

RYDE ZONE P.S.S.A. ANNUAL ATHLETICS CARNIVAL 2018

NOTICE TO PRINCIPALS AND SPORTS PERSONS

Please click the link and complete the online form

<https://goo.gl/forms/liSUxIaPNxZv6JJw2>

- DATE:** **Tuesday 21st August** - First marshalling call 9.00am SHARP
- VENUE:** Sydney Olympic Park Athletics Centre Main Arena
- POSTPONEMENT:** The carnival will definitely be on unless your representative is contacted before 8:00 am on the morning of the carnival. Highly unlikely.
- STARTING TIME:** First events are scheduled to commence at 9 a.m., first marshal call 9am
Please be on time, then we start on time we finish on time.

The first track event is scheduled for 9:15 am.
- FINISHING TIME:** The presentations are scheduled for 3:00 pm.
Please ensure buses pick up no earlier than 2.50 p.m.
- SPORTSMANSHIP:** A trophy will be awarded at the conclusion of the carnival to the school which has:
1. The most enthusiastic team support ,
 2. The cleanest area during the carnival and
 3. The best sense of responsibility, manners.
- TROPHIES:** **THOSE SCHOOLS CURRENTLY HOLDING TROPHIES ARE ASKED TO BRING THEM TO THE CARNIVAL ON TUESDAY 21st AUGUST.**
- PROGRAMS:** These will show the order of events, draws for relays, rules and records. **A copy will be posted on the Ryde PSSA website. Please copy for competitors and spectators as needed.**
- SEATING:** As allocated, see website for a copy.
- OUT OF BOUNDS:** Competitors must only enter the track/ field when competing. The track must be crossed with due care. The area in front of the building is out of bounds except when going to canteen/ toilets or recording. **NO BALLS TO BE BROUGHT TO CARNIVAL.**
- ADMISSION:** **\$10 per child.** This money should be collected prior to the carnival and an invoice will be sent from Josh Smyth from Boronia Park after the event.
- IDENTIFICATION:** Each competitor is to wear a white name tag on the front of their sports uniform at chest height. It is to show the child's **given and family** names, school and year of birth. Stick on labels are adequate. Have spares available.
ALL SCHOOLS ARE TO HAVE LABELS PLEASE.
- MULTICLASS EVENTS:** The carnival includes specific activities for people with disabilities who are classified through the appropriate sport association. Schools are asked to notify the convener prior to submitting their entries if they have any students entering into the multiclass events. Additional information regarding these events can be found on the following page of this document.

Additional Information for Para Athletes:

An extract from <https://app.education.nsw.gov.au/sport/EventHeader/View?eventId=1757>

Para Athletes: The NSWPSA encourages students with intellectual, physical and sensory disabilities to participate in the athletic program. All students should compete at their zone carnival prior to competing at the Sydney North athletics carnival. Zone entries must include all para athlete entries. Students should have a current classification with the appropriate body and forward a copy of their classification documentation together with the [disabilities classification entry form](#) to their zone convener by Monday 3 September 2018. This must then be forwarded to the Sydney North office by the zone convener.

Physical Impairment – must have current classification registration on the APC website (Australian Paralympic Committee) – www.paralympic.org.au/sports/para-athletics. Register using the Get Classified form on the Australian Paralympic Committee website <http://www.paralympic.org.au/athletics-classification>.

Classes T/F31-57 –

Vision Impairment – must have current classification registration on the APC website (Australian Paralympic Committee) – www.paralympic.org.au/sports/para-athletics. Register using the Get Classified form on the Australian Paralympic Committee website <http://www.paralympic.org.au/athletics-classification>.

Hearing Impairment – must send unaided audiogram to Deaf Sports Australia to obtain official classification - Deaf Sports Australia – www.deafsports.org.au/sports/participation.htm or phone (03) 9473.1154

There is one classification T/F01. Competitors must have a current unaided audiogram signifying a loss of more than 55 decibels in the better ear to gain classification.

Further information: www.deafsports.org.au/news-1/new-dsa-athlete-eligibility-policy

Intellectual Impairment – must have an AUSTRAPID card (Renewed Yearly) - www.ausrapid.org.au or phone (03) 5762.7494 for all AUSTRAPID eligibility processes. Ausrapid Cards need to be renewed at the end of each year.

There is one classification, T/F20. Competitors must be receiving some form of special education support and have an IQ less than 75 as measured by a WISC III, WPPSI - R or Stanford Binet; 4th Edition.

Further information: www.ausrapid.org.au/contentPages/eligibility.htm

Transplantees – Contact Transplant Australia (02) 9922.5400

There is one classification T/F60

Further information: Contact Transplant Australia www.transplant.org.au

- Age Rules:
1. Children born in 2010 eligible for 8 years events
 Children born in 2009 eligible for 9 years events
 Children born in 2008 eligible for 10 years events
 Children born in 2007 eligible for 11 years events
 Children born in 2006 eligible for 12 years events
 Children born in 2005 eligible for 13 years events
 2. Children must enter their own age group events.
 3. A child may not enter both junior and senior events.
 4. 200m, 800m and field events— Junior (8, 9, 10yrs), 11yrs and senior (12/13yrs)
 5. Relays— Junior and Senior
 6. There will be no restrictions as to the number of events a child may enter, BUT schools are asked to consider the load being placed on individual competitors.

Entries Per School	Field Events <i>(high jump, long jump, shot put, discus)</i>	1 per age division
	Relays	1 team per age division
	200m	2 per age division
	800m	max. 3 per age division*
	100m	3 per age division

Points	1st place—8 points	2nd place—6 points
	3rd place—4 points	4th, onwards— 1 point
	Relay— points are doubled and all finalist allocated points	

Finalists IN ALL TRACK EVENTS THE FASTEST TIMES ONLY OF THOSE RECORDED GO ON TO THE FINAL. PLEASE ENSURE ALL PARENTS AND ATHLETES ARE AWARE OF THIS.
 Not all places may be recorded.

Marshalling All competitors in an event must be at the marshalling point before the first heat is run. Field events marshalled at event location.

Starting Lanes as per program or allocated by marshal.
 Method: 'on your mark—set—' gun. (100m, 200m)
 'on you mark—' gun. (800m)

Spikes Allowed in track events, except 800
 Allowed in high jump and long jump.
 Tartan spikes only 7mm max.

False starts The competitor causing a false start shall be warned for the first breach, next identified athlete to break will be disqualified.

STARTING BLOCKS Starting blocks are optional 100m, 200m and relay.

800M EVENTS

Each school may enter their fastest competitor regardless of the qualifying times any other competitor must be with in the below times.

Qualifying times for the 800m are as follows and have been modified from the 2017 times

Boys: Junior— 3 minutes 10 seconds
11years— 3 minutes 00 seconds
Senior— 3 minutes 00 seconds
Girls: Junior— 3 minutes 20 seconds
11years— 3 minutes 10 seconds
Seniors— 3 minutes 10 seconds

RELAYS

1. Runners must run in allocated lanes. Any child failing to do so may be disqualified.
2. Runners must remain in their lanes after the change over until instructed to leave the track.
3. Batons must be changed between the indicated 20m marks or disqualification will occur.
4. Teams must use batons supplied by the carnival organiser.
5. ALL runners in school colours please.

FIELD EVENTS

High Jumps - Commencing Heights—

Boys:	Junior	-	1.00m
	11 yrs	-	1.05m
	12/13 yrs	-	1.10m
Girls:	Junior	-	0.90m
	11 yrs	-	0.95m
	12/13 yrs	-	1.00m

(5cm increments until max. 4 competitors remain, then 3cm)

Long Jump - all fair jumps in the first round will be measured. For the second and third rounds, only those jumps bettering the best 4 first-round jumps will be measured.

Shot/ Discus

Shot: Junior, 11 yr— 2 kg, Seniors— 3 kg

Discus: Junior -500g, 11 yr and Senior— 750g

PLACEGETTERS

Track competitors **MUST** return to the finishing line in their respective lanes until places are allocated and then follow the direction of the finish line marshal. Field event place getters will be given ribbons and notes at the respective event. Ribbons to 1st –4th, Area note to 1st and 2nd.

RESULTS	Result sheet to be sent to recording table as soon as possible after event.
RESULTS DISPLAY	Results will be displayed on the notice board on the concourse closer to the finish line.
PROTESTS	ALL protests MUST be submitted IN WRITING by the <u>School Team Manager</u> (normally a teacher) within 10 minutes of the results of the event being posted and handed to the Carnival Referee and resolved through the Disputes Committee (Carnival Referee, Zone President or delegate, Chief Judge.)
LUNCHES	Officials must provide own food and drinks. Morning tea/ coffee and slice will be provided. Canteen facilities provided by Sydney Athletics Centre. There is no eating, drinking or smoking on the track. Field officials should work a lunch break into their program. Track officials will be given a short break when possible. Smoking is not permitted in the rooms we are able to use.
THE ENCLOSURE	NO ONE EXCEPT <u>OFFICIALS ON DUTY AND COMPETITORS</u> SHALL BE PERMITTED IN THE ENCLOSED COMPETITION AREA. PARENTS MAY NOT COACH / ENCOURAGE CHILDREN FROM THE TRACK AREA. At <u>NO TIME</u> will any child cross running lanes to marshalling/field areas or to leave the competition area, unless supervised by an official. Team managers should supervise the crossing of tracks to go to field events.
AREA CARNIVAL	The 2018 Area carnival will be held at Sydney Olympic Park Athletics Centre on Monday 17th September. A copy of the program and additional information is available on the Sydney North Schools Sports Association website. https://app.education.nsw.gov.au/sport/Events/View?eventId=2946 It would be appreciated if you inform all competitors of the date of this event so that they can notify recorders on the day of zone if they qualify but are unavailable to attend. Qualification is 3 entries for the 100m events, and 2 entries for all other events.

SCHOOL ENTRIES

Entry sheets are electronic and the entry sheet template and instructions will be emailed out to schools. Please complete the entry sheet as per the instructions.

Please ensure all is completed and returned to me and Susan Stephens by email no later than **Monday 13th August 2018**. If this is a problem or your school carnival will be held after this date please email both Susan Stephens and myself ASAP.

Susan Stephens — susan.stephens@det.nsw.edu.au

Ben Harrison— benjamin.v.harrison@det.nsw.edu.au

Notification of any changes prior or on the day is essential. Please put this in writing. Notification should be made at the start of the carnival.

If you have any queries please email me benjamin.v.harrison@det.nsw.edu.au

Ben Harrison

Zone Athletics Convener

PLEASE STRESS TO YOUR ATHLETES THAT IT IS THEIR RESPONSIBILITY TO STRETCH BEFORE THEIR EVENTS, AND THAT IT IS IMPORTANT TO DO SO.
Also remind all athletes that shoes must be worn for all events.

Athletes should remain in their tracksuits/warm clothing until just prior to their event if it is cold/ wet.

PLEASE ENSURE YOU HAVE READ THESE NOTES AS THEY SHOULD ANSWER ALL QUESTIONS, AND THERE ARE THINGS YOU NEED TO DO BEFORE THE DAY OF THE CARNIVAL.

REMEMBER email me with any questions you may have before the carnival.

benjamin.v.harrison@det.nsw.edu.au