

UniSport Australia Guideline

Athletics – Track and Field (outdoor)

Men and Women

UniSport Australia (UniSport) track and field competitions are conducted in accordance with the rules of [Australian Athletics](#) (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 2026 Australian Track & Field Championships. Both U20 and Open age groups will be awarded medals and points. 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 standby list.
- 2.5. This event will be competed in the Open classification in reference to the [Australian Athletics - Athletics Technical Specifications](#), unless required by UniSport.

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 or have approval of their qualification standards 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 the university with the highest number of second placings will be deemed the winner,
 - If universities are still equal, the process will follow to the highest number of third placings, fourth placings, fifth placings, and so on until a winner is found.
- 3.6. If there is a DNS (Did Not Start), DNF (Did Not Finish) or a DQ (Disqualification) in a final, points will not be allocated to the relevant represented university for that event.
- 3.7. Replacement positions for athletes who are either DNS, DNF or DQ in a final will not be re-allocated. I.e. if a final is to have 8 competitors and only 7 end up legally completing the final, the 8th position points will not revert to other athlete(s) or time(s) from the heats – the 8th position points in this example are simply not 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.
 - Short stature and frame runner athlete entries will not be accepted in events over 200m
- 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 Australian Athletics](#).
- 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%
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 the first round of each of 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 one competition bib at check in.
 - Athletes must attach the competition bib firmly to their singlet or crop top on the front for track events and front or back for field events.
 - Athletes are not permitted to tamper with the competition bib in any way.

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:

- 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. There may also be lanes doubled-up in the 800m

a) 100m

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 - 40	5	First three plus next nine fastest	3	First two plus next two fastest
41 – 48	6	First three plus next six fastest	3	First two plus next two fastest
49-56	7	First three plus next 3 fastest	3	First two plus next two fastest
57-64	8	First two plus next 8 fastest	3	First two plus next two fastest
65-72	9	First two plus next 6 fastest	3	First two plus next two fastest

b) 200m and 400m

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	Winner plus next four fastest		
33 - 40	5	Winner plus next three fastest		
41 – 48	6	Winner plus next two fastest		

49-56	7	Fastest eight times to final		
57-64	8	Fastest eight times to final		
65-72	9	Fastest eight times to final		

c) 800m

Declared entries	Heats	Progression	Semi finals	Progression
10 - 20	2	First three plus next three fastest		
21 - 30	3	First two plus next three fastest		
30 - 40	4	First two plus next one fastest		
40+	5+	First one plus next four fastest		

d) The following events will be **straight finals**:

- 5000m
- 10000m
- Steeplechase
- Race walks

e) The following events will be **timed finals** if there are too many athletes for a single race:

- 1500 metres
- 100 metres Hurdles
- 110 metres Hurdles
- 400 metres Hurdles

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 10 performers overall progressing to the final round.

7.5. Multi-class athletes competing in throws and jumps will have three attempts. If one of their three attempts is within a 'medal performance' range (see section 4.4), those athletes will receive a further three attempts.

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 competitors) must be submitted to the athletics administration desk at least one hour prior to the commencement of the starting time of the relay. Changes will be permitted up to 20 minutes before.
- 9.3. Mixed 4x400m relay
 - Mixed teams must consist of two male and two female competitors running 400m each.
 - Teams must run in the order of male, female, male, female.
- 9.4. Combined teams may be accepted subject to the availability within the relay events and competition schedule.
 - There will be no points earned by combined teams.
 - Final acceptance of combined teams will be at the sole discretion of UniSport Australia.

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 director who will solely consider and decide upon the appeal.

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 poles. 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 warmup 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](#) (Book C: Competition – C2.1A, effective from 1 January 2022) will be applicable to the competition. Athletes are strongly encouraged to check the [World Athletics Approved Shoe List](#) (Athletic Shoes – List of approved athletic shoes) 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 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 established qualifying standards below for the competition. It is advisable that all universities follow these guidelines as the standard is often much higher.
 - It is recommended that qualifying standards be obtained from events recognised as a World Athletics Ranking Competition or a National University Competition.
 - Athletes who do not meet the qualification standards can qualify with the discretion of UniSport. Qualification standards will be reviewed, with the following factors considered:
 - 16.1.1. The event availability for the selected event,
 - 16.1.2. Event evidence time/distance is within 5% of the qualification standard.
- 16.2. Athletes who do not have a qualification time due to injury or being in an aged category prior to the event can apply with training times/distances on the discretion of UniSport approval
 - Open weights and heights must be used to be considered for review.
- 16.3. The qualifying period for 10,000m events will be from 1 October 2024.
- 16.4. The qualifying period for all other events will be from 1 January 2024.
- 16.5. Wind readings of qualifying performances may be up to 3m/s.

There are no qualifying standards for multi-class athletes however they must hold a National Level classification to compete.

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		
11.74 secs (11.5)	100m	13.24 secs (13.0)
23.74 secs (23.5)	200m	27.54 secs (27.3)
53.14 secs (53.0)	400m	62.14 secs (62.0)
2:02.00 mins	800m	2:24.00 mins
4:15.00 mins	1,500m	5:00.00 mins
36:00.00 mins	(10,00m alternate time for 5k)	44:00.00 mins
16:45.00 mins	5,000m	22:00.00 mins
9:35.00 mins	(3,000m alternate time for 5k)	12:00.00 mins
36:00.00 mins	10,000m	44:00.00 mins
16:45.00 mins	(5,000m alternate time for 10k)	21:00.00 mins
09:35.00 mins	(3,000m alternate time for 3k SC)	11:30.00 mins
10:55.00 mins	3,000m steeplechase	12:30.00 mins
16:45.00 mins	(5,000m alternate time for 3k SC)	22:00.00 mins
17.54 secs (17.3)	110m hurdles	-
-	100m hurdles	18.24 secs (18.0)
60.14 secs (60.0)	400m hurdles	70.14 secs (70.0)
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
6.00 m	Long jump	4.70m
40.00 m	Javelin	26.00 m
35.00 m	Hammer Throw	35.00 m
32.00 m	Discus	30.00 m

Men	Event	Women
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 hand calculated standards (considers delay between gun firing and starting of the electronic clock). Bracketed field event heights are recommended starting heights for each event.

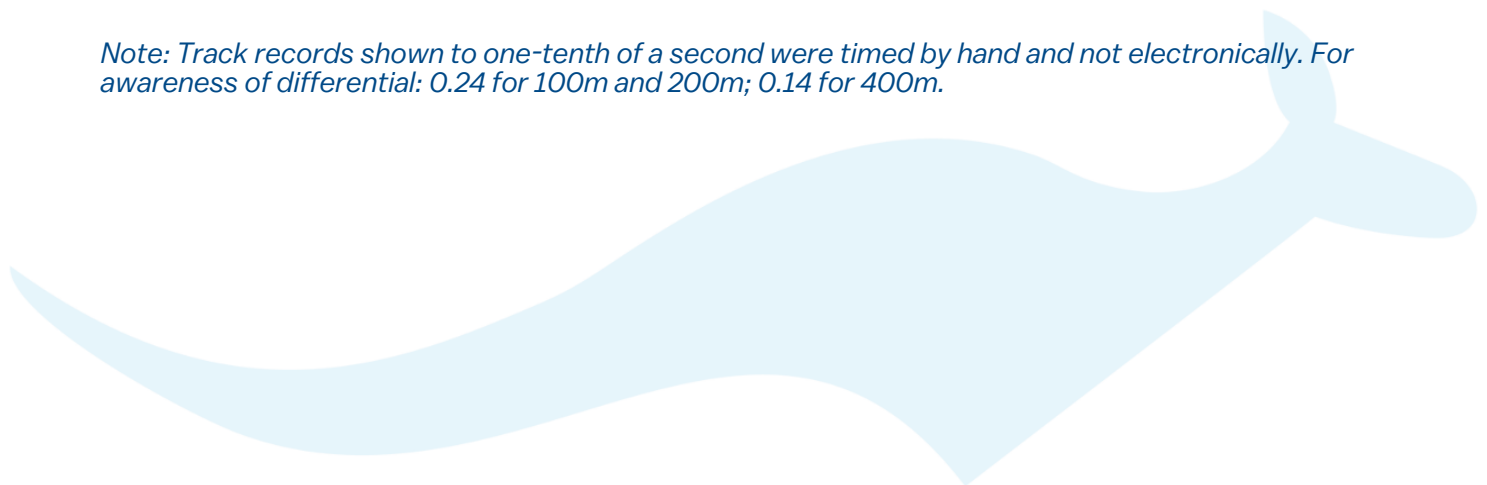
16.6. Athletes participating in combined events must meet the entry standards as set by Athletics Australia equivalent to the U20s and Open age group in each respective competition.

17. Current UniSport athletics records

Women's events	Record	Year	Record holder	University
100m	11.50 (3.2) 11.50 (2.8)	2024 2025	Olivia Inkster	UTS
200m	23.38 (3.3)	2023	Monique Hanlon	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	16:00.65	2025	Bronte Oates	UTS
10,000m	34:16.36	2022	Olga Firsova	CU
5,000m walk	21:41.03	2025	Rebecca Henderson	MELB
100m hurdles	13.28	2019	Michelle Jenneke	USYD
400m hurdles	58.47	2019	Genevieve Cowie	USYD
4x100m relay	46.02	2023	E Cramer, A Lowe, E Da Silva, I Walker	USYD
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

Women's events	Record	Year	Record holder	University
Pole vault	4.10m	2024	Tryphena Hewett	UniSA
Long jump	6.36m (0.3)	2023	Alyssa Lowe	USYD
Triple jump	13.06m (0.2)	2025	Tiana Boras	DEAK
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	6180*	2024	Camryn Newton-Smith	UniSQ

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.



Men's events	Record	Year	Record holder	University
100m	10.26 (2.4)	2024	Jai Gordon	UniSQ
200m	20.85 (2.0)	2024	Christopher Geordas	UNSW
400m	46.00	2023	Reece Holder	QUT
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	50.50	2024	Thomas Hunt	WS
3,000m steeplechase	8.45.75	2002	Matthew Kerr	UOW
4x100m relay	40.58	2023	L McLellan, A Clare, R Easton, L Kennedy	UQ
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
	2.26m	2022	Joel Baden	RMIT
Pole vault	5.10m	2024	Liam Georgilopoulos	BOND
Long jump	8.15m (1.5)	2023	Liam Adcock	UQ
Triple jump	16.05m (2.8)	2022	Emmanuel Fakiye	UTS
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	8002*	2022	Alec Diamond	ACU

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.

**Conducted as part of the 2024 Australian Track and Field Championships*

Mixed events	Record	Year	Record holder	University
4x400m Relay	3:32.05	2024	W Zakis, S Luxford, T Hunt, S Pye	WSU

18. Current UniSport Para-Athletics records

Women				
100m				
Classification	Record	Year	Name	University
T01	15.88 (0.6)	2024	Amalie Leslie	UC
T11	14.49	2021	Karlee Symonds	UOW
T13	15.34	2021	Madeline McNeil	FU
T35	16.76 (1.2)	2025	Summer Giddings	MQU
T36	15.06 (2.6)	2023	Abby Craswell	GU
T37	16.25 (-0.5)	2022	Kailyn Joseph	USYD
T71	30.44 (2.6)	2023	Amy Tobin	SCU
200m				
Classification	Record	Year	Name	University
T01	33.17 (2.3)	2024	Amalie Leslie	UC
T13	32.55	2021	Madelene McNeil	FU
T35	38.29 (1.3)	2025	Summer Giddings	MQU
T36	32.42 (1.3)	2025	Tamsin Colley	UNSW
T71	73.82 (2.3)	2024	Amy Tobin	SCU
400m				
Classification	Record	Year	Name	University
T13	73.01	2022	Madelene McNeil	FU
T36	73.39	2024	Tamsin Colley	UNSW
800m				
Classification	Record	Year	Name	University
T13	3:24.82	2022	Madelene McNeil	FU
T36	2:52.85	2024	Tamsin Colley	UNSW
Shot Put				
Classification	Record	Year	Name	University
F20	8.64m	2019	Lillee Wakefield (4kg)	UniSA
F35	6.21m	2025	Isla Gillespie (3kg)	MELB
F37	9.67m	2025	Ella Hose (3kg)	RMIT
F38	8.63m	2022	Nicole Robertson (3kg)	UTS
F57	6.11m	2021	Julie Charlton (3kg)	ACPE
Discus Throw (1kg)				

Classification	Record	Year	Name	University
F20	26.68m	2024	Lillee Wakefield	UniSA
F35	16.37m	2025	Isla Gillespie	MELB
F37	25.78m	2025	Ella Hose	RMIT
F38	24.19m	2022	Nicole Robertson	UTS
F57	14.27m	2021	Julie Charlton	ACPE
Javelin Throw (600g)				
Classification	Record	Year	Name	University
F20	18.17m	2021	Lillee Wakefield	UniSA
F35	13.54m	2025	Isla Gillespie	MELB
F38	16.31m	2022	Nicole Robertson	UTS
F57	10.10m	2021	Julie Charlton	ACPE
Long Jump				
F35	3.30m (3.0)	2025	Summer Giddings	MQU
F36	3.57m (1.6)	2024	Tamsin Colley	UNSW
T37	4.05m (0.4)	2023	Kailyn Joseph	USYD

Men				
100m				
Classification	Record	Year	Name	University
T13	11.62 (0.6)	2025	James Tirado	UNSW
T37	35.80 (0.4)	2024	Aaron Green	MDU
200m				
Classification	Record	Year	Name	University
T13	22.84	2021	James Tirado	UNSW
400m				
Classification	Record	Year	Name	University
T13	56.01	2021	James Tirado	UNSW
800m				
Classification	Record	Year	Name	University
T37	2:25.00	2022	Blake Anderson	UniSC
T38	2:01.60	2022	Daniel Bounty	UniSC
1500m				
Classification	Record	Year	Name	University
T12	3:48.75	2023	Jaryd Clifford	MELB
T37	5:00.68	2022	Blake Anderson	UniSC
T38	4:10.23	2022	Daniel Bounty	UniSC
5000m				
Classification	Record	Year	Name	University

T38	21:26.58	2021	Liam Oliver	QUT
T12	14:37.66	2023	Jaryd Clifford	MELB
Shot Put				
Classification	Record	Year	Name	University
F13	9.05m	2021	Benjamin Gulliford	MQU
F20	15.39m	2021	Todd Hodgetts	RMIT
Long Jump				
T38	5.84m (1.7)	2023	Ari Gesini	UC

Note: UniSport para-athletics records are recognised since the establishment of UniSport Nationals in 2018.

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 | April 2023 | February 2024 | January 2025 | January 2026

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