

Monday 31st July 2023

Ron Brown Oval
Shoalhaven High School
Nowra 2541

Conveners –
Shannon Evans / Sam Bagnall
Culburra PS
Ph: 4447 2010

8:00am – 1500m and senior high jump competitors

8:30am to approximately 3:00pm – all other events

Information for schools

800m event

The fields in the 800m events are restricted to the **top 16** competitors in the region. These athletes have been notified via email. There are **NO automatic qualifiers** - please ensure your students are aware of this.

1500m event

The fields in the 1500m events are restricted to the **top 10** competitors in the district. These athletes have been notified via email. There are **NO automatic qualifiers** - please ensure your students are aware of this.

Rules of Competition

1. The carnival will be conducted under the Constitution and By-Laws of the New South Wales Primary Schools Sports Association and the South Coast School Sports Association. Rules are in accordance with the World Athletics and IPC Handbooks unless otherwise indicated.
2. **200m events** will be conducted as “timed finals”. Heats will be seeded from fastest to slowest.
3. **All Relays** will be conducted as “timed finals”. Races will be equally seeded.
4. Any races for which there are insufficient competitors to run heats, eg. 13 years 100m, will automatically be run as timed finals. Please ensure that any affected students are aware of this.
5. **Spikes**
Spikes of no more than 7mm long may be used during track events, or 10mm in field events.
6. **Relay uniforms**
Competitors in relay teams must preferably wear their school tops.

7. **Uniforms**

Competitors must wear their school uniforms. If compression garments (including socks) are worn they should be black or of a colour the same as your school.

8. **Throwing Event Weights**

Shot Put: Juniors and 11 years use a 2kg shot and the 12/13 years shot put events are conducted with a 3kg shot.

Discus: Juniors use a 500g discus, 11's and 12/13 years use a 750g discus.

Schools are also asked to note, particularly, the starting heights and rises for high jumps printed below:

Starting heights	Girls	Boys
Junior	0.95m	1.00m
11 years	1.00m	1.05m
12/13 years	1.05m	1.10m

Rises: to be by 5cm increments until six (6) remaining in the competition, then by 3cm. When two (2) competitors remain, increments will be by 2cm.

9. **Field events** – All field events- except for the vertical jump- High Jump, will be the best of three attempts. There will be no finals.

10. **Shelter**

Schools are asked to make arrangements for their shelter. Please ensure they are fastened (pegged) securely to the ground. School managers are also asked to make themselves clearly identifiable by being seated near school flags/banners.

11. **Canteen**

A canteen service catering for light refreshments and a BBQ (bacon and egg rolls, sausage sizzle, hot dogs, drinks etc.) will be available.

12. **Behaviour**

School team managers are reminded that they are responsible for maintaining good order and discipline.

Loitering in toilet areas will not be allowed. Managers are asked to ensure children adhere to this.

When not competing, all children must remain with their school team in their designated area.

School flags are to be displayed to indicate assembly points.

Children who are misbehaving may be **withdrawn** from the competition.

13. **Out of bounds**

The track and all competition areas are out of bounds to all but officials and competitors in events actively being conducted.

Spectators are not permitted in the field events' competition areas and are to remain behind the perimeter fencing at all times. Spectators are also not permitted on the furthest side of the field as this is Shoalhaven High School's playground.

Recording and administration areas are out of bounds.

Managers are asked to ensure that all team members including parents and support crew are well versed in Rule 6 regarding disqualification of athletes if persons are out of bounds.

14. **First aid** facilities will be available in the Shoalhaven PSSA tent near the finish line.

15. **Multiclass events**

Shoalhaven District PSSA will offer/conduct multiclass events.

They will be conducted in the same manner, including the determination of winners, as the NSWPSA Athletics Championships. We will offer events in the 100m, 200m, 800m, Long Jump and the Standing Shot Put.

Eligible athletes may be nominated into the multiclass events that are conducted at the South Coast PSSA State Athletics Championships.

Students must have a current classification and appear on the Athletics Australia master list of multiclass athletes to be eligible to place at South Coast SSA Championships and for NSWPSA.

Please note:

The first marshalling call will be at **8:00am** for the events of 1500m and senior high jump.

8:30am will be the marshalling time for all other field events.

Competitors not in attendance at the start of an event may be ineligible to compete.

Many thanks for your continued support of school sport. The opportunities you are providing students through your valuable contributions are much appreciated.

Shannon Evans & Sam Bagnall

2023 Shoalhaven District PSSA Athletics Conveners