



# Brisbane Water

Primary School  
Sports Association

Zone Athletics Carnival  
30<sup>th</sup> August 2024

Mingara Regional Athletics Centre

The Brisbane Water Primary School Sport Association would like to thank all staff, students, volunteers and parents involved in the Zone Athletics Carnival.



## CARNIVAL INFORMATION

### AGE QUALIFICATIONS

**Juniors** Born 2016 (8 years) Born 2015 (9 years) Born 2014 (10 years)

**11 Years** Born 2013 (11 years)

**Seniors** Born 2012 (12 years) Born 2011 (13 years)

- A child MAY NOT compete outside his/her age group in individual events
- Competitors may only compete in the junior OR senior relay. 11 year olds can compete in the senior relay.
- Each child can compete in a maximum of 9 different events (8 individual, 1 relay).
- The judge's decision is final. Any disputes must be lodged with the teacher or team manager. Team managers must then lodge the dispute with the carnival convener within 15 minutes of the completion of the event.
- Footwear must be worn in all events. Spikes are not to be worn in the 800m or 1500m race. Only experienced runners to use spikes in other races. Spikes may be used in jump events but not for throws.
- If a competitor is called for a track event whilst competing in a field event, they should inform the official running the field event and promptly report to the track marshalling area. Return to the field event quickly after the race.
- Please bring sunscreen and a hat.
- A BBQ is available and the Mingara canteen facility is open.
- Children should remain in their school areas and only be in the enclosed area if involved in an event. It is parents' responsibility to supervise their children at all times (apart from when child is competing).
- PLEASE CLEAN ALL AREAS BEFORE LEAVING.

### EVENT PROCEDURES

**The Enclosure** No one except officials on duty and competitors shall be permitted in the enclosure.

**Marshalling** All competitors in an event must be at the marshalling point before the first heat is run.

**Starting** Lanes – Allocated by track marshals. Competitors must occupy allocated lane.

Method – 'On your mark' . . . 'set' . . . 'gun'. Spiked shoes and starting blocks are permitted in track events except 800m and 1500m.

**False starts** – The competitor causing the false start shall be warned for the first breach, disqualified for the second.

**Place-getters** – *Track Events* Competitors MUST return to the finishing post in their respective lanes until places are allocated, then leave the area as soon as possible.

**Discus** Each competitor will have 3 throws. The six leading qualifiers will then be given one more throw.  
Discus masses: Junior - 500g, 11yrs - 750g, 12/13yrs - 750g.

**Shot Put** Each competitor will have 3 puts. The six leading qualifiers will then be given one more put.  
Shot Put masses: Junior - 2kg, 11yrs – 2kg, 12/13yrs – 3kg.

**High Jump** All children will be competing using the high jump floppy mats. Approved styles only. A two-foot take off is NOT permitted.  
Commencing heights:  
Boys - Junior 1.10m, 11yrs 1.15m, 12/13yrs 1.20m  
Girls - Junior 1.05m, 11yrs 1.10m, 12/13yrs 1.15m  
Officials may use their discretion to begin at a 'warm up height'.

A competitor failing to clear the bar at 3 consecutive jumps at any one height will be eliminated. The children do not have to jump each time the bar is set and may elect to miss any height. In case of a tie a countback will decide the winner as per the PSSA Handbook.

Please note that there is a strict qualifying height to progress to the next level of PSSA athletics competition. A first or second placing does not mean automatic entry to the Sydney North Carnival.

**Long Jump** Each competitor will have 3 jumps. The six leading jumps will then be given one more jump.

Qualifying Distances:  
Boys - Junior 3.5m, 11yrs 3.70m, 12/13yrs 3.80m  
Girls - Junior 3.0m, 11yrs 3.25m, 12/13yrs 3.50m  
Jumps not reaching these distances will not be measured.

**Placings** There must be a clear first and second place getter in each event. Should a tie occur, a 'throw or jump off' will occur in order to see who will progress to the next carnival.

## Mingara Regional Athletics Centre - Terms and Conditions

The below terms and conditions are in place to provide a safe Athletics environment for all users and spectators.

1. There is no access for students, parents or spectators to the maintenance shed, office or canteen unless approval is granted by Carnival/Centre staff.
2. Only authorised people are permitted in the equipment shed. Authorised people are people who are assisting in set up and clean up of the centre.
3. Climbing and standing on any part of the discus cages is not permitted. During competition everyone must remain outside the marked 1metre zone to the back and sides of the cage.
4. Standing on the running rail around the inside of the track is not permitted.
5. Spectators and non helpers must remain outside the competition fence, and sitting on the fence is not permitted.
6. All steeplechase hurdles and water jump is out of bounds.
7. No food is to be consumed inside the competition fence and only water and sports drinks may be consumed in that area.
8. ALL RUBBISH IN THE SPECTATOR AREAS MUST BE CLEANED PRIOR TO LEAVING THE ATHLETICS CENTRE.
9. All equipment removed from the Equipment Shed must be returned at the completion.
10. Athletes with running spikes must adhere to centre policy of wearing maximum 7mm synthetic spikes for running events and 9mm synthetic spikes for throws and jumps events.
11. Patrons are not permitted to play unsupervised ball games within the centre.
12. Adhere to the Guidelines for the Safe Conduct of Sport & Physical Activity in Schools as published by the Department of Education & Training. You can access this at [www.sports.det.nsw.edu.au](http://www.sports.det.nsw.edu.au) Safety Guidelines.
13. THE CENTRE IS A NON-SMOKING CENTRE. Patrons may only smoke outside of the entry gates. Patrons found smoking within the Centre will be asked to leave the facility for the duration of the carnival. The Centre reserves the right to eject repeat offenders and deny them re-entry to the Centre.
14. NO ANIMALS ARE PERMITTED INTO THE CENTRE

## Mingara Regional Athletics Centre - Athletics Carnival Safety procedures

For the safety of students and teachers please ensure the following safety procedures are adhered to at all times.

1. Ensure athletes are not wearing spikes without prior approval.
2. No one is to use equipment unless specifically instructed to.
3. Ensure that the teachers that are supervising throwing events enforce the Centre policies regarding participants waiting for their turn should do so in a designated area.
4. No athlete is to commence a run, jump or throw until they have been given the appropriate signal.
5. No athlete is to "play" with equipment such as discus, shot put etc (e.g. juggle etc).
6. Discus must only be thrown from inside the discus cage.
7. Equipment that has been thrown should be carried back to appropriate place not thrown or rolled back.
8. Sand from the long jump pits is to be left in the pits. Throwing of sand is forbidden.
9. Athletes must remain in their lane for the duration of 100 and 200 metre races.
10. Athletes must not interfere with other athletes during races.
11. Any type of unsafe behaviour will lead to exclusion from the group.
12. If a student, teacher or spectator is injured, staff will adhere to Mingara Recreation Club Ltd policy and call an ambulance if required and advise Mingara management on duty.

THE MINGARA REGIONAL ATHLETICS CENTRE HAS A SAFETY POLICY SET IN PLACE REGARDING LIGHTNING. THE SHIFT MANAGER WILL SUSPEND ATHLETICS ACTIVITIES AT THE TRACK IF HE/SHE CONSIDERS THE STORM TO BE DANGEROUS TO OUR PATRONS.



## Order of Events

### TRACK EVENTS

1500m begins at 7:45am. Other track events begin at 8:30am.

#### 1500m

**(No final – winners determined on times)**

1. Junior Boys
2. Junior Girls
3. 11 Yrs Boys
4. 11 Yrs Girls
5. Senior Boys
6. Senior Girls

#### 200m – approx. 8:30 am

**(No final – overall winners determined on heat times)**

1. Junior Boys
2. Junior Girls
3. 11 Years Boys
4. 11 Years Girls
5. Senior Boys
6. Senior Girls

#### 100m Heats – approx. 10:00 am

**(Top 8 times advance to final)**

1. 8 Years Boys
2. 8 Years Girls
3. 9 Years Boys
4. 9 Years Girls
5. 10 Years Boys
6. 10 Years Girls
7. 11 Years Boys
8. 11 Years Girls
9. 12 Years Boys
10. 12 Years Girls
11. 13 Years Boys
12. 13 Years Girls

### FIELD EVENTS

Field events begin at 8:30am

The order of field events may vary due to time restraints. Please listen for announcements throughout the day.

#### First Rotation – approx. 8:30 am

- Junior Boys Discus
- Junior Girls Discus
- 11 Years Boys High Jump
- 11 Years Girls High Jump
- 12/13Yrs Boys Long Jump
- 12/13Yrs Girls Long Jump

#### Second Rotation – approx. 10:00 am

- Junior Boys Shot Put
- Junior Girls Shot Put
- 11 Years Boys Long Jump
- 11 Years Girls Long Jump
- 12/13Yrs Boys High Jump
- 12/13Yrs Girls High Jump

### MULTI CLASS ATHLETES

All multi class students will participate with their same age peers but have all times and distances recorded individually.

### TRACK EVENTS

#### 800m – approx. 11:45 am

**(No final – winners determined on times)**

1. Junior Boys
2. Junior Girls
3. 11 Yrs Boys
4. 11 Yrs Girls
5. Senior Yrs Boys
6. Senior Yrs Girls

#### 100m Finals – approx. 12:45 pm

1. 8 Years Boys
2. 8 Years Girls
3. 9 Years Boys
4. 9 Years Girls
5. 10 Years Boys
6. 10 Years Girls
7. 11 Years Boys
8. 11 Years Girls
9. 12 Years Boys
10. 12 Years Girls
11. 13 Years Boys
12. 13 Years Girls

#### Relays – 4 x 100m approx. 1:30 pm

**(No final – overall winners determined on heat times)**

1. Junior Boys
2. Junior Girls
3. Senior Boys
4. Senior Girls

### FIELD EVENTS

#### Third Rotation – approx. 11:00 am

- Junior Boys High Jump
- Junior Girls High Jump
- 11 Years Boys Discus
- 11 Years Girls Discus
- 12/13Yrs Boys Shot Put
- 12/13Yrs Girls Shot Put

#### Fourth Rotation – approx. 12:00 pm

- Junior Boys Long Jump
- Junior Girls Long Jump
- 11 Years Boys Shot Put
- 11 Years Girls Shot Put
- 12/13Yrs Boys Discus
- 12/13Yrs Girls Discus

### \* IMPORTANT NOTE

If a track event clashes with your field event, please let the field official know, run your race and then return to your field event. Your race will not be re-run if you are not present.

### PROTESTS / QUERIES

Please lodge any protests or questions about results with your team manager as soon as possible. Team managers will then approach carnival officials on your behalf.

## Brisbane Water Zone Records

### 100m

8yr Boys	J Birt	Avoca	2009	14.93
8yr Girls	C Scott	Peats Ridge	2006	15.65
9yr Boys	R Stevenson	Avoca Beach	2010	14.00
9yr Girls	E Green	Brisbania	2002	14.56
10yr Boys	N Russo	Point Clare	2023	13.19
10yr Girls	Lailani Montgomery	Kariong	2015	14.22
11yr Boys	J Mulligan	Wyoming	2000	13.03
11yr Girls	M O'Connor	Kincumber	1996	13.46
12yr Boys	J Osborn	Brisbania	1993	12.84
12yr Girls	L O'Regan	Kincumber	2000	13.38
13yr Boys	L Duguman	Ourimbah	2002	12.65
13yr Girls	J Anthozes	Wyoming		14.40

### 200m

Jnr Boys	N Russo	Point Clare	2023	27.47
Jnr Girls	M Tully	Copacabana	2003	29.09
11yr Boys	T Andrew	Narara	2002	26.66
11yr Girls	M O'Connor	Kincumber	1996	28.28
Snr Boys	D Settle	Valley View	2004	26.77
Snr Girls	E Sandall	Valley View	1992	27.36

### 800m

Jnr Boys	S Antony	Niagara Park	1987	2 32.30
Jnr Girls	S Bourke	Chertsey	1981	2 47.10
11yr Boys	T Andrew	Narara	2002	2 27.39
11yr Girls	Casey Weinert	Lisarow	2015	2 39.90
Snr Boys	M Scarr	Niagara Park	2010	2 24.59
Snr Girls	J Cane	Copacabana	1986	2 34.50

### 1500m

Jnr Boys	Z Collette	Wyoming	2019	5:38.47
Jnr Girls	G Kelly	Point Clare	2022	6:06.03
11yr Boys	T Liang	Gosford	2023	5:25.07
11yr Girls	K Garcia	Kariong	2019	5:28.84
Snr Boys	J Jarvis	Lisarow	2019	5:04.79
Snr Girls	T Sweeney	Point Clare	2019	6:08.34

### 4x100m Relays

Junior Boys		Avoca Beach	1982	58.26
Junior Girls		Kincumber	1994	1 01.75
Senior Boys		Ourimbah	2002	55.16
Senior Girls		Copacabana	2004	55.83

### Long Jump

Jnr Boys	J Ireland	Kariong	2017	4.51m
Jnr Girls	G Amaral	Niagara Park	1988	4.00m
11yr Boys	R Roberts	Niagara Park	1998	4.59m
11yr Girls	Lucy Jacobs	Ourimbah	2015	4.31m
Snr Boys	P Nichols	Niagara Park	1994	5.22m
Snr Girls	R Ruane	Somersby	2017	4.45m

### High Jump

Jnr Boys	T Allard	Niagara Park	1994	1.37m
Jnr Girls	H Sharp	Valley View	2002	1.26m
11yr Boys	A Brew	Small Schools	2003	1.44m
11yr Girls	G Nicholson	Lisarow	2016	1.43m
Snr Boys	L Brizga	Niagara Park	1993	1.62m
Snr Girls	G Nicholson	Lisarow	2017	1.53m

### Shot Put

Jnr Boys	G Wells	Niagara Park	2016	10.86m
Jnr Girls	J Farrant	Kariong	2008	10.42m
11yr Boys	G Wells	Niagara Park	2017	12.54m
11yr Girls	J Farrant	Kariong	2009	11.76m
Snr Boys	T Mildren	Kariong	2003	9.86m
Snr Girls	P Farrant	Kariong	2011	9.99m

### Discus

Jnr Boys	G Wells	Niagara Park	2016	33.10m
Jnr Girls	P Farrant	Kariong	2009	24.02m
11yr Boys	G Wells	Niagara Park	2017	35.05m
11yr Girls	C Deegan	Kariong	2005	30.23m
Snr Boys	J Farrant	Kariong	2017	32.30m
Snr Girls	P Farrant	Kariong	2011	35.52m

### Multi Class

Boys 8-10 100m	K Johnson	Kariong	2023	16.13
Girls 8-10 100m	T Bayliss	Gosford	2017	37.00
Boys 8-10 200m	K Johnson	Kariong	2023	35.31
Boys 8-10 800m	K Johnson	Kariong	2023	3.13.50
Boys 8-10 Long Jump	K Johnson	Kariong	2023	3.16m
Girls 11-12 100m	T Bayliss	Gosford	2018	32.60
Boys 11-12 100m	Z Graham	Lisarow	2023	14.69
Boys 11-12 200m	Z Graham	Lisarow	2023	32.31
Boys 11-12 800m	Z Graham	Lisarow	2023	3.11.66
Boys 11-12 Long Jump	Z Graham	Lisarow	2023	3.84m
Boys 11-12 Discus	Z Graham	Lisarow	2023	14.30m
Boys 11-12 Shot Put	Z Graham	Lisarow	2023	7.15m

