

INFORMATION and ORGANISATION FOR ZONE ATHLETICS CARNIVAL 2025

Date: August 15th

Venue: ES Marks Field, Boronia Street, Kensington

Time: Start time is 8:45 am sharp. Finish time will be approx. 2:30pm.

Staffing: please return the [google form](#) to assist with organising staffing. Due by the 1st August.

Participant numbers/cost: Please add the number of children participating to the [google doc](#) for our invoicing to cover the cost- \$10 per competitor. Please factor this in your overall costs. Due prior to the 15th August

Entries: Due to Sue Stephens by **Friday 8th August at the latest**. See spreadsheet attached in email and info at the bottom of this document.

[Risk assessment](#) 2025

[Program](#) 2025- Please note that the order of events or times may change.

General Information:

- Please make sure you have arrived before 8:45am (preferably 8:30am) as this will be the first marshalling call). Please be on time. I will start the carnival promptly. We cannot afford to wait for late schools so book buses for an early enough time to allow for traffic and other issues.
- Bus drop off stops outside E.S. Marks on Boronia St.
- Please talk to children about their behaviour. They should be reminded that they are being supervised by all teachers attending (not just their own) and should listen to and follow directions/instructions
- Remind children that they should not be on the track unless competing; students must stay in the stands in their designated school area. No playing on the edge of the track, in the empty stands or up near the toilet areas. No playing in the long jump pit or on high jump mats.
- Talk to children about not cutting across the track when races are on.
- Parents not working as officials are not to be on the field. This includes photographers. Managing and supervising teachers will have to help out here.
- Protests will only be heard from managing/supervising teachers and then within 30 minutes of the event and in writing. Parents should be made aware of this procedure. We will not accept a protest from parents.
- No smoking within the fenced enclosure as this is a school event.
- First Aid officers will be in the first aid room next to the announcer's room; schools are to also bring their own medical kit for minor injuries e.g. bandaids.
- As events are called, there will be a sign posted on the toilet building wall across from the announcer's box. This is to assist with notification of events as the PA system is difficult to hear.
- Results of each event will be posted on the building (toilet) wall as each is recorded and printed. Finalists will also be posted. Please do not ask recorders or the announcer for finalist information. It will be posted as soon as time permits. Please remind parents to stay clear of the announcer's room and to not ask for results.
- Teachers are asked to actively supervise the stands to help avoid a mess and ensure students' safety.
- Please ensure your school area is kept clean and there is no rubbish around. We may pass on cleaning bills to schools if it is left in a mess.

- Students should not be playing ball games, play in the bushes or play in the empty stands.
- No catering this year
- Please find below the reminder regarding buses at E.S Marks Athletics Field.
 - There are 5 timed bus parking bays (3 internal, 2 external between entry & exit gates)
 - Bus queuing inside or outside the venue is strongly discouraged, with the recommendation for buses to circle the area until space becomes available with 20 minute departure intervals
 - A maximum of 3 buses can accommodate the venue at any time



Qualifying information for Balmain zone

Event	Boys			Girls		
	8-10 Boys	11 Boys	12-13 Boys	8-10 Girls	11 Girls	12-13 Girls
All competitors for high jump must meet the qualifying height. No more than 2 per school.						
High Jump	1.10	1.10	1.15	1.05	1.10	1.15
All schools can send 1 competitor for each of the below field events if they are of a <u>reasonable</u> standard and a second only if they meet the qualifying distance.						
Discus	14.50	14.70	16.00	11.00	12.00	13.00
Shot Put	5.00	6.30	6.50	4.50	5.45	5.50
Long Jump	3.15	3.15	3.30	3.00	3.15	3.20
800m	Top 12 times per age group (no more than 2 per school)- schools will be notified a few days before the carnival.					

1500m	Top 12 times per age group (no more than 2 per school)- schools will be notified a few days before the carnival.
200m	2 competitors per school per age group
100m	2 competitors per school per age group

Do not announce/inform parents of qualifiers for event entry in 800m/1500m **until notified to do so**. This is important to avoid any disappointed students. We will send a list of qualifiers after all entries are in and a few days before the carnival. These events are time dependent. To ensure an equal playing field, please be diligent in timing your school event and ensuring the accurate distance has been run.

Marshalling

All competitors in an event must be at the marshalling point before the first heat is run. Track events take preference over field events. If a child is at a field event when their track event is called, they should see the field recorder and advise them. Once the track event is complete the competitor should return straight to the field event.

Starting

The method of starting shall be "On your mark - set - gun".
For 800m and 1500m it will be "On your mark - gun".

False Starts

A competitor causing a false start shall be warned for the first and disqualified for a second breach.

Footwear

All competitors must wear footwear. Spiked shoes are only permitted in 100m, 200m, Relays, Long Jump and High Jump events. Spikes are not permitted in 800m or 1500m events.

When spiked shoes are worn the maximum length for all track events and Long Jump is 7mm. For High Jump it is 9mm.

Finalists

Shall be determined as follows: 100m-Fastest times.

Finalists will be announced on the day and schools will need to manage students and make sure they Marshall for the event later in the day.

Events: Track: Marshal at 8:45am for 9:00 start

1.	1500m:	(timed finals)	Junior, 11yrs, 12/13yrs
2.	100m:	(Heats and Finals)	8yrs, 9yrs, 10yrs, 11yrs, 12yrs, 13yrs
3.	200m:	(timed finals)	Junior, 11yrs, 12/13yrs
4.	4x100m Relay:	(timed finals)	Junior, Senior
5.	800m:	(timed finals)	Junior, 11yrs, 12/13yrs

Events Field: Marshal at 8:45am for 9:00 start

High Jump:	Junior, 11yrs, 12/13yrs
Long Jump:	Junior, 11yrs, 12/13yrs
Shot Put:	Junior (2kg), 11yrs (2kg), 12/13yrs (3kg)
Discus:	Junior (500g), 11yrs (750g), 12/13yrs (750g)

Above events are conducted in boys divisions and girls divisions.

Long Jump-Each competitor shall have three jumps in rotation. The places shall be decided according to the best jump from any round of the competition. Should a tie occur, the places will be decided by the next best effort on a count back. Only jumps past a qualifying distance shall be measured.

High Jump-Competitors will have 3 attempts at each height in rotation Three successive failures constitute exclusion.

Shot Put/ Discus- Each competitor shall have 2 throws and top 8 will receive a third throw. Places shall be decided according to the best throws from any round of the competition.

In the event of a tie a jump/throw off may occur.

Multi Class (Athletes with a Disability)

competitors MUST be classified and on the Sports Inclusion Australia master list PRIOR to competing at the Sydney East championships. Please be aware that this is NOT a 'Come and try' day. Balmain zone carnival is an opportunity for students with a disability to compete and do not need to be classified. The zone will not be putting forward multiclass athletes that are not classified.



Balmain PSSA Athletics Entries

Closing Date for entries: **Friday 8th August** (please ring Sue if your carnival is after that date, partial entries helps.) Sue: Ph: 0403 865 441

When entries are complete please email the Excel file back to susan.stephens@det.nsw.edu.au

If you would like to use Meet Manager to enter your team or if any schools want to use Team Lite to enter your team please let Sue know so that she can send instructions and a Team Events file.

You only need to send the Excel file back once. Both sheets (Girls and Boys) will be in the one file.

To complete your entry, please fill in the attached Excel file rather than create your own. Do not use a google sheet.

There is a sheet for Boys and a sheet for Girls. Please don't add a column or row. You can widen columns if they are too narrow. Size of the font is up to you. Please don't type in names or schools in all capitals eg, Not SMITH but rather Smith. Codes need to be Capitals.

● There is a space allocated for each entry you are entitled to enter. If you don't have an entry for some spaces (eg. You don't have 2 x 13yrs 100m runners) then leave the row blank. Don't delete the row.

● Only enter data in white cells.

● Do not add additional entries.

● Birthdates need to be entered in the form DD/MM/YY – eg. 03/10/03. If it appears as ##### when you have entered it just widen the column. For some events – jun and 12/13yrs the child's actual age is not entered, please add those in.

- Please check all birthdates carefully. A child will end up in a different age group with an incorrect entry. There should only be 2 entries with the same year of birth. (Except Relays)

● School Codes:

School	Code	School	Code
Annandale	ANN	Annandale Nth	ANNN
Balmain	BALM	Birchgrove	BIR
Dulwich Hill	DULH	Forest Lodge	FORL
Fort St	FORT	Glebe	GLEB
Kegworth	KEG	Leichhardt	LEIC
Lewisham	LEW	Marrickville	MARR
Nicholson St	NICH	Orange Grove	ORGR
Petersham	PET	Stanmore	STAN
Ultimo	ULT	Wilkins	WILK
Rozelle	ROZ		

● Times:

For 100m in the form e.g. 13.65

For 200m in the form e.g. 30.07

For 800m and 1500m in the form e.g. 3min10.68 or 3:10.68 should be written as 310.68

● Distances and Heights: Please note there are qualifying heights for field events. See above and spreadsheet

If you have any students with a disability (outlined below) and they are interested in competing at zone and/or regional please contact Sue for advice and let Claire know.

- Hearing impaired
- Visual impairment
- Intellectual: IQ as assessed by the school counsellor (below 80)
- Small stature
- Cerebral palsy
- Limb and other musculoskeletal injuries and impairments
- Transplant: kidney, heart, lung, liver, kidney or bone marrow transplant.
- Wheelchair reliant

All Athletic enquiries should be directed to:

Claire Mitchell- Carnival Organiser- Fort Street P.S.
Tel: (02) 9247 2963 / 0414410907 (teachers only)
claire.mitchell@det.nsw.edu.au

Athletics entry database- Sue Stephens 0403 865 441
susan.stephens@det.nsw.edu.au