



PRIMARY ATHLETICS CARNIVAL

**Wednesday 8 May, 2024
8:30am – 3:00pm**

**Sydney Academy of Sport and Rec.
Wakehurst Parkway, North Narrabeen**



Primary Athletics Carnival Program

Wednesday 8 May, 2024

Approx. Time	BOYS	GIRLS
8:00-8:30am	Arrive at grandstand – collect arm band and be seated by 8:40am	
8:30am	Announcements – students will split boys and girls (girls to walk to track)	
9:00am	12yr 800m	Junior Long Jump
	11yr 800m	11yr Shot Put
	Junior 800m	12yr High Jump
9:30am	12yr 100m	Junior Discus
	11yr 100m	11yr Long Jump
	10yr 100m	12yr Shot Put
	9yr 100m	
	8yr 100m	
10:00am	12yr 200m	Junior High Jump
	11yr 200m	11yr Discus
	10yr 200m	12yr Long Jump
	9yr 200m	Novelties (Yr 2 + those not in field events)
	8yr 200m	
10:30am	12yr 1500m	Junior Shot Put
	11yr 1500m	11yr High Jump
	Jnr 1500m	12yr Long Jump
		Yr 2 + others get ready to walk to track
11:00am	Girls walk to grass track area	
11:15am	House Relays (if time allows as these do not go on to zone carnival)	
	Senior Boys Relay	
	Junior Boys Relay	
		Senior Girls Relay
		Junior Boys Relay
12:15pm	Boys walk to field event area	
12:30pm	Junior Long Jump	12yr 800m
	11yr Shot Put	11yr 800m
	12yr High Jump	Junior 800m
1:00pm	Junior Discus	12yr 100m
	11yr Long Jump	11yr 100m
	12yr Shot Put	10yr 100m
		9yr 100m
		8yr 100m
1:30pm	Junior High Jump	12yr 200m
	11yr Discus	11yr 200m
	12yr Long Jump	10yr 200m
	Novelties (Yr 2 + those not in field events)	9yr 200m
		8yr 200m

Approx Time	BOYS	GIRLS
2:00pm	Junior Shot Put	12yr 1500m
	11yr High Jump	11yr 1500m
	12yr Long Jump	Jnr 1500m
2:15pm	Students gather for bus return to NBCS	Students gather for bus return to NBCS
2:30pm	Bus pick up (track first, then field events)	Bus pick up (track first, then field events)
2:45pm	Carnival ends	
All students are expected to remain for the duration of the Carnival and must have their name marked off before leaving the Carnival. If you are catching the bus, listen for announcement. If you need to depart earlier, please speak to Mrs Julie Smith.		

- Ages: Individuals will compete in the age they have turned or are turning this year.
- Junior events are for 8-, 9- and 10- year olds
- Senior events are for 11- and 12- year olds
- Please note that published event times are a guide only.
- Students do NOT need to nominate for individual events prior to the carnival
- Every event entered by an individual will score a point for their house.
- There will be no finals in track events - times will determine overall places in an event.
- Field events (shot put, long jump, discus) will have a qualifying distance. After one jump/throw those who have qualified will progress and have the opportunity to jump/throw 2 more times, potentially 3x if time permits.
- High Jump is for those students who have qualified previously at school only.
- Year 2 will be permitted to compete in ALL track events, but with regards to field events, only in Long jump and discus – not High jump or shot put due to safety and time constraints.
- Novelty events are for Year 2 and those not entering field events and will only run if time and weather permits.
- House relays will be organised prior to the day -students will nominate (these do not go on to next level)
- Zone relay teams will be selected from the six fastest 100m times and through a training/selection process with Melinda Gainsford-Taylor and Lisa Mallard.
- Relay Lanes:

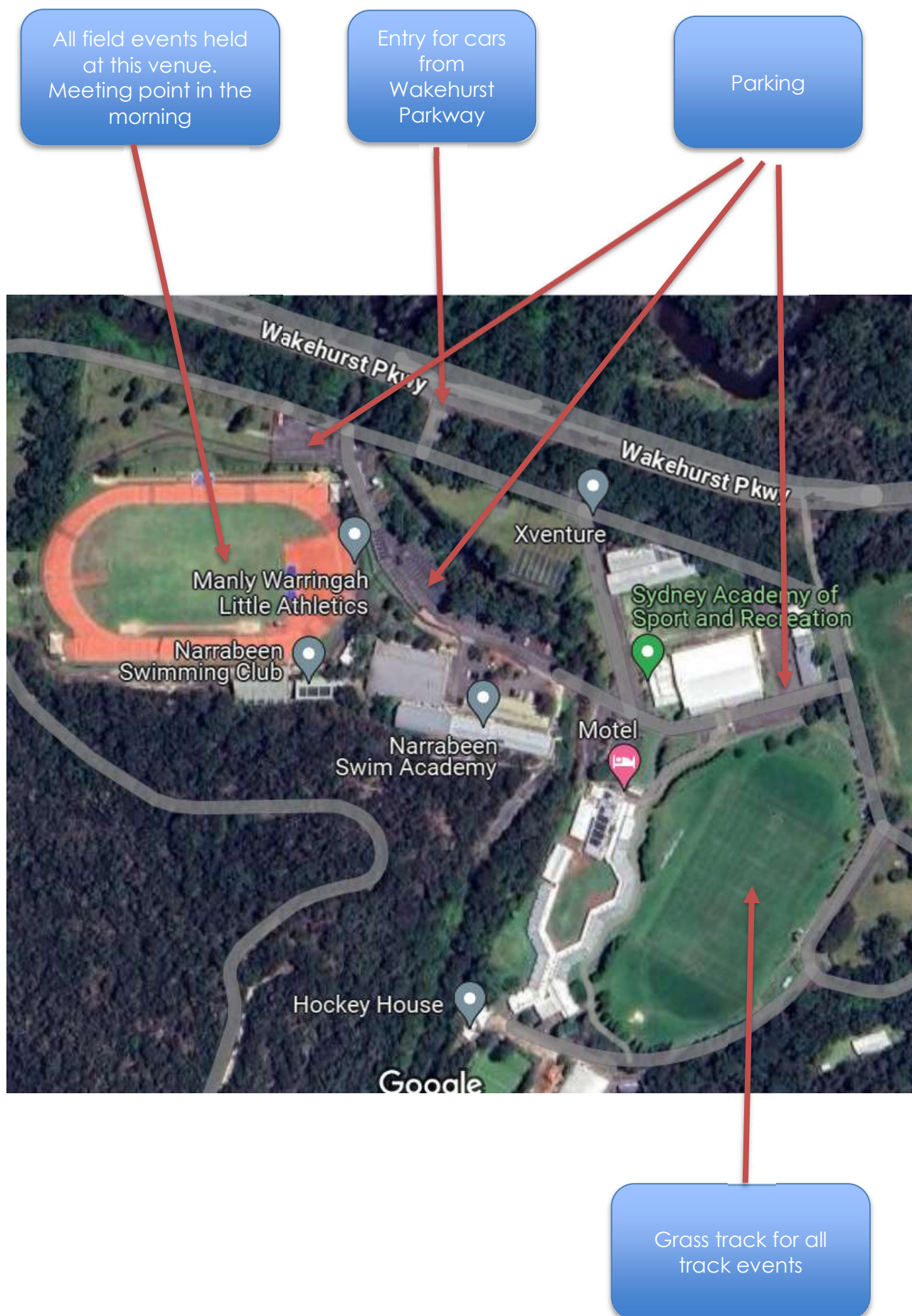
1-2 = Bennelong	3-4 = Chisholm
5-6 = Macquarie	7-8 = Phillip
- The top 3 students in Track events and the top 2 in Field events (plus 3rd if they have reached qualifying distances) will progress to the next level (North Met Zone Carnival).

NBCS PRIMARY ATHLETICS RECORDS 2024

Event	Age	Gender		Record Holder	Year	Time/Distance
100m	8yrs	M	T	Chidiac	2011	15.93
	9yrs	M	C	Thompson	1993	14.64
	10yrs	M	T	Hale	2011	14.14
	11yrs	M	T	Hale	2012	13.81
	12yrs	M	J	Winston	1996	12.71
	AWD	M	F	Bragg	2018	17.38
	8yrs	F	A	Lawrenson	2000	15.37
	9yrs	F	C	Phillips	2014	15.07
	10yrs	F	C	Phillips	2015	14.38
	11yrs	F	C	Phillips	2016	13.86
	12yrs	F	K	Elgie	2007	14.31
	AWD	F	H	Saunders	2014	
200m	8yrs	M	T	Glastonbury	1993	34.77
	9yrs	M	M	Jackson	1996	31.72
	10yrs	M	A	Hattingh	2018	30.21
	11yrs	M	J	Paek	2006	28.98
	12yrs	M	J	Winston	1996	26.33
	AWD	M	F	Bragg	2018	36.71
	8yrs	F	C	Phillips	2013	34.29
	9yrs	F	C	Phillips	2014	31.66
	10yrs	F	C	Phillips	2015	30.37
	11yrs	F	C	Phillips	2016	29.3
	12yrs	F	L	Walker	2012	30.43
	AWD	F	H	Saunders	2014	
800m	8-10yrs	M	L	McFadzean	2017	02.35.02
	11yrs	M	L	McFadzean	2018	02.33.76
	12yrs	M	N	Longster	2022	02.30.54
	AWD	M	F	Bragg	2018	02.59.37
	8-10yrs	F	H	Owers	2022	02.40.96
	11yrs	F	H	Owers	2023	02.41.06
	12yrs	F	A	Appleford	2008	02.46.56
1500m	8-10yrs	M	D	Webb	2023	05.34.22
	11yrs	M	H	Smith	2023	05.51.64
	12yrs	M	N	Longster	2022	05.12.96
	8-10yrs	F	H	Owers	2022	05.43.55
	11yrs	F	H	Owers	2023	05.11.18
	12yrs	F	A	Mason	2002	05.34.00
High Jump	8-10yrs	M	J	Joiner	1995	1.20m
	11yrs	M	M	Dowling	2014	1.36m
	12yrs	M	T	Hale	2013	1.48m
	8-10yrs	F	A	Choularton	2004	1.25m
	11yrs	F	C	Phillips	2016	1.31m
	12yrs	F	S	Evans	2022	1.32m

Event	Age	Gender	Record Holder		Year	Time/Distance
Long Jump	8-10yrs	M	R	Riis	2013	4.27m
	11yrs	M	M	Short	1991	4.20m
	12yrs	M	J	Winston	1996	4.84m
	AWD	M	F	Bragg	2018	3.08m
	8-10yrs	F	C	Phillips	2014	4.10m
	11yrs	F	S	Paek	2008	4.21m
	12yrs	F	C	Winston-Booth	2014	4.57m
	AWD	F	H	Saunders	2014	
Discus	8-10yrs	M	A	Jones	2015	23.08m
	11yrs	M	B	Wright	2010	27.00m
	12yrs	M	J	Paek	2007	30.56m
	8-10yrs	F	A	Elliot	2005	16.9m
	11yrs	F	K	Williams	2012	19.28m
	12yrs	F	K	Williams	2013	26.27m
	AWD	F	H	Saunders	2014	
Shotput	8-10yrs	M	B	Wright	2009	8.80m
	11yrs	M	J	Paek	2006	10.05m
	12yrs	M	J	Hawkins	2016	11.51m
	AWD	M	F	Bragg	2018	4.24m
	8-10yrs	F	S	Paek	2007	7.25m
	11yrs	F	K	Williams	2012	9.31m
	12yrs	F	M	Rombouts	1993	8.80m
	AWD	F	H	Saunders	2014	
House Relay	Junior	M		Bennelong	2015	01.04.58
	Junior	F		Bennelong	2018	01.08.99
	Senior	M		Chisholm	2015	01.00.97
	Senior	F		Macquarie	2008	01.04.84

SYDNEY ACADEMY OF SPORT – 2024 VENUE MAP



Please note: This map shows track start points, but the track will run on grass oval (SEE PREVIOUS PAGE)– not the original track.

