



Catholic Education
Diocese of Parramatta

PARRAMATTA DIOCESAN ATHLETICS CARNIVAL 2022

**Sydney Olympic Park
Warm-Up Athletics Arena
Homebush**



Welcome children, parents, teachers and principals to our 2022 Diocesan Athletics Carnival.

Congratulations to all our competitors today, who have qualified from their own Zone to run, throw or jump here today. You should be proud of winning the right to represent your school and zone in this way and I know you will do them proud. Just by being here today shows all competitors are winners as today's events involve much discipline, hard training and dedication.

Successful athletes today will gain selection into the Parramatta Representative Athletics Team to compete at the MacKillop Track and Field Championships to be held at the Sydney Olympic Park, Athletics Centre, Homebush on Wednesday 21st September.

The Diocesan carnival is the culmination of much planning and organisation from many staff. Thank you to all the school sports coordinators who have prepared and successfully run their school carnivals and prepared teams for their respective Zone Carnivals.

Thank you to the Zone Conveners who successfully and smoothly ran their Zone carnivals. The efforts of these conveners, their principals and their school support network are greatly appreciated by all.

Special thanks to all the Little Athletics Officials, principals, teachers and Secondary students who are our officials. Our principals are no doubt a valuable support in our school sport. I, thank you for generously giving up your time and assisting with the running of this event.

Thanks to the staff here at SOPAC for preparing the centre.

I wish you well in your sporting pursuits and hope you enjoy your experience today at this Diocesan carnival.

Good luck to all our competitors today. Enjoy the day.

Margaret Thornton
Catholic Education Diocese of Parramatta
Teaching Educator Primary Sport

Carnival Rules and regulations

This carnival will be conducted in accordance with rules set down by:
Parramatta Diocesan Catholic Primary Schools Sports Council (PDCPSSC)
New South Wales Catholic Primary Schools Sports Council (NSW CPSSC)
New South Wales Primary Schools Sports Association (NSW PSSA)
IAAF RULES WILL APPLY with the following additions and exceptions.

AGE GROUPS

8 years 9 years 10 years 11 years 12 years 13 years

A competitor whose significant birthday occurs during the current year is eligible for that age division only. No competitor shall enter more than one age division.

AGE DIVISIONS

Junior: 8 years 9 years 10 years

11 years:

Senior: 12 years & 13 years

Junior Relay: 8 years 9 years 10 years

Senior Relay: 11 years 12 years 13 years

AWD Junior: 8, 9 & 10 years

AWD Senior: 11, 12 & 13 years

All children in any relay team must be enrolled in the same school. Competitors must compete in their own age division.

UNIFORM

Competitors must compete in their school sports uniform or schools sports representative uniform.

MARSHALLING

Each event will receive 2 calls from the announcer for each event. The **competitor first reports to the ZONE Team Manager**. Once they have reported to the ZONE team manager in the grandstand, they move to the marshalling area with their drink bottle and spikes if required.

• Track Marshalling Areas:

*Relays/800m/1500m - Proceed to the finish line entrance - to the grass area in the centre of the track

*100m & 200m - Proceed to Marshalling area

• Field Events Marshalling Areas - At individual events

BOYS – proceed to the finish line entrance to the field events located at the Southern end of the track.

GIRLS – proceed along the back of the grandstand to the Field events located at the Northern end of the track

Please always inform Diocesan Team managers of your whereabouts.

FIELD ENCLOSURE

Only officials and competitors engaged in events may enter the competition arena. When entering the field care should be taken to ensure no interference to track or field events is caused. Once competitors have been marshalled for an event they shall receive no coaching, advice from parents, coaches or team managers from within the field enclosure.

EVENT PROGRAM

Track events will take precedence over field events. **Please check-in with the Field event for marshalling of the competitor's name.** Track and field events will be held concurrently. **NOTE:** if a competitor leaves a field event for a track event, the field event will continue. In high jump, if a competitor returns from another event re-entry shall be at the existing bar height. If a conflict with a track event occurs which requires half the competitors, a break in the field event will be taken until the track event is completed. Competitors and team managers should pay close attention to the announcements for alterations in the program. The carnival convener reserves the right to alter the order of events and use 100m & 200m to determine selections in the event of extreme weather preventing finals from taking place.

Carnival Rules and regulations

CLASH OF EVENTS

Each competitor is entitled to a warm up/practice jump/throw regardless of their lack of presence at the start of the event due to an event clash. Competitors returning to their field event must have time provided in between each jump/throw. Field officials are permitted to change the order of competitors to allow this to occur.

Competitors MUST return to their registered field event within 30 minutes of their completed track event. After this time, the Field Referee has the authority to close the event without the competitor's results included.

NOTE: A clash coordinator will be operating at the Diocesan Athletics. Athletes will be collected by the clash manager if a field event clashes with their track event. Athletes should not leave their field event for a track event until they are instructed by the clash coordinator.

SPIKES:

The carnival is conducted on a synthetic track. All competitors must wear footwear. Spikes shoes are permitted except in the 800m & 1500m event. When spike shoes are worn the maximum length for all track events and Long Jump is 7mm. For High Jump it is 9mm.

STARTING BLOCKS & CROUCH START:

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. Only starting blocks provided at Blacktown International Sportspark are permitted to be used. The crouch start with spike shoes is permitted.

Carnival Rules and regulations

START:

100m, 200m, 4 x 100m Relay	1500m/800m
<ul style="list-style-type: none">On your Mark	<ul style="list-style-type: none">On your mark
<ul style="list-style-type: none">Set	<ul style="list-style-type: none">GUN
<ul style="list-style-type: none">GUN	

FALSE START

This carnival will operate a 2 start rule. Any competitor making a false start shall be warned. Any competitor(s) making further false starts in the race shall be disqualified from the race.

PLACE GETTERS

Competitors must return to the finishing line in their respective lanes until places are allotted.

FINALISTS

Finalists for 100m, 200m and relay events will be determined by the 8 fastest times across all contested heats. Finalists will compete in the 100m & 200m events later in the day. The carnival convener reserves the right to alter the order of events and use 100m & 200m to determine selections in the event of extreme weather preventing finals from taking place.

OFFICIAL RESULTS

Official results will be displayed on the wall. **All results will be posted within 30 minutes of the conclusion of the event.**

Track events take precedence over field events – please report to your Field event

HIGH JUMP

Competitors may have three (3) attempts in a rotation of each height.

Three (3) consecutive failures regardless of the height at which any of such failures occur exclude the competitor from further jumping except in case of a tie for first place.

In the event of a tie, placings will be decided on a count back, as follows:

The competitor with lowest number of jumps at the height at which the tie occurs shall be awarded the higher place.

If a tie remains, the competitor with the lowest total of failures throughout the competition up to and including the height last cleared shall be awarded the higher place.

IAAF Rule – Bar Rises by 5cm until 6 or fewer athletes are left then it shall rise by no less than 2cm. After a competitor has won the competition the height to which the bar is raised shall be determined by the competitor and referee.

STARTING HEIGHTS (Boys & Girls)

Junior	1.00m	11 years	1.05m	12/13 years	1.10m
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Carnival Rules and regulations

LONG JUMP

Each competitor will have three jumps in rotation. Placings shall be decided according to the best jump from any round. In the event of a tie, the relative placings shall be decided by the next best jump on a count back.

SHOT PUT

Each competitor shall have three throws. Placings are then decided on the best throw from any round for each competitor. In the event of a tie, the relative placings shall be made based on the next best throw on a count back.

Weights:

Junior - 2kg 11yrs - 2kg Senior -3kg

DISCUS

Each competitor shall have three throws. Placings are then decided on the best throw for each competitor. In the event of a tie placings will be made based on the next best throw on a count back.

Weights:

Junior 500gms 11yrs 750gms Senior 750gms

PROTESTS

The Zone Team Manager must lodge all protests in writing **ONLY**, to the Carnival Manager within 15 minutes of the completion of the event. The Disputes Committee – i.e. Carnival Convener, Track/Field Referee and a representative from the PDCPSSC, shall deal with all protests.

AWARDS

Participants:	Each competitor will be awarded a Ribbon of Participation
Finals:	1 st , 2 nd , 3 rd & 4 th place getters will be awarded with ribbons.

SELECTION FOR PARRAMATTA TEAM

The first four (4) place getters from each event final will qualify as the representatives of the **Parramatta team** to compete at the MacKillop Athletics Track & Field Championships to be held on the 21st September at Sydney Olympic Park, Athletics Centre, Homebush.

**CHILDREN SELECTED TO REPRESENT PARRAMATTA
MUST COLLECT AN INFORMATION PACKAGE
and**

**PARRAMATTA DIOCESAN ATHLETICS COMPETITOR'S SINGLET (if required)
BEFORE LEAVING THE CARNIVAL TODAY.**

This is available at the Marquee at the Southern end of the track.

PDCPSSC UNIFORMS

Souvenir uniforms are available for purchase from the MARQUEE adjacent to the FINISH LINE.

CLASSIFICATION

Multi Class athletes must be officially classified (i.e. appear on the Athletics Australia or Sports Inclusion Australia masterlist) to be eligible for selection to represent MacKillop at the NSW PSSA State Athletics Championship. Classification criteria is aligned with Athletics Australia and NSW PSSA Para-Athletics (i.e. Multi Class) guidelines. For further information visit Athletics Australia - www.athletics.com.au/Para-athletics

Carnival Rules and regulations

MULTI CLASS EVENTS

Events are conducted in separate age and gender groups (boys / girls) in the following categories:

TRACK	FIELD
Junior 100m, Senior 100m, Junior 200m, Senior 200m, Junior 800m, Senior 800m	Junior Shot Put, Senior Shot Put, Junior Long Jump, Senior Long Jump, Junior Discus, Senior Discus

RESULTS

All track events will be judged as timed finals.

All Para-Athletes results will be judged against the Multi-Disability Standards (MDS) for each classification with places awarded accordingly. The MDS Para-Athlete scheduled provides a means of comparing athletes' performances for the purpose of competition.