



**Inner West P.S.S.A.
Athletics**

Thursday 21st September 2023

Sydney Olympic Park Athletics Centre

Homebush

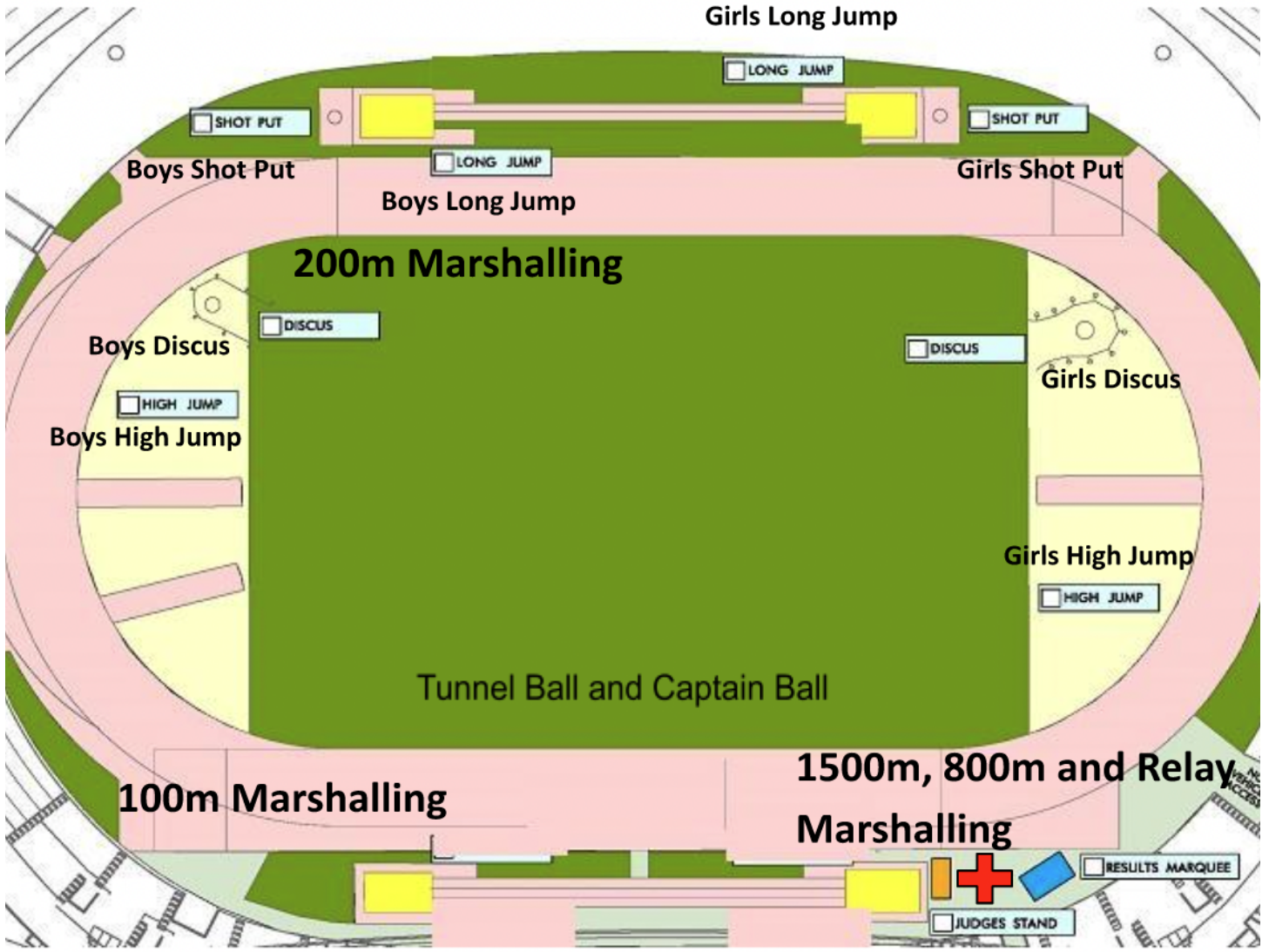
MAP

AREA A

Boys Field Events

AREA B

Girls Field Events



Stadium Seating

Program of Events – Track Finals

	Junior Boys 1500m		11yrs Girls 1500m
	Junior Girls 1500m		Senior Boys 1500m
	11yrs Boys 1500m		Senior Girls 1500m

Program of Events – Track Heats

	10yrs Boys 100m		Junior Boys 200m
	10yrs Girls 100m		Junior Girls 200m
	9yrs Boys 100m		11yrs Boys 200m
	9yrs Girls 100m		11yrs Girls 200m
	8yrs Boys 100m		12/13yrs Boys 200m
	8yrs Girls 100m		12/13yrs Girls 200m
	11yrs Boys 100m		Junior Boys 4 x 100m Relay
	11yrs Girls 100m		Junior Girls 4 x 100m Relay
	12yrs Boys 100m		Senior Boys 4 x 100m Relay
	12yrs Girls 100m		Senior Girls 4 x 100m Relay
	13yrs Boys 100m		
	13yrs Girls 100m		

Program of Events – Ball Games

Tunnel Ball		Captain Ball	
Abbotsford, Burwood, Haberfield, Russell Lea and Summer Hill		Abbotsford, Burwood, Haberfield, Russell Lea and Summer Hill	

Program of Events – Field Events

Session	Area	High Jump	Long Jump	Discus	Shot Put
1 Commencing at 8.30am	A B	Junior Boys Junior Girls	12/13yrs Boys 12/13yrs Girls	Junior Boys Junior Girls	11yrs Boys 11yrs Girls
2	A B	11yrs Boys 11yrs Girls	Junior Boys Junior Girls	11yrs Boys 11yrs Girls	12/13yrs Boys 12/13yrs Girls
3	A B	12/13yrs Boys 12/13yrs Girls	11yrs Boys 11yrs Girls	12/13yrs Boys 12/13yrs Girls	Junior Boys Junior Girls

Program of Events – Track Finals

Junior Boys 800m	12yrs Boys 100m
Junior Girls 800m	12yrs Girls 100m
11yrs Boys 800m	13yrs Boys 100m
11yrs Girls 800m	13yrs Girls 100m
12/13yrs Boys 800m	Junior Boys 200m
12/13yrs Girls 800m	Junior Girls 200m
8yrs Boys 100m	11yrs Boys 200m
8yrs Girls 100m	11yrs Girls 200m
9yrs Boys 100m	12/13yrs Boys 200m
9yrs Girls 100m	12/13yrs Girls 200m
10yrs Boys 100m	Junior Boys 4 x 100m Relay
10yrs Girls 100m	Junior Girls 4 x 100m Relay
11yrs Boys 100m	Senior Boys 4 x 100m Relay
11yrs Girls 100m	Senior Girls 4 x 100m Relay

RULES AND CONDITIONS

The Carnival Manager reserves the right to alter the order of events at any time.

1. ENTRIES

- a) Schools with up to 500 students are eligible to enter two (2) competitors in 100m events. Schools with more than 500 students are eligible to enter three (3) competitors in 100m events. Schools may enter an additional competitor, provided all competitors meet the qualifying times stated.
- b) Schools may enter two (2) competitors in 200m events. A third competitor may be entered, if all competitors meet the qualifying times stated.
- c) Schools may enter one (1) competitor in 800m events. Up to two additional competitors may be entered, if all competitors meet the qualifying times stated.
- d) Schools are invited to submit times for consideration in the 1500m event. The top 10 competitors in each division will be invited to compete at the Inner West carnival.
- e) Schools may enter one (1) competitor in field events. An additional competitor may be entered, if they meet the qualifying standards stated.

The Inner West PSSA Selection Policy—Carnival Selection Criteria will be applied to any requests for special consideration or exemption.

2. SUBSTITUTIONS

Any substitutions should be submitted to the Convenor by the team manager no less than 1 hour before the event.

3. SECTIONS

The Championship shall be conducted in sections for Boys and Girls

- a. 12/13 years are those born in 2009 and 2010.
- b. 11 years are those born in 2011.
- c. Juniors (8/9/10years) are those born in 2012, 2013 and 2014. A competitor whose significant birthday occurs during the current year is eligible for that age event only.

4. The Carnival will be conducted under the Constitution and By Laws of the New South Wales Primary Schools Sports Association unless otherwise stated. Rules are generally in accordance with the IAAF Handbook. The Referee shall be sole arbiter in points of law.

5. PROTESTS

Verbal warning of an impending protest should be given immediately to the Carnival Referee and a written protest submitted to Administration within 15 minutes of the event's completion. Protests may only be submitted by the Team Manager, on the appropriate form. Protests shall be dealt with by the Athletics Committee in consultation with the Referee. **Please note that NO photo evidence will be accepted.**

6. COACHING

Parents, coaches and unauthorised persons are not allowed on the ground.

7. MARSHALLING

Competitors must report to marshals immediately after the first call - after two calls the competitors may be eliminated.

First Marshalling call is at 7.45am

All competitors must be in the marshalling area before the first heat is run for that age group and they must be wearing a singlet or t-shirt identifying their school and ID tags (name, age & school). Please ensure that all competitors from your school arrive in time for the first event. **NOTE: Events will not be delayed because of late buses and/or traffic.**

8. PRIORITIES

If a competitor is entered in several events which run concurrently he/she shall give priority to a track event, then high jump, long jump, shot put, discus events.

9. STARTING ORDER

- a. Athletes may use a standing start for all track events. Where a standing start is used, an athlete who, immediately after the command “set”, moves their foot to take up their final starting position, shall be deemed to have complied with the rules of starting. Competitors must notify the marshal if they wish to use a crouch start.
- b. Starting blocks may be used, at the discretion of the athlete, in all laned track events, except where this contravenes any rule(s) made by the venue management on the use of starting blocks.
- c. Starting blocks will be provided at the venue by the host Association and only these starting blocks may be used.
- d. Competitors must stand behind the mark until called to move up by the Starter. The orders given by the Starter shall be - On your mark, set, then the gun for the 100m, 200m. On the mark, gun for the 800m and 1500m.

10. FALSE STARTS

Any athlete making a false start shall be warned. Any athlete(s) making further false starts in the race shall be disqualified from the race.

11. FOOTWEAR

Shoes must be worn at all times. No spikes will be permitted in the 800m or 1500m. The following size spikes are recommended to be worn: Track 7mm, Jumps 9mm.

12. PLACEGETTERS

At the completion of each race competitors MUST RETURN TO THE FINISH LINE IN THEIR RESPECTIVE LANES UNTIL PLACES ARE ALLOCATED.

13. CIRCULAR RELAY

Teams shall consist of four runners, from the one school, who each run a distance of 100 metres, a baton is to be carried, lines to be drawn 10 metres before each take over zone and the person receiving the baton may stand anywhere within the area i.e. members of the team other than the first runner may commence running not more than 10 metres before the 'take over zone' of 20 metres. The baton change, however, must take place within the take over zone.

A team may be disqualified if the team **fails** to keep to allotted lane or change baton in the take over zone. If the baton is dropped it shall be recovered by the athlete who dropped it. If it drops out of the team's lane the competitor may leave the lane provided they don't lessen the distance to be covered and no other athlete is impeded. Every competitor must remain in his/her finishing point in his/her track until instructed to withdraw by an official.

Batons will be supplied by IWPSSA.

14. FIELD EVENTS

In all field events except the High Jump, each athlete shall be allowed three trials in rotation. Placings shall be decided according to the best trial from any round. In the event of a tie, placings shall be decided on the next best trial. Competitors shall use the equipment supplied by the Association.

15. HIGH JUMP

Competitors may have three (3) attempts in rotation at each height. Three (3) consecutive failures regardless of the height at which any of such failures occur, disqualify from further jumping except in the case of a tie for first place. If an athlete returns from another event, re-entry shall be at the existing bar height. In the event of a tie the best record on count back shall decide the place winners.

16. QUALIFYING DISTANCES/HEIGHTS

These will be determined by the Association each year.

17. FINALISTS

- a. 100m events - First two (2) in each heat plus the next fastest time will contest the final.
- b. 200m and relay events - First in each heat plus the next fastest time will contest the final.

18. POINTS

	1st	2nd	3rd	4th
Heats 100m, 200m	4	3	2	1
Finals 100m, 200m, 800m, 1500m	8	6	4	2

Track Relay Heats	8	6	4	2
Track Relay Finals	12	8	6	4
Field Events	12	8	6	4

19. CHAMPION SCHOOL

The School gaining the highest total of points throughout the meet shall be declared the Champion School. There is also an Overall Boys and Girls Champion School Trophy and Proportional Trophy.

20. ZONE TEAM

The Inner West PSSA Zone Team will be selected from the results of this Championship and will contest the Sydney East Athletics Championships at Sydney Olympic Park Athletics Centre on Wednesday, 14th September 2022.

1. Zones are eligible to enter three (3) entries in 100m and two (2) entries in 200m, 800m and each field event.
2. The Inner West Zone Team will be finalised when qualification information is released by Sydney East. A list of students who have qualified for the Regional carnival will be made available to schools. Schools are asked to distribute permission slips to eligible students and ensure they are returned to the Inner West PSSA Team Manager.

21. RIBBONS

Ribbons will be presented to 1st, 2nd and 3rd place getters in a final.

22. CANTEEN

A canteen will be available at the ground.

23. ATHLETICS COMMITTEE

The Athletics Committee shall comprise of the Referee (Convenor) and attending IWPSA Executive.

24. GRANDSTAND SEATING ARRANGEMENTS

Under the hiring agreement we have been allocated seating between BAYS 8-12. Please ensure your school is aware of this, as failure to comply will incur additional charges

25. WARM-UP

Students may not warm-up on the main athletic arena. Supervised warm-ups may be conducted in the outer area of the stadium.

PLEASE ENSURE THAT YOUR STUDENTS ARE AWARE OF THE APPROPRIATE RULES AND ARE AWARE OF LISTENING TO ALL ANNOUNCEMENTS AND INSTRUCTIONS GIVEN OVER THE P.A. SYSTEM.

Athletics Records – Field Events

High Jump	Record	Record Holder		
Junior Boys	1.35m	A. Flint	Ashfield	1986
Junior Girls	1.26m	S. Uasi E. Heads	Summer Hill Summer Hill	2013
11 yrs Boys	1.45m	S. Treweek	Dobroyd Point	2001
11 yrs Girls	1.45m	S. Uasi	Summer Hill	2015
12/13 yrs Boys	1.56m	L. Sidney	Summer Hill	1991
12/13 yrs Girls	1.43m	E. Heads	Summer Hill	2015

Long Jump	Record	Record Holder		
Junior Boys	4.50m	A. Marshall	Concord West	2018
Junior Girls	3.92m	A. Stevanovic	Haberfield	2012
11 yrs Boys	4.45m	S. Rathane	Homebush	2004
11 yrs Girls	4.21m	S. Uasi	Summer Hill	2015
12/13 yrs Boys	4.70m	A. Flint	Ashfield	1988
12/13 yrs Girls	4.64m	A. Marshall	Concord West	2017

Shot Put	Record	Record Holder		
Junior Boys	11.46m	C. Lebeno	Ashfield	1996
Junior Girls	8.28m	T. Hannan	Abbotsford	2016
11 yrs Boys	11.81m	M. Singh	Homebush	1997
11 yrs Girls	10.28m	A. Annison	Strathfield Nth	2001
12/13 yrs Boys	12.02m	B. Stevens	Concord West	2017
12/13 yrs Girls	9.37m	N. Sika	Concord West	1998

Discus	Record	Record Holder		
Junior Boys	27.89m	L. Raneri	Haberfield	2018
Junior Girls	25.82m	T. Hannan	Abbotsford	2016
11 yrs Boys	31.90m	J. Dixon	Summer Hill	2010
11 yrs Girls	27.18m	T. Hannan	Abbotsford	2017
12/13 yrs Boys	36.68m	B. Stevens	Concord West	2017
12/13 yrs Girls	22.55m	S. Hasouros	Strathfield Nth	2000

Athletics Records – Track Events

100m	Record	Record Holder		
8 yrs Boys	14.66	H. Clunies-Ross	Croydon	2002
8 yrs Girls	15.72	S. Usai	Summer Hill	2012
9 yrs Boys	13.87	B. Stabler	Haberfield	1989
9 yrs Girls	15.18	S. Usai	Summer Hill	2013
10 yrs Boys	13.62	L. Kapsalis	Summer Hill	2016
10 yrs Girls	14.03	E. Coker	Mortlake	2011
11 yrs Boys	12.58	D. Kim	Strathfield Sth	1999
11 yrs Girls	13.44	A. Judd	Summer Hill	1990
12 yrs Boys	12.74	M. Park	Abbotsford	2016
12 yrs Girls	13.50	S. De Jesus	Summer Hill	1989
13 yrs Boys	12.74	J. Kim	Concord	2002
13 yrs Girls	14.30	K. Westwood	Homebush	1979

200m	Record	Record Holder		
Junior Boys	27.22	J.Roach	Croydon	2011
Junior Girls	30.34	A. Stevanovic	Haberfield	2012
11 yrs Boys	28.51	J. Roach	Croydon	2012
11 yrs Girls	29.47	A. Stevanovic	Haberfield	2013
12/13 yrs Boys	26.01	J. Kim	Concord	2002
12/13 yrs Girls	29.00	M. Godzilk	Strathfield Sth	1997

800m	Record	Record Holder		
Junior Boys	2.20.20	J. O'Neill	Croydon	2000

Junior Girls	2.34.28	M. Fien	Haberfield	1989
11 yrs Boys	2.28.97	J. Matthews	Concord	1998
11 yrs Girls	2.32.55	A. Le Roux	Abbotsford	2018
12/13 yrs Boys	2.10.06	G. Armstrong	Abbotsford	1982
12/13 yrs Girls	2.23.82	G. Rupp	Summer Hill	1979

1500m	Record	Record Holder		
Junior Boys	5:21.73	L. Mitchell	Dobroyd Point	2019
Junior Girls	5:48.49	J. Meaker	Summer Hill	2019
11 yrs Boys	4:59.93	M. McLachlan	Dobroyd Point	2019
11 yrs Girls	5:47.20	R. Costello	Abbotsford PS	2022
12/13 yrs Boys	4:58.41	T. Ramtel	Summer Hill	2022
12/13 yrs Girls	5:14.51	A. Le Roux	Abbotsford	2019

4x100m Relay	Record	Record Holder		
Junior Boys	59.45	Concord		1982
Junior Girls	1.02.00	Strathfield South		1981
Senior Boys	54.69	Haberfield		1981
Senior Girls	56.23	Haberfield		1981

2022 Champion Schools

Champion School Shield	Drummoyne Public School
Overall Boys Point score	Drummoyne Public School
Overall Girls Point score	Drummoyne Public School
Proportional Points Shield	Drummoyne Public School

2022 Champion Athletes

Junior Boys	Isaac O'Brien, Drummoyne PS
11 years Boys	Leo Balmond, Drummoyne PS
12/13 years Boys	Taj Ramtel, Summer Hill PS
Junior Girls	Laila Miller, Abbotsford PS
11 years Girls	Eisla Scully, Russell Lea PS
12/13 years Girls	Sophie Doyle, Drummoyne PS