

NORTHERN RIVERS ZONE PSSA ATHLETICS CARNIVAL

VENUE: NEW VENUE – Cavanbah Centre – 249 Ewingsdale Road, BYRON BAY 2481

DATE: Friday 26 August 2022

START: 9:00am Teams to arrive no later than 8:45am

CANTEEN: A canteen will operate for refreshments and light snacks.

CARNIVAL CONVENOR: **Jack Priestley**
Clunes Public School
Tel: 6629 1278 Email: jack.priestley@det.nsw.edu.au

ENTRIES CLOSE: Friday 19th August 2022
District Secretaries/ School Sport Organisers to return completed Entry Sheets to the CARNIVAL CONVENOR by the closing date.

COST: **\$5:00 per student.** To be paid to your school.

AGES: The age of a competitor is determined as the age they turn in 2022.

JUNIORS: 8, 9 and 10 years

11 YEARS: 11 years (11 year olds are classified as seniors for relay events)

SENIORS: 12 and 13 years

MULTI-CLASS ATHLETES: Intellectual, Physical and Sensory Disabled events are run as Multi Class events in two (2) divisions Junior (8-10 year olds) and Senior (11 - 13 year olds) boys and girls.

RELAYS: Junior and Senior Boys/Girls

PP5 and PP6 Relay teams may be any composition of boys and girls.

PP5: All children must be enrolled at the same PP5 School with a total enrolment not exceeding 54.

PP6: All children must be enrolled at the same PP6 School with a total enrolment not exceeding 25.

A composite relay team may be entered from a district in the boys and/or girls relay section provided that the total enrolment of all schools in the district with students involved in the relay **DOES NOT** exceed 250 K-6 students. (***Students may only run in one relay event. Students cannot run in a PP5 or PP6 relay and an open relay.***)

ENTRY CONDITIONS: - School or district enrolment numbers K-6 as at Feb 2022

Track 100m, 200m <300 students = 2 competitors per event
<500 students = 3 competitors per event
500+ students = 4 competitors per event

Track 800m All Schools/ Districts = 2 competitors per event
Extra entries may be considered on application to convenor.

* Track 1500m: One final per event only (based on top 10 entry times) will be conducted in 1500m events. The fastest 10 times per event will be invited to participate. Schools will be notified as soon as entries are finalised from all schools/Districts. Convenor discretion may be used regarding accepting entries into this event.

Field Events <300 students = 2 competitors per event
300+ students = 3 competitors per event

(MUST REACH QUALIFYING HEIGHTS & DISTANCES IN FIELD EVENTS)

Relay <400 students = 1 relay team
400+ students = 2 relay teams

PP5 and PP6 relay 2 per district. Extra teams on application to convenor.

Heat seedings will occur from School/District times submitted.

QUALIFYING DISTANCES AND HEIGHTS

| | | | | |
|------------------|-----------------|-------|------------------|-------|
| HIGH JUMP | Junior boys | 1.10m | Junior girls | 1.10m |
| | 11 year boys | 1.15m | 11 year girls | 1.15m |
| | 12/13 year boys | 1.25m | 12/13 year girls | 1.20m |

Rises shall be 5cm and 2cm. At the discretion of the steward, rises of 5cm may be continued for the 3rd and subsequent rises if thought advisable.

| | | | | |
|---------------|-----------------|--------|------------------|---------------|
| DISCUS | Junior boys | 16.50m | Junior girls | 13.50m (500g) |
| | 11 year boys | 17.00m | 11 year girls | 14.00m (750g) |
| | 12/13 year boys | 19.00m | 12/13 year girls | 15.00m (750g) |

| | | | | |
|------------------|-----------------|-------|------------------|-------|
| LONG JUMP | Junior boys | 3.35m | Junior girls | 3.10m |
| | 11 year boys | 3.50m | 11 year girls | 3.20m |
| | 12/13 year boys | 3.80m | 12/13 year girls | 3.50m |

| | | | | |
|-----------------|-----------------|-------|------------------|-------------|
| SHOT PUT | Junior boys | 6.50m | Junior girls | 5.70m (2kg) |
| | 11 year boys | 7.00m | 11 year girls | 6.30m (2kg) |
| | 12/13 year boys | 7.30m | 12/13 year girls | 6.50m (3kg) |

Students are required to have met qualifying heights or distances.

SPIKES & FOOTWEAR Spikes may be worn in events where children are running in individual lanes. **FOOTWEAR IS COMPULSORY**

OFFICIALS It is requested that at least three (3) teachers attend from each district. Two (2) teachers are to act as officials at the carnival and one teacher will be the District /School Team Manager. Each School or District will make internal school arrangements to relieve teachers as no paid relief is available.

CONTINUE for 2022 Please note that all 1500m, 800m, 200m, 100m & Relay track events will be conducted as timed finals. Races will be seeded based on submitted entry times. The fastest times overall will determine the final positions and results. There will be **NO HEATS** and **FINALS** as in previous years.

PLEASE SUPPLY:

- * ALL TIMES IN MINUTES AND SECONDS
- * ALL HEIGHTS AND DISTANCES IN METRES AND CENTIMETRES

THESE MUST BE SUBMITTED ON ENTRY SHEETS PROVIDED

NORTH COAST REGIONAL PSSA **ATHLETICS CARNIVAL**

The North Coast Regional PSSA Athletics Carnival will be held at **Coffs Harbour** on **Friday 2nd September, 2022**. Northern Rivers athletes must travel privately to this carnival as NO bus transport or billeting arrangements will be organised by the NR Zone PSSA. Entry to North Coast Regional PSSA Athletics Championships: 4 entries per zone in all running events and 3 entries per zone in each field and relay event

Please direct all enquiries to the Carnival Convenor

NRPSSA ZONE REPRESENTATIVE CONSENT FORM

ATTENTION PARENTS! This completed Consent Form and levy should be returned to your school.

SPORT: *NRPSSA Athletics Championships*
DATE/S: *Friday 26 August 2022*
VENUE: *NEW VENUE - Cavanbah Centre, 249 Ewingsdale Road, BYRON BAY*
LEVY: *\$5:00 per student to be paid to your school.*

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 trials.

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
<https://northernrivers.primarysport.com.au/>

If you have a concern with this, 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)

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: _____

Please certify with a school stamp:

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

Program of Events 2022

| Time | Order of Track Events | Time | Order of Field Events |
|--------------|---|--------------|---|
| 9:00 | Timed FINALS 1500m | 9:00 | Rotation 1 |
| | Junior boys Junior (8-10yrs) boys Multi-class | | Senior boys long jump |
| | Junior girls Junior (8-10yrs) girls Multi-class | | Senior girls long jump |
| | 11 year boys | | 11 year boys shot put (2kg) |
| | 11 year girls | | 11 year girls shot put (2kg) |
| | 12/13 year boys Senior (11-13yrs) boys Multi-class | | Junior boys high jump |
| | 12/13 year girls Senior (11-13yrs) girls Multi-class | | Junior girls high jump |
| | | | Junior (8-10yrs) boys discus Multi-class |
| | | | Senior (11-13yrs) boys discus Multi-class |
| | | | Junior (8-10yrs) girls discus Multi-class |
| | | | Senior (11-13yrs) girls discus Multi-class |
| 10:30 | RELAY Timed FINALS | 10:30 | Rotation 2 |
| | Junior boys relay | | Junior boys shot put (2kg) |
| | Junior girls relay | | Junior girls shot put (2kg) |
| | PP5 relay | | 11 year boys high jump |
| | PP6 relay | | 11 year girls high jump |
| | Senior boys relay | | 12/13 year boys discus (750g) |
| | Senior girls relay | | 12/13 year girls discus (750g) |
| 12:00 | Junior, 11 year and 12/13 year and Multi-class Timed FINALS 200m | | 8-10 year boys long jump Multi-class |
| | Junior boys | | 11-13 year boys long jump Multi-class |
| | Junior (8-10yrs) boys Multi-class | | 8-10 year girls long jump Multi-class |
| | 11-13 year boys Multi-class | | 11-13 year girls long jump Multi-class |
| | Junior girls | 12:00 | Rotation 3 |
| | Junior (8-10yrs) girls Multi-class | | Senior boys high jump |
| | 11-13 year girls Multi-class | | Senior girls high jump |
| 12:45 | 11 years boys & girls | | 11 year boys discus (750g) |
| | 12/13 year boys & girls | | 11 year girls discus (750g) |
| 1:30 | Junior and Multi-class Timed FINALS 100m | | Junior boys long jump |
| | 8, 9 & 10 year boys | | Junior girls long jump |
| | Junior (8-10yrs) boys Multi-class | | 8-10 year boys shot put Multi-class |
| | 8, 9, 10 year girls | | 11-13 year boys shot put (3kg) Multi-class |
| | Junior (8-10yrs) girls Multi-class | | 8-10 year girls shot put Multi-class |
| | | | 11-13 year girls shot put (3kg) Multi-class |
| 2:00 | 11, 12, 13 year & Multi-class Timed FINALS 100m | 1:30 | Rotation 4 |
| | 11 year boys & girls | | Junior boys discus (500g) |
| | 12 year boys & girls | | Junior girls discus (500g) |
| | 13 year boys & girls | | 11 year boys long jump |
| | 11-13 year boys and girls Multi-class | | 11 year girls long jump |
| 2:30 | Junior, 11 years and 12/13 year Timed FINALS 800m | | 12/13 year boys shot put (3kg) |
| | Junior boys & girls | | 12/13 year girls shot put (3kg) |
| | 11 years boys & girls | | |
| | 12/13 year boys & girls | | Multi-class = Athletes with Disabilities |

NOTE: For 100m, 200m, 800m, 1500m & Relay track events – all heats are seeded by submitted times from Schools/ Districts. All heats are timed. Fastest times overall in each event, determine final places. Long Jump events – The top 8 Competitors will progress to a final after their first 2 Jumps.

Event order and times are estimates and may be altered by the Carnival Manager.

