contain less than nine competitors, the events will be run as straight finals (i.e. no extra throws will be permitted).

Track Events

Placegetters from each division in heats will receive division ribbons. Places will be awarded and points allocated to the appropriate division accordingly.

Placegetters from each final will receive a medal.

In the event of the electronic timing malfunctioning, IGSA Sport reserves the right to re-run the event with at least a 20-minute break and when the program allows or to revert to handheld times.

Track Finalists

The 400m and 1500m are straight, timed finals. Points are allocated from this event to both heats and finals results.

The para-athlete 100m and 200m are straight finals.

The fastest 9 times from the heats will progress through to the finals of the 100m, hurdles, 200m, 800m and relays.

Where there is a tie for finals placings, neither will run if there are insufficient lanes - they will both receive a percentage of that place's points.

800m and hurdles - positions in finals will be decided in the heats prior to the main carnival. Any student who does not participate in this qualifying event cannot compete in the finals.

Field Events and Finalists

Warm-Up:

IGSA will attempt to call all field events 20 minutes in advance, so long as the program is running to time; please ensure athletes listen out for their marshalling call and go straight to their event, to minimise the risk of missing out on the warm-up.

If a student arrives late and misses the warm-up timeslot, they will miss the opportunity to have a warm-up throw or jump. Run-ups for Long Jump and High Jump can still be marked, but no practice jumps will be allowed.

Competitors are not permitted to use any equipment or apparatus for warming up prior to the commencement of the event, and prior to the arrival of IGSA officials. Following the check-in process, all competitors will be allowed one warm-up attempt. Warm-up attempts will be done in competition order.

High jump and long jump competitors may mark out their run-ups prior to checking in. No further warm-ups will be permitted between the heats and finals of each event. Competitors who leave a field event to compete in a track event must come straight back into the competition; no additional warm-up attempts are permitted.

Finalists

The top 9 placed competitors from each event after the first round of 3 jumps or throws will progress to the final round of 3 jumps or throws (except for high jump).

High jump placings will be allocated after the event is fully completed.

If para field events contain less than nine competitors, the events will be run as straight finals (i.e. no extra throws will be permitted).

Ties: Where the result is determined by distance, the second-best performance shall resolve the tie, and if necessary, the third.

If a tie remains and involves first place, those concerned will compete again in the same order in a new attempt until the tie is resolved. If a tie still remains and involves places other than 1st place competitors, then those competitors are awarded the same place.

Ties - High Jump: The competitor with the lowest number of jumps at the height the tie occurs then wins.

Wet Weather

As SOPAC is an all-weather track, cancellation is unlikely. All competitors are requested to provide suitable, safe footwear and clothing (and reserve clothing) for all conditions regardless of the weather forecast.

2025 IGSA Sport Athletics Duties

*** Please make sure staff and students undertaking any duties **know what their duty is and are suitably competent.** All those completing a duty must **report to the recording room to sign on and collect a pink vest.***

Duties for the 800m and hurdles heats: Thursday 21st August 2025

Starter	NSW Official
Track Referee	NSW Official
Chief Timekeeper	NSW Official
Marshall	Tara, Pymble Ladies' College
Finish Line Assistant	Ascham
Head Timekeeper	St Vincent's College
Hurdles*	Roseville College
Judges	Monte Sant' Angelo, St Catherine's
Results	Kincoppal Rose Bay
Equipment Manager	MLC
Split Timer & Bell Ringer	Ravenswood

* Staff from every school present will be responsible for setting up the hurdles

Staff to report to the recording tent (near finish line) by 4.30pm for a 5.00pm commencement of racing.

Hurdles to be placed on the track and moved accordingly by all schools in attendance.

School managers will receive a program, team lists and protest sheets prior to the carnival. Schools will no longer receive a folder containing these documents at the venue.

Track Marshalls – (1 staff)

Report to marshalling area at 8.00am. Check the correct starting point for each event with the check starter and starter.

Make sure the students know exactly where to go, that they remain together in order and report to the check starter.

Hurdles supervisors to check distances and heights are correct and instruct the moving team with placement of hurdles.

Finish Line Assistant (1 staff)

Keep competitors from leaving track until places are finalised.

Track Recorders plus 2 runners

Report to finish line by 8.00am.

Track and Field Supervisors

Report at 8.00 am. Check all areas have equipment then locate yourself near the finish line. Any people requiring equipment, or help, will report to you. Use radio to contact SOPAC personnel for assistance. Supervise hurdle placements.

Check Starter plus 2 runners

Report to start line at 8.00am. Check correct lanes and position of students at start - hands behind line, spikes, etc.

Check you know all starting lines 80m; 90m; 100m etc.

Check with Starter for any requests she/he may have.

Ensure starter equipment is moved for different/next events.

Two (2) runners assist you with such things as collecting students from marshalling, sending messages and removing blocks.

Students using starting blocks must use those supplied by venue - not their own.

Help move blocks to start of next event or remove from the track.

Remind athletes of crouch or block start. (Any student using spikes must use blocks.)

Judge (1 staff)

Report to the finish line at 8:00am. Judges are to judge all places for all events.

Listen to advice from the Chief Judge and arrange between you to do the lap count and bell for the 1500m and 800m.

Relay Changes (1 or 2 staff as requested on duties list)

Report to the IGSA Sport Track Referee when called by announcer at the start of the relays. Use one staff member and student to assist. If a fault is noticed, immediately mark the spot where the infringement occurred.

Supervisors - notify Track Referee of infringements very quickly and clearly. Please check everyone at your change knows the correct marks and ask all officials to assist the students when placing them in their lanes. Please collect your flags from the finish line and return them after the relays.

Field Events

See reporting times in field event table - 20 minutes prior to scheduled start or as requested over PA.

Collect folders from recording room.

Schools must supply 2 staff and 2 students at each field event - one supervisor, one recorder and two measurers. In most cases there will also be a NSW Athletics Official on each field event. **Long Jump schools must provide 3 staff and 2 students.**

Field event guidelines for officials:

- If a student needs to report to another event, she must notify you and return as soon as possible.
- Please be constantly aware of SAFETY.
- All competitors will have 3 attempts, which will be measured. In all shot put, discus, javelin and long jump events, those achieving the best 9 places in the qualifying round will be awarded 3 additional attempts.
- Field judge or a field official to read out finalists and qualifying distance and offer all athletes opportunity to check their recorded results prior to commencing the additional throws or jumps.

All performances accomplished in the qualifying round shall be considered part of the overall results.

- Heat and final results must be recorded on the score sheet.
- Field event judges may allow a competitor to compete out of order, provided it is in the same round, if this assists competitors who are in more than one event scheduled for the same time.

Advise athletes to request this if they are likely to have a clash of events.

Ribbons / Medals (1 staff member and 3 students to assist). *(Ribbons for heats and medals for finals)*

Ribbons to be written on throughout the morning session and placed in envelopes based on recording room results.

Medals to be placed in envelopes based on recording room results.

Recording Room Results (1 staff + 1 student runner): Report to recording room by 8:00am to check duties.

Para athlete - Schools with para-athletes must supply a staff member to accompany their athletes to assist with events.

General - Supervise your own team and spectators.

Duties for IGSA Sport Athletics Friday 22nd August 2025

Please note that IGSA Sport will host a meeting for all staff at the beginning of the day to outline all duties and rules followed by a brief meeting of NSW officials and all field officials.

School	Recording room	Other duties	Track events	Relay changes	Field events	Judge
Abbotsleigh	Finals medals - 12noon to finish (1 staff + 3 students)		Hurdles supervisor (1 staff)	Changeover 1 7, 8 & 9 Start lanes (1 staff)	11.30am Para Shot Put & Discus (2 staff +2 students) with Wenona	Yes
Ascham School			Finish line supervisor / track recorder (1 staff + 2 student)	Changeover 1 3 & 4 - Start lanes (1 staff)	8.30am Inter High Jump (2 staff +2 students)	
Brigidine		Check Starter 12noon-finish (1 staff + 2 students)		Changeover 3 1 & 2 - Finish lanes (1 staff)	10am Para Long Jump (3 staff + 2 students)	
Canberra Girls Grammar School				Changeover 2 7, 8 & 9 - Start lanes (1 staff)		
Danebank				Changeover 1 1 & 2 - Finish lanes (1 staff)	8.30am 13yrs Long Jump (3 staff + 2 students)	
Frensham			Hurdles moving team (10 students)			Yes
Kambala		Meet Director (1 staff) Track Events		Changeover 2 3 & 4 - Finish lanes (1 staff)	11.30am Junior High Jump (2 staff + 2 students)	
Kincoppal - Rose Bay				Changeover 1 5 & 6 - Finish lanes (1 staff)	10am 13yrs & 1pm 16yrs Shot Put (2 staff + 2 students)	Yes
Loreto Kirribilli				Changeover 1 Supervisor 1 & 2 - Start lanes (1 staff)	11.30am 16yrs Long Jump (3 staff + 2 students)	
Loreto Normanhurst		Track & Field Clearing Supervisor (heats)		Changeover 2 5 & 6 - Start lanes (1 staff)	1pm 17yrs Long Jump (3 staff + 2 students)	Yes
Meriden School		Track & Field Clearing Supervisor (finals)		Changeover 2 3 & 4 - Start lanes (1 staff)	8.30am Junior & 10am Inter Discus (2 staff + 2 students)	
MLC School	Recording room results 12noon – finish - (1 staff + 1 student runner)			Changeover 3 7, 8 & 9 finish lanes (1 staff)	8.30am 17yrs & 1pm 15yrs Shot Put (2 staff + 2 students)	
Monte Sant' Angelo	Main scoring spreadsheet All day (1 staff)	Marshal 12 noon - Finish (1 staff)		Changeover 2 1 & 2 - Finish lanes (1 staff)		Yes
NEGS	n/a					

School	Recording room	Other duties	Track events	Relay changes	Field events	Judge
PLC Armidale	n/a					
PLC Sydney			Hurdles supervisor + moving team (1 staff +10 students);	Changeover 2 5 & 6 - Finish lanes (1 staff)	10am 12yrs & 11.30am 14yrs Shot Put (2 staff + 2 students)	
Pymble Ladies' College		Meet Director Field Events (1 staff)		Changeover 1 7, 8 & 9 Finish lanes (1 staff)	8.30am 12yrs & 10am 14yrs Long Jump (3 staff + 2 students)	
Queenwood				Changeover 1 3 & 4 - Finish lanes (1 staff)	11.30am 15yrs & 1pm 18+yrs Long Jump (3 staff + 2 students)	
Ravenswood	Recording room results 8am – 12 noon (1 staff + 1 student runner)			Changeover 3 5 & 6 - start lanes (1 staff)	10am Snr High Jump (2 staff + 2 students)	
Roseville College			Hurdles assistant + moving team (10 students)	Changeover 3 7, 8 & 9 - Start lanes (1 staff)	11.30am Inter Javelin (2 staff + 2 students)	
SCEGGS Darlinghurst		Marshal 12noon - Finish (1 staff)		Changeover 3 3 & 4 - Start lanes (1 staff)	10am Senior Javelin (2 staff + 2 students)	
Stella Maris College				Changeover 2 Supervisor 1 & 2 -Start lanes (1 staff)	8:30am 18+yrs Shot Put (2 staff @ 2 students)	Yes
St Catherine's School		Finish Line Assistant (1 staff)		Changeover 3 3 & 4 Finish lanes (1 staff)	11.30am Senior Discus & 1pm Junior Javelin (2 staff + 2 students)	Yes
St Scholastica's College		Marshal 8.00am - 12 noon (1 staff)		Changeover 2 7, 8 & 9 Finish lanes (1 staff)		
St Vincent's College		Marshal 8am – 12noon (1 staff)	All day Multi timer back up (1 staff)	Changeover 3 5 & 6 - Finish lanes (1 staff)		
Tara		Check Starter 8am – 12noon (1 staff + 2 students)		Changeover 1 5 & 6 start lanes (1 staff)		
Wenona School		Recording room heats & division ribbons 8.30am – 12noon (1 staff + 3 students)		Changeover 3 Supervisor 1 & 2 - Start lanes (1 staff)	11.30am Para Shot Put & Discus (2 staff + 2 students) with Abbotsleigh	

IGSA Records

Track Events

1	Girls 12 80 Meter Hurdles	12.66	2014	Mia Hemsworth - Abbotsleigh
2	Girls 13 80 Meter Hurdles	12.34	2015	Mia Hemsworth - Abbotsleigh
3	Girls 14 90 Meter Hurdles	13.00	2016	Abigail Stevanovic - PLC Sydney
4	Girls 15 90 Meter Hurdles	12.79	2016	Emily Britton - Ravenswood
5	Girls 16 100 Meter Hurdles	13.80	2012	Katrina Hunt - Roseville College
6	Girls 17 100 Meter Hurdles	14.05	2013	Katrina Hunt - Roseville College
7	Girls 18-19 100 Meter Hurdles	14.37	2022	Alexandra Richards - Meriden
8	Girls 12 800 Meter Run	2:20.68	2013	Eliza Harvey - Loreto Normanhurst
9	Girls 13 800 Meter Run	2:17.80	2013	Catherine Miller - Pymble Ladies' College
10	Girls 14 800 Meter Run	2:12.54	2015	Abbey Rockliff - Pymble Ladies' College
11	Girls 15 800 Meter Run	2:09.86	2015	Catherine Miller - Pymble Ladies' College
12	Girls 16 800 Meter Run	2:12.43	2011	Anna Laman - MLC School
13	Girls 17 800 Meter Run	2:15.04	2019	Imogen Gardiner - Pymble Ladies' College
14	Girls 18-19 800 Meter Run	2:10.96	2023	Ada Rand - Meriden
15	Girls 12 200 Meter Run	26.01	1994	Erin Wilson - Tara
16	Girls 13 200 Meter Run	25.34	2013	Kristie Edwards - Pymble Ladies' College
17	Girls 14 200 Meter Run	24.91	2023	Maya Taber - Wenona
18	Girls 15 200 Meter Run	24.78	2024	Maya Taber - Wenona
19	Girls 16 200 Meter Run	25.13	2003	Charlotte Van Veenendaal - Pymble Ladies' College
20	Girls 17 200 Meter Run	24.09	2008	Olivia Tauro - Meriden
21	Girls 18-19 200 Meter Run	24.09	2008	Olivia Tauro - Meriden
39	Girls 12-19 200 Meter Run Para Athlete	32.15	2023	Sybella Warton tf37 84.32% - Pymble Ladies' College
22	Girls 12-14 1500 Meter Run	4:28.56	2015	Abbey Rockliff - Pymble Ladies' College
23	Girls 15-16 1500 Meter Run	4:25.58	2015	Catherine Miller - Pymble Ladies' College
24	Girls 17-19 1500 Meter Run	4:32.07	2006	Lara Tamsett - Kincoppal Rose Bay
25	Girls 12 100 Meter Run	13.17	2023	Olive Smart - St Catherine's School
26	Girls 13 100 Meter Run	12.63	2013	Kristie Edwards - Pymble Ladies' College
27	Girls 14 100 Meter Run	12.28	2023	Maya Taber - Wenona
28	Girls 15 100 Meter Run	12.34	2003	Charlotte Van Veenendaal - Pymble Ladies' College
29	Girls 16 100 Meter Run	12.15	2016	Maisie Stevens - Kincoppal Rose Bay
30	Girls 17 100 Meter Run	12.18	1997	Christine Griver - Pymble Ladies' College
31	Girls 18-19 100 Meter Run	11.96	2008	Olivia Tauro - Meriden
38	Girls 12-19 100 Meter Run Para Athlete	15.40	2023	Sybella Warton tf37 85.06% - Pymble Ladies' College

32	Girls 12-14 4x100 Meter Relay	50.35	2022	Meriden E Omage, R Levine, O Achike, B Locane
33	Girls 15-16 4x100 Meter Relay	49.18	2022	Monte Sant' Angelo R Worrell, S Fedirchuk, E Simpson, C Perrett
34	Girls 17-19 4x100 Meter Relay	47.88	2022	Pymble Ladies' College O Inkster, C Phillips, G Taylor, S Bond
35	Girls 12-14 400 Meter Run	58.44	2022	Milly Gage - PLC sydney
36	Girls 15-16 400 Meter Run	57.69	2011	Anna Laman - MLC School
37	Girls 17-19 400 Meter Run	55.48	2008	Olivia Tauro - Meriden

Field Events

40	Girls 12 Long Jump	5.33m	2004	Ellen Kershaw - SCEGGS
41	Girls 13 Long Jump	5.33m	2004	Ellen Kershaw - SCEGGS
46	Girls 14 Long Jump	5.55m	2024	Amalia Bond - Pymble Ladies' College
53	Girls 15 Long Jump	5.87m	2012	Katrina Hunt - Roseville College
54	Girls 16 Long Jump	5.87m	2012	Katrina Hunt - Roseville College
60	Girls 17 Long Jump	5.89m	1992	Victoria Piggin - Abbotsleigh
61	Girls 18-19 Long Jump	5.89m	1992	Victoria Piggin - Abbotsleigh
47	Girls 12-19 Long Jump Para Athlete	3.44m	2023	Sybella Warton tf37 65.90% - Pymble Ladies' College
42	Girls 12-14 Discus Throw 1kg	40.12m	2013	Kristina Moore - Abbotsleigh
50	Girls 15-16 Discus Throw 1kg	44.35m	2015	Kristina Moore - Abbotsleigh
57	Girls 17-19 Discus Throw 1kg	44.75m	2016	Kristina Moore - Abbotsleigh
63	Girls 12-19 Discus Throw Para Athlete	16.39m	2023	Sybella Warton tf37 42.80% - Pymble Ladies' College
55	Girls 12-14 High Jump 1.25m st ht	1.70m	1997	Alexandra Church - PLC Sydney
43	Girls 15-16 High Jump 1.30m st ht	1.76m	2015	Paige Wilson - Frensham
48	Girls 17-19 High Jump 1.30 st ht	1.82m	2022	Erin Shaw - Roseville College
52	Girls 12 Shot Put 3kg	12.74m	2011	Alexandra Hulley - OLMC Parramatta
51	Girls 13 Shot Put 3kg	12.74m	2011	Alexandra Hulley - OLMC Parramatta
59	Girls 14 Shot Put 3kg	12.74m	2011	Alexandra Hulley - OLMC Parramatta
64	Girls 15 Shot Put 3kg	13.91m	2014	Kristina Moore - Abbotsleigh
65	Girls 16 Shot Put 3kg	14.55m	2015	Kristina Moore - Abbotsleigh
44	Girls 17 Shot Put 3kg	14.73m	2022	Emma Polikowski - Ravenswood
45	Girls 18-19 Shot Put 4kg	12.39m	2016	Kristina Moore - Abbotsleigh
58	Girls 12-19 Shot Put Para Athlete	10.02m	2018	Saskia Newman (Tf01) 87.20% - Pymble Ladies' College
62	Girls 12-14 Javelin Throw 500gms	38.05m	2006	Eilish Sheerin - Ascham
56	Girls 15-16 Javelin Throw 500gms	55.49m	2012	Mackenzie Little - Pymble Ladies' College
49	Girls 17-19 Javelin Throw 600gms	54.21m	2006	Laura Cornford - MLC School

Past Winners

	<i>Senior</i>	<i>Junior</i>		<i>Senior</i>	<i>Junior</i>
1922	Pymble	MLC Burwood	1945	MLC Burwood	MLC Burwood
1923	Normanhurst / Redlands		1946	Wenona	MLC Burwood
1924	Redlands	Normanhurst	1947	Pymble	
1925	Normanhurst / Pymble	Pymble	1948	Pymble	Pymble
1926	Redland	MLC Burwood	1949	Pymble	Pymble
1927	MLC Burwood	MLC Burwood	1950	Pymble	Pymble
1928	NOT HELD		1951	Ravenswood	Pymble
1929	Pymble	MLC Burwood	1952	Pymble	Ascham
1930	MLC Burwood	MLC Burwood	1953	Ascham	Pymble
1931	MLC Burwood	SCEGGS	1954	Ascham	MLC Burwood
1932	MLC Burwood	Wenona	1955	Ravenswood	MLC Burwood
1933	MLC Burwood	MLC Burwood	1956	MLC Burwood	MLC Burwood
1934	SCEGGS	SCEGGS	1957	Pymble	MLC Burwood
1935	MLC Burwood	MLC Burwood	1958	MLC Burwood	MLC Burwood
1936	SCEGGS	Kambala	1959	Abbotsleigh	Pymble
1937	MLC Burwood	Pymble	1960	MLC Burwood	Pymble
1938	Pymble	MLC Burwood	1961	Pymble	Abbotsleigh
1939	MLC Burwood	MLC Burwood	1962	Pymble	Abbotsleigh
1940	MLC Burwood	Wenona	1963	Pymble	Abbotsleigh
1941	Pymble	Pymble	1964	Abbotsleigh	Abbotsleigh
1942	NOT HELD		1965	Kambala	Pymble
1943	Pymble	MLC Burwood	1966	Abbotsleigh	Abbotsleigh
1944	MLC Burwood	Annesley			

	<i>Senior</i>	<i>Intermediate</i>	<i>Junior</i>	<i>Overall Champion School</i>
1967	Abbotsleigh	Abbotsleigh	Wenona	
1968	Abbotsleigh	Kambala / MLC Burwood	Abbotsleigh	
1969	Ascham	Wenona	Ascham	
1970	PLC Armidale	Abbotsleigh / Kambala	Abbotsleigh / Ascham	
1971	Abbotsleigh / PLC Armidale	Pymble	Abbotsleigh	
1972	Pymble	Abbotsleigh	Ravenswood	
1973	Kambala	Kambala	Ravenswood	
1974	Kambala	Ravenswood	Kambala / Ravenswood	
1975	Abbotsleigh	Ravenswood	Abbotsleigh	
1976	Kambala	Ravenswood	Abbotsleigh	
1977	Pymble	Kambala	MLC Burwood	
1978	Ravenswood	Queenwood	Pymble	
1979	Canberra Grammar	MLC Burwood	Pymble	
1980	Ravenswood	Pymble	Pymble	
1981	Pymble	Pymble	Pymble	
1982	Pymble	Pymble	Pymble	
1983	Pymble	Pymble	MLC Burwood	
1984	Pymble	NEGS	Pymble	
1985	Abbotsleigh	Pymble	Pymble	
1986	Pymble	Abbotsleigh / Pymble	Pymble	
1987	Pymble	Abbotsleigh	Pymble	
1988	Pymble	Pymble	Pymble	
1989	Pymble	Pymble	Pymble	
1990	Pymble	Pymble	Pymble	Pymble
1991	Pymble	Abbotsleigh	PLC Sydney	Abbotsleigh

	<i>Senior</i>	<i>Intermediate</i>	<i>Junior</i>	<i>Overall Champion School</i>
1992	Pymble	Pymble	Pymble	Pymble
1993	Abbotsleigh	Abbotsleigh	Pymble	Pymble
1994	Pymble	Pymble	Abbotsleigh / Tara	Pymble
1995	Abbotsleigh	Pymble	Pymble	Abbotsleigh
1996	Pymble	Pymble	Pymble	Pymble
1997	Abbotsleigh	Pymble	Pymble	Pymble
1998	Pymble	Pymble	PLC Sydney	Pymble
1999	Pymble	Pymble	Pymble	Pymble
2000	Pymble	PLC Sydney	Pymble	Pymble
2001	Abbotsleigh	Monte Sant' Angelo	Pymble	Abbotsleigh
2002	Abbotsleigh	Pymble	Abbotsleigh	Abbotsleigh / Pymble
2003	PLC Sydney	Pymble	Pymble	Pymble
2004	Pymble	Pymble	Abbotsleigh	Abbotsleigh
2005	Pymble	Abbotsleigh	Abbotsleigh	Abbotsleigh
2006	Pymble	Abbotsleigh	Abbotsleigh	Abbotsleigh
2007	Pymble	Abbotsleigh	PLC Sydney	Abbotsleigh
2008	Abbotsleigh	PLC Sydney	Pymble	Abbotsleigh
2009	Abbotsleigh	Ravenswood	PLC Sydney	PLC Sydney
2010	Pymble	Pymble	Pymble	Pymble
2011	Roseville	Pymble	Pymble	Pymble
2012	Pymble	Pymble	PLC Sydney	Pymble
2013	Pymble	Pymble	Pymble	Pymble
2014	Pymble	Abbotsleigh	Pymble	Abbotsleigh
2015	Abbotsleigh	Pymble	Pymble	Pymble
2016	Abbotsleigh	Pymble	Pymble	Pymble
2017	Pymble	Pymble	Pymble	Pymble
2018	Pymble	Pymble	Pymble	Pymble

	<i>Senior</i>	<i>Intermediate</i>	<i>Junior</i>	<i>Nicole Harris Shield</i>	<i>Melinda Gainsford Taylor Shield</i>	<i>Overall Champion School</i>
2019	Pymble	Pymble	Pymble	Pymble	Pymble	Pymble
2020	Not held due to COVID					
2021	Not held due to COVID					
2022	Pymble	Pymble	Meriden	Pymble	Pymble	Pymble
2023	Pymble	Pymble	Meriden	Pymble	Pymble	Pymble
2024	Pymble	Meriden	Pymble	SCEGGS	Pymble	Pymble