

NORTHERN RIVERS ZONE PSSA

NORTH COAST REGIONAL PSSA ATHLETICS CHAMPIONSHIPS 2022

Congratulations, your son/daughter/wardhas been selected to represent the Northern Rivers Zone PSSA at the North Coast Primary Schools Athletics Championships.

Date: Friday 2nd September 2022

Venue: International Stadium, Coffs Harbour

Starting Time: 9am SHARP (first marshalling call at 8.45am)

Travel: Parents/Caregivers to arrange transport in consultation with their child's school.

Team Managers:

Jack Priestley	Jodie Linton	Leone Cox	Leanne Taylor	Sam Nilon	Fiona Fields
Clunes PS	Lismore Heights	Casual	Casual	Lismore Sth PS	Evans River
Ph: 6629 1278	6624 3344			Ph: 6621 3433	Ph:66826666

Team Levy: a. \$30 per competitor (which covers the cost of the singlet)
or b. \$7 per competitor (singlet already purchased from previous years)

Uniform: All competitors MUST wear the Northern Rivers Zone running singlet. Competitors not complying will not be permitted to run in their event.

Relay teams: School relay teams must run in their school uniform **NOT** the NR singlet.

Electronic Timing: Electronic timing shall be in operation during the meet.

NORTH COAST: Competitors who finish 1st, 2nd & 3rd in finals of track and field events will be eligible for selection in the North Coast Track & Field team to compete at the NSW PSSA Championships to be held in Homebush Sydney on 19 & 20 October 2022 at the Sydney International Athletic Centre in Homebush.

FOOTWEAR IS COMPULSORY

SPIKED SHOES: Are permitted except in the 800m, discus and shot put.

CROUCH START: At the 2022 NSW PSSA Track & Field Championships at Homebush it will be **COMPULSORY** for runners in the 100m, 200m & first leg of relay to use a crouch start off starting blocks. Therefore, it is recommended that a crouch start be used at the North Coast Regional Carnival.

PROGRAMS: A limited number of programs will be available FREE upon entry to the ground.

- **The completed Consent Form is to be handed directly to Northern Rivers Team Manager on the day of the NC Athletics Championships.**
- **Singlets will be given out at this time.**
- **Levy and/or singlet payments are to be paid to your school.**
- **Schools will be invoiced by NRPSSA in term 3.**

UPDATED - 27 August 2022

Time	Gender	Event	Distance	Type
9:00am	Boys	Senior/Junior/11 years	1500m	Finals
9:00am	Girls	Senior/Junior/11 years	1500m	Finals
9:30am	Boys/Girls	Junior/PP5/PP6/Senior	4 x 100m Relay	Heats
10:00am	Boys	Senior/Junior/11 years	200m	Heats
10:00am	Boys	Junior Multi Class/Senior Multi Class	200m	Timed Finals
10:30am	Girls	Senior/Junior/11 years	200m	Heats
10:30am	Girls	Junior Multi Class/Senior Multi Class	200m	Timed Finals
11:05am	Boys	8/9/10/11/12/13 years	100m	Heats
11:05am	Boys	Junior Multi Class/Senior Multi Class	100m	Timed Finals
11:10am	Girls	8/9/10/11/12/13 years	100m	Heats
11:10am	Girls	Junior Multi Class/Senior Multi Class	100m	Timed Finals
11:35am	Boys	Senior/Junior/11 years	800m	Finals
11:35am	Boys	Senior/Junior Multi Class	800m	Finals
11:35am	Girls	Senior/Junior/11 years	800m	Finals
11:35am	Girls	Senior/Junior Multi Class	800m	Finals
12:00pm	Boys/Girls	Junior/PP5/PP6/Senior	4 x 100m Relay	Finals
1:10pm	Boys	Senior/Junior/11 years	200m	Finals
1:10pm	Girls	Senior/Junior/11 years	200m	Finals
1:40pm	Boys	8/9/10/11/12/13 years	100m	Finals
1:40pm	Girls	8/9/10/11/12/13 years	100m	Finals

Field
Program

Time	Gender	Age Group	Event	Location
9:30am	Boys	11 years	Long Jump	Pit 1
9:30am	Girls	11 years	Long Jump	Pit 2
9:30am	Boys	Junior	Discus (500g)	Circle 1
9:30am	Boys	Junior	Multi Class Discus (350/500g)	Circle 1

Note: Order of events may be altered by the Carnival Manager should the need arise. Times are approximations only. Competitors are advised to be in attendance well before program time.

Time	Gender	Event		Distance	Type
9:30am	Girls	Junior	Discus (500g)		Circle 2
9:30am	Girls	Junior	Multi Class Discus (350/500g)		Circle 2
9:30am	Boys	Senior	Shot (3kg)		Circle 1
9:30am	Boys	Senior	Multi Class Shot		Circle 1
9:30am	Girls	Senior	Shot (3kg)		Circle 2
9:30am	Girls	Senior	Multi Class Shot		Circle 2
10:10am	Boys	Junior	Long Jump		Pit 1
10:10am	Boys	Junior	Multi Class Long Jump		Pit 1
10:10am	Girls	Junior	Long Jump		Pit 2
10:10am	Girls	Junior	Multi Class Long Jump		Pit 2
10:10am	Boys	11 years	Discus (750g)		Circle 1
10:10am	Girls	11 years	Discus (750g)		Circle 2
10:10am	Boys	Senior	High Jump		Stand 1
10:10am	Girls	Senior	High Jump		Stand 2
10:50am	Boys	Junior	Shot (2kg)		Circle 1
10:50am	Girls	Junior	Shot (2kg)		Circle 2
10:50am	Boys	11 years	High Jump		Stand 1
10:50am	Girls	11 years	High Jump		Stand 2
10:50am	Boys	Senior	Discus (750g)		Circle 1
10:50am	Boys	Senior	Multi Class Discus (500/750g)		Circle 1
10:50am	Girls	Senior	Discus (750g)		Circle 2
10:50am	Girls	Senior	Multi Class Discus (500/750g)		Circle 2
11:30am	Boys	Senior	Long Jump		Pit 1
11:30am	Boys	Senior	Multi Class Long Jump		Pit 1
11:30am	Girls	Senior	Long Jump		Pit 2
11:30am	Girls	Senior	Multi Class Long Jump		Pit 2
12:10pm	Boys	Junior	Multi Class Shot		Circle 1
12:10pm	Girls	Junior	Multi Class Shot		Circle 2
12:10pm	Boys	Junior	High Jump		Stand 1
12:10pm	Girls	Junior	High Jump		Stand 2
12:10pm	Boys	11 years	Shot (2kg)		Circle 1
12:10pm	Girls	11 years	Shot (2kg)		Circle 2

Note: Order of events may be altered by the Carnival Manager should the need arise. Times are approximations only. Competitors are advised to be in attendance well before program time.

NCPSSA REGIONAL CARNIVAL REPRESENTATIVE CONSENT FORM

SPORT: NCPSSA Athletics Championships
DATE/S: Friday 2nd September 2022
VENUE: International Stadium, COFFS HARBOUR
LEVY: \$30:00 or \$7 per student.

The Team Levy (\$30 includes the NR Zone singlet or \$7 if previously owned singlet) must be paid to your school.

The completed Consent Form is to be handed to Northern Rivers Team Manager on the day of the Athletics Championships. Singlets will be given out at this time.

Student Details (Please print clearly)

Student Full Name: _____

Parents/Caregiver Full Name: _____

Address: _____

Postcode: _____ Date of Birth: _____ School: _____

Phone: (Home) _____ (Work) _____ (Mobile) _____

Medical Details

Medicare Number: _____ Expiry Date: _____

The date/year of my child's last tetanus injection was: _____

My child is allergic to: _____

Please indicate if your child has:

- Asthma YES / NO
- Anaphylaxis YES / NO

If you have indicated YES, a medical plan from a Doctor must be attached to this form. Relevant medication and/or equipment should accompany the student to the sports trials. The Team Manager should be advised of this at the beginning of the championships.

Any medical details or special needs which the team manager might need to know:

Medical Insurance: Parents please note there is no personal injury insurance cover provided by the NSW Department of Education and Training for students in relation to school sporting activities, physical education lessons or any other school activity. Parents and caregivers are advised to access the level and extent of their child's involvement in the sport program offered by the school, school sport zone, area and state school sport associations when deciding whether additional insurance cover, above that provided by Medicare, is required. Personal accident insurance cover is available through normal retail insurance outlets.

The NSW Supplementary Sporting Injury Benefits Scheme, funded by the NSW Government, provides limited cover for serious injury resulting in the permanent loss of a prescribed faculty or the use of some prescribed part of the body. Further information can be obtained from www.sportinginjuries.com.au.

COVID

If you or your child are displaying any symptoms of COVID or other illness, you are NOT to attend this event. It is recommended you seek medical advice and/or seek COVID testing.

Travel Details

My child WILL travel privately to and from the carnival with: _____

Relationship to my child: _____

Privacy Notice

The personal information provided on this permission note, will be used by the Department of Education and Training for general administration and communication and other matters of welfare relating to your child at this event. The provision of this information is voluntary but your child may not be able to participate if it is not provided. This information will be stored securely and may be amended at any time by contacting the team management.

Please be aware that the media exposure at this event may result in your child's name, school details and/or photograph appearing in a Newspaper, on Television or on websites including the School Sport Unit website at

<https://app.education.nsw.gov.au/sport/NorthCoast> or www.northernriverspssa.com

If you have a concern with this occurring, please contact the team management or Regional Sport Organiser immediately.

Principal's Declaration

Student name: _____

- I certify that the student whose details appear on this form is enrolled at this school.
- I have verified that the date of birth as stated on this form is correct.
- He/she has the school authority to represent on this occasion.
- A copy of this consent form will be retained by my school.

SIGNED: _____
(Principal) (Date)

NOTED BY: _____
(Sports Organiser)

Parental Consent

- I have read the information issued and I hereby consent to my child participating in this event.
- I understand that my child will be under the supervision of Team Manager/s and will not be allowed to visit friends or relatives without my written permission and that of the Team Managers.
- In the event of any accident or illness, I authorise the obtaining, on my behalf, an ambulance and any such medical assistance that my child may require. I accept full responsibility for all expenses incurred.
- To assist team management at the Championships and to the best of my knowledge, my child has no medical condition or injury that places them at risk in participating in this sport activity.
- I acknowledge that this event/activity is required to be held in accordance with any current NSW Health COVID-19 Public Health Orders and the NSW Department of Education's policies and procedures. I acknowledge and accept that there is a risk that my child may be exposed to COVID-19 whilst attending and participating at this event. I confirm that my child will not attend if displaying any symptoms of illness, and/or if directed to isolate under public health orders.

SIGNED: _____
(Parent/Guardian) (Date)

TEAM LEVY:

Please tick the appropriate boxes

{ } I enclose \$30 for the Team Levy (which covers the cost of the NR Zone singlet).

{ } I enclose \$7 for the Team Levy (having previously purchased the singlet).

School Office use only

Payment of the levy has been received from the student and processed by the school. The school will send all levies paid to the school for NRPSSA events to the Northern Rivers PSSA as required in term 3.

Signed: _____ Name: _____ Date: _____

Amount Paid to school: \$ _____

Please certify with a school stamp:

Students are unable to participate without Principal approval and having paid the levy to their school.