HANDBOOK AND PROGRAM

WODEN ATHLETICS PARK

AINSWORTH ST WODEN

GATES OPEN 8:00 AM

SUNDAY 22 FEBRUARY 2026

Welcome

Woden Thunder Athletics would like to welcome you to Woden Athletics Park and thank you for joining us to celebrate our annual carnival. This handbook provides the details of key contacts, rules, program and park map.

President: Phil Alchin
Vice-Presidents: Karen Prstec (seniors) & Katie Hale (juniors)
Carnival Coordinators: Katie Hale, Phil Alchin & Karen Prstec
Carnival Manager: Phil Alchin
Track Referee: Zoe Kong
Field Referee: Katie Hale
Track Timing: Mick Morris and Josh Prstec
Starters: Geoff Bartley and Peter Boden
Registrar: Bec Underwood
Equipment: Peter Madigan
Canteen Manager: Will Layard
Carnival Announcer: Eddie Prstec

Email: info@wodenathletics.org.au

Rules of Competition

General

Athlete Age Eligibility

Entries for the Carnival will be accepted only for the age groups specified in the program, which include athletes Under 9 and older (born in 2017 or earlier). Athletes eligible to compete may also enter events for an older age group; in such cases, the specifications for the older age group will apply.

Athlete Check-In

Each Age Group (except Opens) will be escorted by an Age Manager who will be supported by parents to conduct each event. Athletes are to meet at the designated event location after the event is called by the Carnival Announcer (no formal check-in).

Recording of results

Recording sheets for each field event are to be collected from the records office (below the photo finish) after the event is called. At the completion of events, the folder is to be returned to the records office.

Medals

Top three placegetters for each event will be awarded medals shortly after the conclusion of the event. An athlete competing up an age in an event is competing in that higher age group for the purpose of awarding medals.

Event rules

Unless stated in the Carnival Rules of Competition, the Capital Athletics rules of competition apply.

Attire

All athletes competing at the carnival must be registered Athletes and must have their individual registration number for the 2025/26 season affixed to the front of their uniform top.

Track events

All track events are timed finals, with performances from all timed finals for each age combined to determine the overall places.

Starting blocks

Athletes U11 and above may use starting blocks for track events run entirely in lanes (i.e.100m, 200m and 400m).

False starts

- U9 to U14 - Any athlete who, in the opinion of the starter or their assistant(s), commits a false start shall be warned. An athlete who commits two false starts shall be disqualified from the event.
- U15 to Open – World Athletics rules apply (i.e. any false start may result in disqualification).

Lane infringement

For all track events run entirely in lanes (i.e.100m, 200m and 400m), each athlete shall keep within their allocated lane from start to finish.

The 800m will be run in lanes up to the 100m break point, at which time athletes can merge into the inside two lanes. Up to two athletes may start in each lane.

Footwear

Athletes must wear shoes for all events. Spikes must be removed before leaving the track.

Spikes

Athletes U9-U10 – must not wear spike shoes.

Athletes U11-U12 – may wear spike shoes for:

- Laned track events (i.e.100m, 200m and 400m) (7mm max)
- Long jump, triple jump (7mm max)
- High jump and javelin (9mm max).

Athletes U13-Open – may wear spike shoes for:

- All track events (7mm max).
- Long jump, triple jump (7mm max)
- High jump and javelin (9mm max).

Woden Thunder Gift

The winner from each 100m age group is eligible to race in the Woden Thunder Gift. There will also be two Wild Card entries drawn from all other 100m entrants. The start position will be handicapped based on athletes 100m times.

Where an athlete cannot compete in the Gift despite being eligible, the next placed athlete from that age group becomes eligible.

Gift Prize money = $500 for 1st , $250 for 2nd , $100 for 3rd, $50 for 4th to 6th and $20 for all remaining competitors who race in the Gift.

Field Events

Number of attempts

U9-U14: One optional practice followed by 3 rounds.
U15-Open: One optional practice followed by 4 rounds.

For each round, athletes will have one throw/jump at a time in the order of competition as printed on the recording sheets.

For throwing events, markers will be used, with the best performance of each athlete measured and recorded.

For all field events, except high jump (which has its own rules), in the event of a tie for a placing, a countback will apply, with the next best mark determining the placegetters.

High jump

The bar will be raised in 5cm increments until four athletes remain, then 2cm increments. When only one athlete remains, that athlete may choose one additional height only.

In the event of a tie for a placing, a countback shall be applied (i.e. the athlete with the lowest total number of failures throughout the competition up to and including the height last cleared shall be awarded the higher place). If after countback there is still a tie, equal places will be awarded (i.e. there will be no jump-offs).

Starting heights will be as follows:

- U10 - 85cm
- U12 - 1.00m
- U14 - 1.10m
- U17 - 1.20m

Triple Jump

Take-off boards will be as follows:

- U11 - 5, 7 or 9m
- U13 - 5, 7 or 9m
- U15 and above – 7, 9 or 11m board

Event Clashes

Track events take precedence over field events.

Where a clash of events occurs, the athlete may leave the field event and upon return to the field event they join in the round that the event is up to (e.g. if other athletes are up to the third round then the returning athlete will join in that round even if they're out of order). No athlete is to have two or more consecutive attempts, nor can an athlete have an attempt that has been missed in a round.

For High Jump, where a clash of events occurs, upon return to the event the athlete re-joins the competition at the height of the bar that is being attempted when the athlete returns.

Protests

In the spirit of the carnival, no protests will be considered.

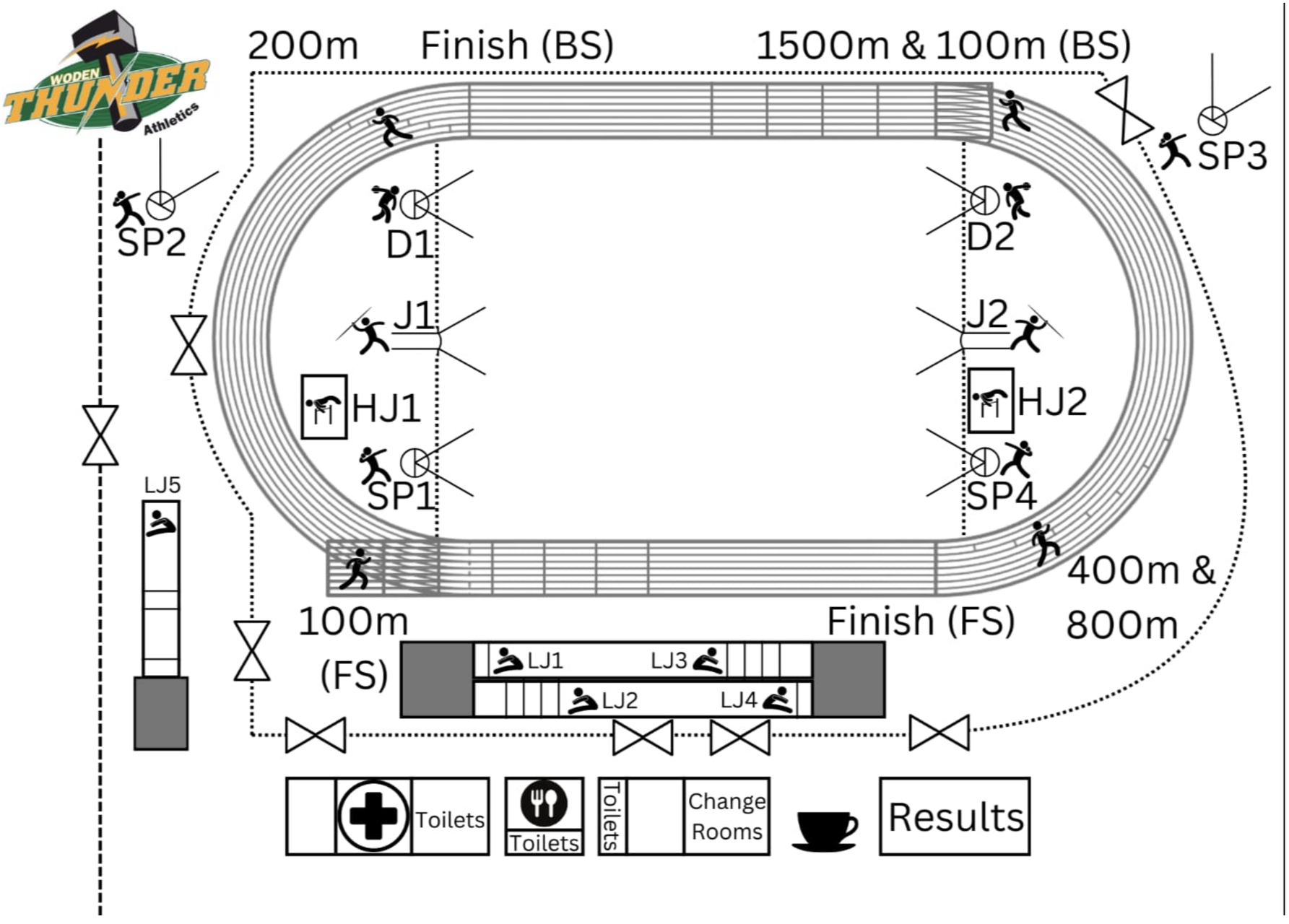
Schedule of Events

Session 1 – 9.00am				
Track Events		**Field Events**		
Event #	**Event**	**Event #**	**Event**	**Location**
1	Boys U9 70m	73	Boys U12 Shot Put	SP1
2	Girls U9 70m	74	Girls U12 Shot Put	SP4
3	Men Open 1500m	75	Boys U15 Discus	Discus 2
4	Women Open 1500m	76	Girls U15 Discus	Discus 1
5	Boys U15 1500m	77	Boys U13 Triple Jump	TJ2
6	Girls U15 1500m	78	Girls U13 Triple Jump	TJ3
7	Boys U13 1500m	79	Boys U9 Long Jump	LJ5
8	Girls U13 1500m	80	Girls U9 Discus	Discus 3
9	Boys U11 1500m	81	Boys U11 Long Jump	LJ1
10	Girls U11 1500m	82	Girls U11 Long Jump	LJ4
11	Boys U9 60m Hurdles	83	Boys U10 High Jump	HJ2
12	Girls U9 60m Hurdles	84	Girls U10 High Jump	HJ1
13	Boys U10 60m Hurdles			
14	Girls U10 60m Hurdles			
15	Boys U11 80m Hurdles			
16	Girls U11 80m Hurdles			
17	Boys U12 80m Hurdles			
18	Girls U12 80m Hurdles			
19	Boys U13 80m Hurdles*			
20	Girls U13 80m Hurdles			
21	Girls U14 80m Hurdles			
22	Boys U14 90m Hurdles*			
	*Run together as last race			

Session 2 – from 10.45am				
Track Events		**Field Events**		
Event #	**Event**	**Event #**	**Event**	**Location**
23	Men Open 100m	85	Men Open Triple Jump	TJ2
24	Women Open 100m	86	Women Open Triple Jump	TJ3
25	Boys U17 100m	87	Boys U15 Triple Jump	TJ2
26	Girls U17 100m	88	Girls U15 Triple Jump	TJ3
27	Boys U15 100m	89	Boys U13 Discus	Discus 2
28	Girls U15 100m	90	Girls U13 Discus	Discus 1
29	Boys U14 100m	91	Boys U9 Discus	Discus 3
30	Girls U14 100m	92	Girls U9 Long Jump	LJ5
31	Boys U13 100m	93	Boys U17 Shot Put	SP1
32	Girls U13 100m	94	Girls U17 Shot Put	SP4
33	Boys U12 100m	95	Boys U14 Javelin	Jav 1
34	Girls U12 100m	96	Girls U14 Javelin	Jav 1
35	Boys U11 100m	97	Boys U12 High Jump	HJ2
36	Girls U11 100m	98	Girls U12 High Jump	HJ1
37	Boys U10 100m			
38	Girls U10 100m			
39	Boys U9 100m			
40	Girls U9 100m			

Session 3 - from 12.00pm				
Track Events		**Field Events**		
Event #	**Event**	**Event #**	**Event**	**Location**
41	Woden Thunder Gift - Male	99	Boys U13 Long Jump	LJ4
42	Woden Thunder Gift- Female	100	Girls U13 Long Jump	LJ1
43	Boys U10 800m	101	Boys U12 Javelin	Jav 1
44	Girls U10 800m	102	Girls U12 Javelin	Jav 1
45	Boys U12 800m#	103	Boys U11 Discus	Discus 2
46	Girls U12 800m	104	Girls U11 Discus	Discus 1
47	Boys U14 800m#	105	Boys U10 Shot Put	SP1
48	Girls U14 800m	106	Girls U10 Shot Put	SP4
49	Boys U17 800m*	107	Boys U17 High Jump	HJ2
50	Girls U17 800m*	108	Girls U17 High Jump	HJ1
	#Run together at U12 slot *Run together			

Session 4 - from 1.30pm				
Track Events		Field Events		
Event #	Event	Event #	Event	Location
51	Men Open 200m	109	Boys U10 Long Jump	LJ4
52	Women Open 200m*	110	Girls U10 Long Jump	LJ5
53	Men U17 200m	111	Boys U11 Triple Jump	TJ2
54	Women U17 200m*	112	Girls U11 Triple Jump	TJ3
55	Boys U15 200m	113	Men Open Discus	Discus 2
56	Girls U15 200m	114	Women Open Discus	Discus 2
57	Boys U14 200m	115	Boys U17 Javelin	Jav 1
58	Girls U14 200m	116	Girls U17 Javelin	Jav 1
59	Boys U12 200m	117	Boys U14 High Jump	HJ2
60	Girls U12 200m	118	Girls U14 High Jump	HJ1
61	Boys U10 200m			
62	Girls U10 200m			
	*Run together at Open slot			

Session 5 - from 2.30pm				
Track Events		Field Events		
Event #	Event	Event #	Event	Location
63	Men Open 400m	119	Men Open Long Jump	LJ4
64	Women Open 400m*	120	Women Open Long Jump	LJ4
65	Boys U9 400m	121	Boys U17 Long Jump	LJ4
66	Girls U9 400m	122	Girls U17 Long Jump	LJ4
67	Boys U11 400m	123	Boys U15 Long Jump	LJ1
68	Girls U11 400m	124	Girls U15 Long Jump	LJ1
69	Boys U13 400m	125	Girls U14 Shot Put	SP4
70	Girls U13 400m	126	Boys U14 Shot Put	SP1
71	Boys U15 400m			
72	Girls U15 400m*			
	*Run together at Open slot			

WODEN PARK MAP