



TRIAL INFORMATION AND SELECTION GUIDELINES



Phone :
(03) 9084 9001



Website :
www.ssv.vic.edu.au/team-vic



Email :
SSV.TeamVic@education.vic.gov.au

Updated: 15 May 2025

Track and Field, 10 to 12 Years Boys and Girls

The School Sport Australia (SSA) 10-12 Years Track and Field Championships will be held in Canberra, ACT, from **Thursday, 27 November – Sunday, 30 November 2025**.

Age Eligibility:

- Turning 10, 11 or 12 years of age as at 31 December 2025 i.e. born in 2015, 2014, 2013.

SSV Member Schools:

- Trialing for Team Vic is only possible if your child's school is a financial member of School Sport Victoria (SSV) for 2025
- SSV will contact you if the school your child attends is not a financial member

Trial Progression:

- To be eligible for selection, students must enter and compete in the Team Vic Track and Field Selection Trial
- Selection for Team Vic is determined by individual performances at the SSV Team Vic Track and Field Selection Trials
- There will be no other trials in the selection process including SSV State Primary Track and Field Championships

State Selection:

- A maximum of 140 students will be selected for the team
- Up to 3 students will be considered for selection per event, per age group, per gender
- Relay teams will be selected from the students selected in the team of up to 140 students
- Students turning 9 or 13 in 2025 are ineligible for selection
- Selectors will meet at the conclusion of the Team Vic Track and Field Selection Trials to select the final team
- The final team will be posted on the SSV website approximately 7 days after the trial takes place.
- If you are successful, SSV will send you an email requesting you to accept your place in the team. The email will include Team Documentation and Team Bulletin Information for completion.

Nominations

- Entries will close Friday 15 August, 2025. Please note there is no late registration
- Start lists for all trial events will be posted on the SSV website once entries close
- If you wish to withdraw from the trials, please email ssv.teamvic@education.vic.gov.au
- There will be no refunds of trial fees due to withdrawals
- An entry fee of \$35 per trialist is charged and includes one event, each additional event costs \$10
- Students can enter a **maximum of 3 events**

TEAM VIC STATE SELECTION TRIAL

Monday 1 September

8:30am – 4:30pm

Doncaster Athletics Club, Tom Kelly Athletics Track, 125a George St, Doncaster East VIC 3109

[CLICK HERE TO REGISTER](#)



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EVENT SPECIFIC RULES AND GUIDELINES

- As a guide, 8th place in the 2024 SSV State Primary Track and Field Championships is the suggested minimum standard for entry
- Students can enter a **maximum of 3 events**
- Please be aware that the trials are held on one day and there will be clashes in the event timetable
- To ensure that students maximise their performance at the trials, please only enter events where the student has a realistic chance of performing well
- **This is not a 'come and try' day**

Able-body students

- The following entry standards guide is based on the 8th place at the 2024 SSV State Primary Track and Field Championships:

Event	Boys 10 yrs	Boys 11 yrs	Boys 12 yrs	Girls 10 yrs	Girls 11 yrs	Girls 12 yrs
100m	14.66	14.17	13.51	15.07	14.41	14.25
200m	31.83	30.59	27.89	33.02	30.96	29.83
800m	2:47.60	2:39.19	2:31.01	2:56.62	2:45.31	2:41.64
1500m	5:28.05	5:15.78	4:59.84	6:05.31	5:47.61	5:26.49
High Jump	1.29	1.33	1.48	1.18	1.25	1.35
Long Jump	3.83	4.16	4.47	3.42	3.85	4.20
Shot Put	8.59 (2kg)	9.88 (2kg)	9.99 (3kg)	7.07 (2kg)	8.31 (2kg)	8.25(3kg)
Discus	27.65 (500g)	21.66 (750g)	31.50 (750g)	20.63 (500g)	19.16 (750g)	20.95 (750g)

Combined Events

- If you wish to be considered for the combined event, **you must:**
 - o Tick the registration option for combined events, your information will be shared with the combined events Team Vic coach
 - o Enter and compete at the trials in at least 2 of the events (1 track and 1 field) that make up the Combine Events (**100m, Shot Put, Long Jump, 800m**)
 - o Students must compete in **Shot Put** in order to be considered for Combined Events

Multi-Class students

- The following entry standards guide is based on the 8th place at the 2024 SSV State Primary Track and Field Championships using the current Athletics Australia Baseline Performances ([Multi-Class Scoring | Athletics Australia](#))
- Multi class students must have a current classification, or in the process of receiving a classification, from either Athletics Australia (physical and visual), Sport Inclusion Australia (intellectual) or Deaf Sports Australia (hearing) depending on the students impairment ([Diversity & Inclusion | Athletics Australia](#))
- Throws percentages are based on the student using the appropriate implement for their age, gender and impairment as per the School Sport Victoria specifications ([Rules Track and Field Technical Specifications \(ssv.vic.edu.au\)](#))

Event	Boys 10 yrs	Boys 11 yrs	Boys 12 yrs	Girls 10 yrs	Girls 11 yrs	Girls 12 yrs	
100m	30%	35%	40%	25%	30%	35%	
200m	30%	35%	40%	25%	30%	35%	
800m	30%	35%	40%	25%	30%	35%	
Long Jump	25%	30%	35%	20%	25%	30%	
Shot Put	25%	30%	35%	20%	25%	30%	
Discus	25%	30%	35%	20%	25%	30%	



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General Trials Information

1. The Trials are being conducted according to World Athletics and World Para Athletics rules unless stated below
2. These Trials will **not** be cancelled due to weather conditions
3. It is expected that students competing at these trials are making themselves available for selection
4. Wind gauges will not be used for any sprint events or horizontal jumps
5. There will be no presentations at these Trials
6. Students should wear appropriate competition uniform (this could be your club athletics uniform, your school PE uniform) and appropriate for the weather including a change of clothes if wet. This also includes sunscreen and a water bottle
7. **Please do not wear Team Vic, Athletics Victoria or Little Athletics Victoria State uniform**
8. There may be canteen facilities available

Specific Trials Information:

1. There will be no call room
2. Spikes are permitted to be worn for all track events and jumps
3. For field events, students must report to the appropriate event site **15 MINUTES PRIOR TO** the scheduled starting time
4. For track events, students must report to the **start area** of the respective track event **15 MINUTES PRIOR TO** the first event in that event block e.g. first 100m event is at 11:00am, so all 100m runners should report to the 100m marshalling area by 10:45am. You will be marshalled into your heat/lane and given hip numbers as required
5. Announcements will be made to remind students of marshalling times and if events are running late
6. The Competition Director reserves the right to alter the timetable should the need arise

100m and 200m

1. Where heats are required, advancement to the final will be the winner of each heat plus the next fastest to make a final of 8
2. Students may use a crouch start (with or without blocks) or a standing start.
3. One false start rule is now used nationally
4. As per World Athletics rules, any student observed running on the white line on the inside of their lane on the curve of the 200m will be disqualified
5. **All seeding will be random, do not ask to be reseeded into another heat**

800m

1. The 800m will be run as straight finals and will run the first 100m in lanes
2. Where there are more than 8 entrants, 2 athletes will be allocated to a lane as required
3. If there are a large number of entrants, timed finals will be conducted
4. As per World Athletics rules, any student observed running on the white line on the inside of their lane in the first 100m will be disqualified
5. **All seeding will be random, do not ask to be reseeded into another heat**

1500m

1. The 1500m will be run as straight finals
2. If there are a large number of entrants, timed finals will be conducted
3. **All seeding will be random, do not ask to be reseeded into another heat**



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Long Jump, Shot Put and Discus

1. All long jump events (except multiclass students) will be conducted from the white board that is 20cm in width and up to 2m from the edge of the pit. This is the same event conditions for the School Sport Australia Championships
2. Multiclass students will jump from a white board that is 20cm in width and 1m from the edge of the pit or from the edge of the pit. This is the same event conditions for the School Sport Australia Championships
3. All students will be given 3 attempts and the top 8 will be given another 1 attempt
4. The Competition Director reserves the right to reduce this number if the program runs behind time

Implement Weights

Girls	Shot Put	Discus	Boys	Shot Put	Discus
10 Years	2 kg	500 g	10 Years	2 kg	500 g
11 Years	2 kg	750 g	11 Years	2 kg	750 g
12 Years	3 kg	750 g	12 Years	3 kg	750 g
MC	As per age and classification		MC	As per age and classification	

High Jump

1. Whenever possible, the high jump will jump to completion
2. The Competition Director reserves the right to stop a competition once a result has been achieved
3. Jump offs may be required if more than 3 tie for first place or more than 2 tie for second or third place. The jump off will be conducted according to World Athletics rules
4. The Competition Director reserves the right to vary the starting heights and progressions listed below

Starting Heights and Progressions:

Girls	Starting Height	Progression	Boys	Starting Height	Progression
10 Years	1.05	2 x 5m rises then 3cm	10 Years	1.10	2 x 5m rises then 3cm
11 Years	1.15	2 x 5m rises then 3cm	11 Years	1.15	2 x 5m rises then 3cm
12 Years	1.20	2 x 5m rises then 3cm	12 Years	1.25	2 x 5m rises then 3cm

Clash of Events

1. If you have a clash of events, the student or a parent may report the student 'in' at the field event whilst the student competes in the track event.
2. The student must report **immediately** back to the field event at the completion of the track event.
3. If the student is required to attend the Team Vic Uniform Room, they must complete the field event first.
4. Students will be able to take their attempts out of order.



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Protests

If a parent or student wishes to protest over the conduct of an event, the following procedures **MUST** be followed:

1. The Protest must be made orally to the relevant Referee either immediately any incident occurs or within 5 minutes of the completion of the event.
2. The Referee will rule on the protest.
3. If the parent or student wishes to appeal the Referee's decision, then they must complete an Appeal Form and lodge it with the Competition Director along with AUD \$50 cash appeal fee.
4. A Jury of Appeal will then make a decision
5. There is no right of appeal once the Jury has made a decision.

DRAFT TIMETABLE - [click here for example timetable](#)

This may change due to the number of participants in track & field events.

SELECTION GUIDELINES

School Sport Australia Championships consists of both educational and sporting components. Being a member of a School Sport Victoria Team Vic representative team provides the opportunity to be involved in all educational and sporting excursions and aim for national selection.

Team Officials run a selection process that is fair and transparent. This process involves the design of guidelines and trial activities, assessment of players and ensuring students, parents and teachers are made aware of this process.

Team members are expected to abide by the following responsibilities:

- Attend all sessions (i.e., including but not limited to training, practice sessions, uniform presentation, team photo, online professional learning sessions etc.) as deemed compulsory by Team Officials.
- Must be accompanied by a parent/carer to the 2025 Championships. Parent/carer is responsible for the travel, meals and accommodation for themselves and their child.
- Purchase the compulsory uniform (approx. \$250.00 – \$400.00)
- Complete and return all team documentation to the Team Manager by the due date.
- Pay all team fees by the due date (approx. \$800.00 – \$1200.00)
- Attend all SSA Championship sessions, including the opening and closing ceremonies and the championship team experience as per the [SSA Championship Attendance Policy](#).
- Recognise that the SSA Championships are school activities, and the decision-making regarding each team member's participation in those activities or in preparation for those activities, is the responsibility of the Team Officials.
- Be respectful of the role of the Team Officials in making decisions regarding each team member's participation in SSA Championship activities or other preparation activities.
- Follow and comply with any health or safety advice that is issued.

Guidelines for selectors

- Selections based upon results of SSV Team Vic Track and Field Selection Trial only
- The SSV State Primary Track and Field Championships will **NOT** be part of the selection process



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