



Woy Woy Public School

A PRESCHOOL TO YEAR 6 SCHOOL

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"We challenge and support all students to achieve their personal best"

Dear Parents/Caregivers,

Your child _____ has been chosen to represent the school at the SCCPSSA Athletics Championship at the **Mingara Regional Athletics Centre** on **Monday 26th August, 2019** in the following highlighted events:

FIELD	TRACK
Jnr Long Jump 11Yr Long Jump 12/13Yr Long Jump	8Yr 100m 9Yr 100m 10Yr 100m 11Yr 100m 12Yr 100m 13Yr 100m
Jnr High Jump 11Yr High Jump 12/13Yr High Jump	Jnr 200m 11Yr 200m 12/13Yr 200m
Jnr Discus 11Yr Discus 12/13Yr Discus	Jnr 800m 11Yr 800m 12/13Yr 800m
Jnr Shot Put 11Yr Shot Put 12/13Yr Shot Put	Jnr 1500m 11Yr 1500m 12/13Yr 1500m
	Jnr Relay Snr Relay

Start time: Students in 1500m need to arrive at **7:30am for an 8:00am start**. All other competitors to arrive at 8:00am for an 8:30am start. First race will be marshalled at 8:15am.

Cost: Competitor entry price is \$5. Spectator entry is \$1. CASH ONLY, to be paid at the gate upon arrival. Programs will be on sale at the gate for \$2.

Travel: Transport is by private arrangement. If you are unable to transport your child and cannot make alternative transport arrangements, your child may be withdrawn from the championship.

Kath Taylor
Athletics Coordinator

Ona Buckley
Principal



Rules of the Meet

TRACK EVENTS

Important Notes:

1. All track events will be run as **timed finals excluding 100m and relays**.
2. **100m:** There will be **heats in each age division** with all lanes being timed. The fastest 8 athletes will proceed to the final for their age division.
3. **Footwear:** Footwear is compulsory. In sprint events competitors may wear spiked shoes. The maximum spike length for the Competition Arena is 7mm on the track and for long jump.
4. **Starting Blocks:** 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 supplied at Mingara Regional Athletics Centre are permitted to be used.
5. **Relays:** Competitors may only compete in the junior or senior relay. The baton must be changed correctly or disqualification may occur (e.g. causing interference with another team). Changing Batons must occur within the 30m takeover zone.
Relay Finals: There will be 2 heats with the first 3 teams and next two (2) fastest times to go into the finals.
6. **200m, 800m and 1500m:** Spiked shoes are not permitted in 800m or 1500m events. These events will be run as **timed finals** in the following age divisions:
 - a. Junior Boys
Junior Girls
 - b. 11yrs Boys
11yrs Girls
 - c. 12/13yrs Boys
12/13yrs Girls

FIELD EVENTS

Athletes will compete in the following age divisions for field events:

Junior Boys	11yrs Boys	12/13yrs Boys
Junior Girls	11yrs Girls	12/13yrs Girls

1. **High Jump** schools MUST refer to qualifying/starting heights below to determine if a 2nd high jumper is eligible. All competitors in high jump events will be required to wear shoes / spikes if track is wet - this is for the safety of the athletes. Spikes must be 9mm clear.
2. **Long Jump:** All competitors in long jump events will be required to wear shoes / spikes if track is wet - this is for the safety of the athletes. Spikes must be long jump 7mm.
3. **Shot Put / Discus:** The following equipment will be used in each event:

Shot Put	Junior (2Kg)	11yrs (2Kg)	12/13yrs (3Kg)
Discus	Junior (500g)	11yrs (750g)	12/13yrs (750g)

COMPETITION PROCEDURES

1. **The Enclosure:** No one except officials on duty and competitors shall be permitted in the enclosure.
2. **Marshalling:** All competitors in an event must be at the marshalling point before the first heat is run. Athletes in multiple events must have their name marked off before returning to their event – all track events take precedence over the field events.

3. Starting:

- Lanes: Allocated by track marshals. Competitors must occupy allocated lane.
 - Method for **100m/200m**: 'On your mark'. . 'set' . . 'gun'. **For 800m/1500m**: 'On your mark'. . 'gun'.
 - Spiked shoes and starting blocks are permitted in 100m, 200m and Relay, but not 800m or 1500m.
 - **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. If the disqualification is in the heat, the athlete will be advised of their disqualification but allowed to complete the race.
4. **Finishing**: Competitors **MUST** return to the finishing post in their respective lanes until places are allocated, then leave the area as soon as directed by officials.
5. **Finalists**: in the 100m heats the fastest 8 athletes will proceed to the finals of each age division. (Note: this may be altered at the discretion of the carnival convener.)
6. **Discus**: Each competitor will have 3 throws. The six leading athletes will then be given one more throw.
7. **High Jump**: All children will be competing using the high jump flop mats. Approved styles only. A two-foot take off is NOT permitted. Three (3) consecutive failures regardless of the height at which any of such failures occur, the athlete will be eliminated. The athletes do not have to jump each time the bar is set and may elect to miss any height. In case of a tie the best record based on a count-back, in accordance with IAAF rule 181.8, shall decide the place winners.
8. **Long Jump**: Each competitor will have 3 jumps. The six leading athletes will then be given one more jump.
9. **Shot Put**: Each competitor will have 3 puts. The six leading athletes will then be given one more put.

Thank you all for coming and we wish every competitor the best of luck.



