

School Athletics Carnival

2018

Dates:

Wagga Country Deanery

DATE: 29th May

TIME: TBC

VENUE: Wagga Wagga

COST: \$10.00

Wagga City Deanery

DATE: 30 May

TIME: TBC

VENUE: Wagga Wagga

COST: \$10.00

Diocesan

DATE: 2nd August

TIME: 10.00am (Officials will need to be there between 9.00 – 9.30am)

VENUE: Albury

COST: \$15.00 (an invoice will be forwarded to you after the carnival)

MACKILLOP

DATE: Monday 24th September 2018

TIME: TBC

VENUE: Sydney Olympic Park Athletic Centre, Edwin Flack Ave, Sydney Olympic Park

TEAM MANAGERS

Laura Cornford - Santa Sabina, Strathfield

Carolynne Daher - St Joseph's, Enfield

Peta Haynes - St Christopher's, Panania

Terry Jansen - Good Samaritan, Fairy Meadow

Kim Donohue - St Patrick's, Summer Hill

PSSA

DATE: Wednesday 31st October - Thursday 1st November 2018

TIME: TBC

VENUE: Sydney Olympic Park Athletic Centre, Edwin Flack Ave, Sydney Olympic Park

CONVENORS FOR WAGGA WAGGA COUNTRY, WAGGA WAGGA CITY AND SOUTH WEST.

WAGGA WAGGA COUNTRY DEANERY CONVENOR

ANNA KEOUGH IN CONJUNCTION WITH THE LISTED SCHOOLS

Anna will consult with Bill Ross to co-ordinate dates and carnivals needs and organize the Swimming and Athletics with the assistance of the school listed to be the Host School for the event.

<u>Year</u>	<u>Swimming</u>	<u>Athletics</u>
2002/2007/2012/2017	Junee	Tumbarumba
2003/2008/2013/2018	Coolamon	Ganmain
2004/2009/2014/2019	Lockhart	Junee
2005/2010/2015/2020	Tumbarumba	Coolamon
2006/2011/2016/2021	Ganmain	Lockhart

WAGGA WAGGA CITY DEANERY CONVENOR

ANNA KEOUGH IN CONJUNCTION WITH THE LISTED SCHOOLS

Anna will consult with Bill Ross to co-ordinate dates and carnivals needs and organize the Swimming and Athletics with the assistance of the school listed to be the Host School for the event.

<u>Year</u>	<u>Swimming</u>	<u>Athletics</u>
2002/2018	Mater Dei/Holy Trinity	Sacred Heart
2003/2008/2013/2019	Henschke	Mater Dei
2004/2009/2014/2020	St Joseph's	Holy Trinity
2005/2010/2015/2021	Sacred Heart	St Joseph's
2006/2011/2016/2022	Mater Dei	Henschke
2007/2012/2017/2023	Holy Trinity	Sacred Heart

ALBURY CITY DEANERY CONVENORS

Lea Scammell in conjunction with Sue Hayhoe will coordinate dates/ribbons etc for the functioning of both Swimming and Athletics Carnivals with Bill Ross.

Judy Foley will be the Albury Deanery Swimming Carnival Convenor with the host school/s providing necessary assistance.

Lea Scammell in conjunction with Sue Hayhoe will be the Albury Deanery Athletics Carnival Convenor with the host school/s providing necessary assistance.

ALBURY DEANERY ATHLETICS & SWIMMING

Year	Swimming	Athletics	Off Year
2012	St Pats Holbrook & St Anne's	St Mary's Corowa and Holy Spirit	St Joseph's Culcairn and St Pats Albury
2013	St Mary's Corowa and Holy Spirit	St Joseph's Culcairn and St Pats Albury	St Pats Holbrook & St Anne's
2014	St Joseph's Culcairn and St Pats Albury	St Pats Holbrook & St Anne's	St Mary's Corowa and Holy Spirit
2015	St Pats Holbrook & St Anne's	St Mary's Corowa and Holy Spirit	St Joseph's Culcairn and St Pats Albury
2016	St Mary's Corowa and Holy Spirit	St Joseph's Culcairn and St Pats Albury	St Pats Holbrook & St Anne's
2017	St Joseph's Culcairn and St Pats Albury	St Pats Holbrook & St Anne's	St Mary's Corowa and Holy Spirit
2018	St Pats Holbrook & St Anne's	St Mary's Corowa and Holy Spirit	St Joseph's Culcairn and St Pats Albury
2019	St Mary's Corowa and Holy Spirit	St Joseph's Culcairn and St Pats Albury	St Pats Holbrook & St Anne's
2020	St Joseph's Culcairn and St Pats Albury	St Pats Holbrook & St Anne's	St Mary's Corowa and Holy Spirit
2021	St Pats Holbrook & St Anne's	St Pats Holbrook & St Anne's	St Joseph's Culcairn and St Pats Albury
2022	St Mary's Corowa and Holy Spirit	St Joseph's Culcairn and St Pats Albury	St Pats Holbrook & St Anne's

**DIOCESAN ATHLETICS RECORDS - ESTABLISHED 1991 - INCLUDING 2016
GIRLS**

EVENT	NAME	S SCHOOL	RECORD	YEAR
8 Years 100m	Rachel Foscarini	St Therese's Yenda	16.3	1995
9 Years 100m	Briana Langtry	Henschke Wagga	15.15	2001
10 Years 100m	Georgina Leahy	Sacred Heart Koorungal	14.60	2001
11 Years 100m	Julia Nation	Holy Spirit Lavington	13.84	1999
12 Years 100m	Jenny Baker	St Joseph's Wagga	13.15	2001
13 Years 100m	Lauren McLaren	Holy Spirit Lavington	14.04	2003
Junior 200m	Kaitlyn Buck	St Joseph's Junee	30.96	2007
11 Years 200m	Kaitlyn Buck	St Joseph's Junee	29.82	2008
Senior 200m	Wendy Ceccato	St Mary's Yoogali	28.07	1998
Junior 800m	Anna Cranney	St Mary's Corowa	2.45.03	1997
11 Years 800m	Sarah Trainer	St Joseph's Narrandera	2.39.09	1998
Senior 800m	Anna Cunnington	Mater Dei, Wagga	2.37.10	1996
High Jump				
Junior	Rochelle Eales	St Columba's Berrigan	1.23m	1995
11 Years	J Tinkler	St Joseph's Finley	1.37m	1998
Senior	Brandy Galvin	St Patrick's, Holbrook	1.49m	2011

Long Jump

Junior	Jane Garraway	Sacred Heart Kooringal	3.89m	2007
11 Years	Tahnee Cannan	St Patrick's Albury	4.15m	2002
Senior	Tahnee Cannan	St Patrick's Albury	4.69m	2003

Shot Put

Junior	Sian Lovekin	St Joseph's Culcairn	9.29m	1991
11 Years	Brydee Clarke	Sacred Heart Kooringal	9.73m	2003
Senior	Lilly Hewitt	St Joseph's Narrandera	9.99m	2014

Discus

Junior	Sophia Varley	St Joseph's, Finley	25.56m	2013
11 Years	Brydee Clarke	Sacred Heart Kooringal	27.10m	2003
Senior	Rebecca Briggs	St Patrick's Albury	27.82m	2005

Relays

Junior	South West Schools (Sue Hayhoe Trophy)		1.00.59	1991
Senior	Henschke, Wagga		56.97	2011

MOST RECENT RECORDS

Lilly Hewitt Senior Girls Shot Put St Joseph's Narrandera 9.99 2014

**DIOCESAN ATHLETICS RECORDS – ESTABLISHED 1991 INCLUDING 2016
BOYS**

EVENT	NAME	SCHOOL	RECORD	YEAR
8 Years 100m	Joe Cunnington	Mater Dei Wagga	15.17	1998
9 Years 100m	Timothy Segrave	St Mary's Corowa	14.66	1998
10 Years 100m	Grant Commins	St Joseph's Leeton	13.85	2003
11 Years 100m	Luke Spokes	Henschke Wagga	13.57	1991
	Joe Cunnington	Mater Dei Wagga	13.57	2001
12 Years 100m	Sam Voss	St Patrick's Albury	13.13	2000
13 Years 100m	Thomas Barker	St Patrick's, Albury	13.82	2014
Junior 200m	Morgan Hindry	Holy Spirit Lavington	29.55	1999
11 Years 200m	Dougal Howard	Mater Dei Wagga	28.49	2007
Senior 200m	Bronson Meehan	St Anne's North Albury	27.29	2011
Junior 800m	Morgan Hindry	Holy Spirit Lavington	2.36.00	1998
11 Years 800m	Andrew Heffernan	St Joseph's Junee	2.35.23	2006
Senior 800m	Paul Cunnington	Henschke Wagga	2.30.73	1991
High Jump				
Junior	Matthew Mullins	Henschke Wagga	1.33m	1998
11 Years	Liam Wood	St Joseph's Leeton	1.47m	2007
Senior	Thomas Hawkins	St Joseph's Finley	1.53m	2000

Long Jump

Junior	Morgan Hindry	Holy Spirit Lavington	4.12m	1999
11 Years	Hunter Schultz	Henschke, Wagga	4.77m	2016
Senior	Kirtis Fisher	St Joseph's Leeton	4.73m	2012

Shot Put

Junior	Nathan Carroll	Mater Dei Wagga	11.06m	1991
11 Years	Sam Trimboli	St Patrick's Griffith	11.74m	1999
Senior	Nicholas Zumbo	St Joseph's Leeton	10.86m	2000

Discus

Junior	Nick Hay	Henschke Wagga	28.19m	2008
11 Years	Nick Hay	Henschke Wagga	29.23m	2009
Senior	Nick Hay	Henschke Wagga	32.69m	2010

Relays

Junior	Mater Dei Wagga		1.00.00	2001
Senior	St Mary's Corowa		0.55.92	1998
PP5	St Brendan's Ganmain		0.58.40	2012
PP6	St Therese's Yenda		1.02.75	2009

MOST RECENT RECORDS

Thomas Barker	13 Year Boys 100m	St Patrick's Albury	13.82	2014
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GENERAL RULES FOR SPORTS CO-ORDINATORS TO INFORM CHILDREN ABOUT

Track Events

Two calls will be given per event.

You must be in the marshalling tent when the final call is given (Spikes to be carried to tent.)

When your name is called answer and report to the second marshall, in order of your lane.

You will walk as a heat to the starting line (Do not go straight to the start.)

When you have finished your race, walk up to the finish line, where you will be given a ticket.

The first place getter only – gets the time sheet.

Line up in your order with finish marshall.

Walk to recording tent.

Give your name and school when asked.

Field Events

Report directly to the field event when called.

Give name and school to the official.

Practise throws and jumps.

The official will come over and tell you the order of competition and ask for no more practices.

The official will call your name when it is your turn.

Only three throws or jumps.

NOTE: Please remind children that there are finals. Some events will be only one heat. This will be a final. All finals at final time. Field events only have three throws or three jumps.

MARSHALLS

Marshall (1)

Children will be asked to report to the marshalling tent.

The marshall will call out the names of each child for the events as per the program.

They will line up in their lane draw with the other marshall.

The second marshall will walk children to the start.

The children will be given two calls to the marshalling area.

Once the final call has been given, heats will be read out.

Marshall (2)

Line up children in their correct lane order 1 to 10 (behind each other)

Walk them to the start of the race, making sure they remain in their correct lanes.

If a child is missing their lane remains empty.

Stand the children in their lanes waiting for the starter.

For some events it may be easier to walk all heats over together (You need to know where one race ends and the other starts.)

Marshall (3)

Working at the finish line.

Children will be given their place cards.

You line them up i.e. 1st to 10th.

Walk over to the recording tent.

Then proceed to the next event.

RULES FOR DISCUS

1. ORDER OF COMPETITION

The order in which the competitors will take their throws shall be drawn prior to the carnival and recorded on the competition sheet. Each competitor will be allowed three trials and then places will be done. If an athlete is competing in two or more events simultaneously, the officials may allow the competitor to take their throws out of order. A competitor cannot take all their trials in succession.

2. PRACTISE TRIALS FOR DISCUS

A competitor is allowed at least 2 practise trials before the competition begins.

3. FOULS

An athlete will record a foul if

- a) the competitor after entering the circle and commencing to make a throw touches with any part of their body the top of the circle or the ground outside.
- b) the implement does not fall completely within the sector of the throwing area.
- c) the implement hits the throw cage or goes out the back of the circle.
- d) the competitor does not leave the circle from the rear half which is indicated by a line.

4. MEASURING

The officials shall measure and record each valid trial. All measurements should be made with a tape graduated in centimetres. In measuring throwing events that part recording the distance achieved must be held by an official at the circle. In the distance shall be measured in 2cm units. The measurement of each throw will be made from the nearest mark made by the fall of the implement to the inside of the circumference of the circle. The tape must be pulled through the centre of the circle.

Discuss Weights- Rubber discuss must be used.

Boys and Girls

Juniors 500g

11 Years 750g

12/13 750g

GENERAL RULES FOR SPORTS CO-ORDINATORS TO INFORM CHILDREN ABOUT

Track Events

Two calls will be given per event.

You must be in the marshalling tent when the final call is given (Spikes to be carried to tent.)

When your name is called answer and report to the second marshal, in order of your lane.

You will walk as a heat to the starting line (Do not go straight to the start.)

When you have finished your race, walk up to the finish line, where you will be given a ticket.

The first place getter only – gets the time sheet.

Line up in your order with finish marshal.

Walk to recording tent.

Give your name and school when asked.

Field Events

Report directly to the field event when called.

Give name and school to the official.

Practise throws and jumps.

The official will come over and tell you the order of competition and ask for no more practices.

The official will call your name when it is your turn.

Only three throws or jumps.

NOTE: Please remind children that there are finals. Some events will be only one heat. This will be a final. All finals at final time. Field events only have three throws or three jumps.

RULES FOR SHOT PUT

1. ORDER OF COMPETITION

The order in which the competitors will take their throws shall be drawn prior to the carnival and recorded on the competition sheet. Each competitor will be allowed three trials and then places will be done. If an athlete is competing in two or more events simultaneously, the officials may allow the competitor to take their throws out of order. A competitor cannot take all their trials in succession.

1. PRACTICE TRIALS FOR SHOT PUT

A competitor is allowed at least 2 practice throws before competition begins

1. PUTTING THE SHOT

The shot shall be out from the shoulder with one hand only. At the time the competitor takes a stance in the ring to commence a put, the shot shall touch the chin/neck area, and the hand shall not be dropped below this position during the action of the putting. The shot must not be taken from behind the line of the shoulder. The shot must be in close proximity to the chin. The shot can be placed near the neck.

1. FOUL

A competitor will record a foul for the shot if:

- a) If the athlete after entering the circle and commencing to make a throw touches with any part of the body the top of the stopboard or circle or the ground outside.
- b) Improperly releases the implement in making the attempt.
- c) If the athlete does not leave the circle from the rear half which is indicated by a line.
- d) If the shot does not land fully within the sector.

1. MEASURING

The officials shall measure and record each valid trial. All measurements must be made with a tape. In measuring the distance in the throwing events, the end of the tape recording the distance achieved must be held by an official at the circle. In shot, the distance shall always be recorded to the nearest centimetre below the distance measured. The measurement of each throw will be made from the nearest mark made by the fall of the implement to the inside of the circumference of the circle. The tape should be pulled through the centre of the circle.

1. TIES

In an event of a tie the second best performance of the competitors tying shall decide the tie. If the tie remains the third throw.

Weights	Boys & Girls
Juniors	2kgs

11 years 2kgs
12/13 years 3kgs

RULES FOR LONG JUMP

1. ORDER OF COMPETITION

The order in which the competitors will jump will be drawn prior to the carnival and recorded on the competition sheet. Each competitor will be allowed the competition sheet. Each competitor will be allowed three trials and then the places will be done. If an athlete is competing in two or more events simultaneously the officials may allow the competitor to take their jumps out of order. A competitor cannot take all their trials in succession.

2. MEASURING OF RUN-UP

Before competition begins athletes may measure out their desired runoff. A shoe, piece of clothing may be used to mark their starting point. (not a hole in the ground).

3. PRACTISE JUMPS

A competitor is allowed at least 2 practice jumps before competition begins.

4. THE LONG JUMP BOARD

Fouls – it is a failure if:-

- a) If any part of the foot goes over the board.
- b) If any part of the body goes over the board.
- c) If the course of landing touches the ground outside the landing area nearer to the take-off than the nearest mark in the sand made by the jump.
- d) After completing the jump, walk back through the landing area.
- e) Employs any form of somersaulting.

NOTE: If a competitor takes off before reaching the board it shall be a jump and measured as such. Measuring takes place from the front of the board (ie the edge closest to the pit).

5. MEASURING

Each valid jump will be measured and recorded.

Distances recorded to the nearest centimeter.

All jumps will be measured as the nearest break in the landing area made by any part of the body or limbs to the take-off line (ie the edge closest to the pit).

6. TIES

If a tie exists the second best performance of the competitors tying shall decide the tie. If a tie remains the next best jump.

7. EQUIPMENT

a rake

a broom or brush

a spike for end of tape to be used in sand area

tape

When measuring the jump the spike with the zero end of the tape attached is inserted perpendicularly at the break in the sand nearest the take-off board. This break is not necessarily made by the feet of the competitor it may be the seat or hand.

RULES FOR HIGH JUMP

1. ORDER OF COMPETITION

The order in which the competitors will jump will be drawn prior to the carnival and recorded on the competition sheet. If an athlete is competing in two or more events simultaneously, the officials may allow them to take their trials in an order than shown on the sheet. A competitor cannot demand to make their trials in succession.

2. USE OF MARKS

A competitor may place on the runway a marker to assist them with their approach. However, a marker cannot interfere with another jumper.

3. JUMPS

A competitor may commence jumping at any height above the maximum height and may jump any heights they wish. If they miss a height it is recorded with a – (Pass). Three successive failures regardless of the height at which the failure occurs, means they take no more part in the event, unless a tie occurs.

A miss is recorded if

- a) the bar falls down
- b) the athlete does not take off on one foot
- c) if any part of the body touches the mats or the uprights, even if the athlete does not jump.

NOTE (1): If a wind knocks down the bar the athlete is not penalized. If the athlete has moved right away from the bar after competing the jump and the bar falls off the athlete is not penalized.

NOTE (2): There is a mistaken idea prevalent that provided the jumper scrambles off the mat before the bar falls it does not count as a failure. This is quite wrong, and there is no rule to this effect. The judge must watch very carefully, particularly when there is a wind blowing, and must make up his/her mind whether the bar fell as a result of the jumper knocking it, or whether the wind was the true cause of it falling.

4. THE RESULT SHEET

	1.78 M	1.82 M	1.85 M	1.88 M	1.90 M	1.92 M	1.94 M	1.96 M	
A Smith	-	xO	O	xO	-	xxO	xO	xO	1ST
B Clarke	O	O	O	x-	xO	xxO	xxO	xxx	2N D
D Jones	O	O	x	O	xxO	Xxx			4TH
F Marks	O	-	-	xxO	xxO	xxO	xx		3R D

D Jones and F Marks last cleared 1.90

D Jones had 6 failures F Marks 7 failures x – miss O cleared - pass (did not jump)

5. COMPETITION

Starts when the first athlete attempts the first trial round one, and ends when the last remaining athlete fails or decides to stop.

6. MEASURING

All measuring should be made with a measuring stick. The measurement must be made from the ground to the top of the bar. Measurements must be made at both ends of the bar and the middle.

Rises should be 5cm until there are six or fewer competitors then 2cm raises.

7. STARTING HEIGHTS

Boys

Junior	90cm
11 Years	1.05m
12/13 Years	1.15m

Girls

Junior	85cm
11 Years	1.00m
12/13 Years	1.10m

Please click this link for CPS information: <https://www.csss.nsw.edu.au/nswcps-athletics-pathway-info.aspx>

Please click this link to nominate students: <https://goo.gl/forms/bujSvi7CkvIFZ6bC3>

Questions? Please email sport@ww.catholic.edu.au