

Dubbo District P.S.S.A

Permission Note

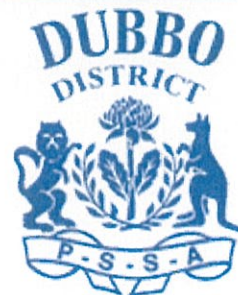


Western Athletics Carnival

Date	Friday 15 th September 2023
Location	Barden Park, Dubbo
Time	8.15am – 4pm (1500m 8am)
Cost	Nil
Team manager	Mrs Letfallah- Dubbo North Public School - GIRLS Ms Pilon – Buninyong Public School - BOYS
Travel	Students are responsible for their own transport to and from this carnival.
Additional information	<p>If any students wish to withdraw from an event, they MUST notify their school sport co-ordinator by 3pm Tuesday 12th September 2023.</p> <p>Students' names will be marked off by Ms Pilon (Boys) & Mrs Letfallah (Girls). Parents / caregivers MUST notify Miss Pilon OR Mrs Letfallah before leaving the venue.</p> <p>Students will compete in a Dubbo District singlet. Singlets MUST be returned to Ms Pilon OR Mrs Letfallah before leaving.</p> <p>Programs will be for sale at the recording area (\$3) and will detail the students' name and number in seeded heats.</p> <p>Western SSA apparel will be available for purchase at the carnival.</p>
Rules	<p>1.Participation: Substitutions and withdrawals may be allowed by the convener only on written recommendation of the relevant Team Manager before trials commence at 8am. Once trials have commenced, athletes must compete in all entered competitions. An athlete may be excluded from participation in all further events (including other events in which he is simultaneously participating) in the competition, including relays, in cases where:</p> <p>(a) a final confirmation (entries as of 8.30 am on trial day) was given that the athlete would start in an event but then failed to participate;</p> <p>(b) an athlete qualified in any Qualification Round of an event for further participation in that event but then failed to participate further;</p> <p>(c) an athlete failed to compete honestly with bona fide effort. The relevant Referee will decide on this and the corresponding reference must be made in the official results.</p> <p>2. Protest: No protest shall be considered unless a written protest is lodged with the announcer at the recording area by the team manager within 15 minutes of the conclusion of the event. Protests shall be dealt with by the Disputes Committee.</p> <p>3. Coaching: Only competitors in events shall enter the field. All spectators and competitors who have completed engagements must be off the field. Parents, coaches and unauthorised persons are not allowed in the competition area nor communicating coaching to an athlete while they are competing. Penalty for breaching this rule is disqualification of the competitor involved.</p>

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NB Rule in Program ASSISTANCE TO ATHLETES: "Assistance" means direct help conveyed by any means including advice or information. "Assistance" also includes pacing in running events by persons not participating in the race. **PENALTY:** exclusion from further participation in final event.

4. **Marshalling:** Competitors must report to marshals immediately after the first call - after two calls the competitor(s) may be eliminated. If participating in another event when called, it is the team manager's responsibility to send a message notifying the marshals where that competitor is competing and when he/she will be available. **Track takes precedence over field and mangers must communicate to field events if a student is required elsewhere.**

5. **False Starts:** Any competitor causing a false start shall be warned for the first breach. Disqualification will occur to any competitor who breaches the second start.

Parent / Caregiver Consent

Student Name D.O.B School

- ☐ I have read the information issued and I hereby consent to my child participating in the Western Athletics Carnival on Friday 15th September at Barden Park, Dubbo.
- ☐ In the event of accident or illness, I authorise the obtaining, on my behalf, an ambulance and any such medical assistance that my child may require. I accept full responsibility for all expenses incurred.
- ☐ To the best of my knowledge, my child has no medical condition or injury that places him/her at risk in participating in this sport activity.

Known Allergies or other medical details or special needs which the manager should be aware:

.....

Parent / caregiver's name Contact phone number

Signature..... Date

The personal information provided on this form will be used by the DoE for general administration and communication and other matters of welfare relating to your child at this event. The provision of information is voluntary but your child may not be able to participate if it is not provided. This information will be stored securely and may be amended at any time by contacting your Region.

Please be aware that the media exposure at this event may result in your child's name, school details and/or photo appearing in printed media, social media or television. If you have any concern regarding this, please contact the convenor before participation in this trial.

Principal's Declaration

- ☐ I certify that the student whose details are listed on this form is enrolled at this school.
- ☐ I have verified that the date of birth as stated on this form is correct.
- ☐ He/she has the school authority to represent Dubbo District PSSA on this occasion.
- ☐ A copy of this consent form will be emailed to the team manager and retained by my school.

Signature..... Date

RULES OF THE TRIAL

1. **Participation:** Substitutions and withdrawals may be allowed by the convener only on written recommendation of the relevant Team Manager before trials commence. **Once trials have commenced, athletes must compete in all entered competitions.** An athlete may be excluded from participation in all further events (including other events in which he is simultaneously participating) in the competition, including relays, in cases where:
 - (a) a final confirmation (entries as of 8.30 am on trial day) was given that the athlete would start in an event but then failed to participate;
 - (b) an athlete qualified in any Qualification Round of an event for further participation in that event but then failed to participate further;
 - (c) an athlete failed to compete honestly with bona fide (genuine) effort. The relevant Referee will decide on this and the corresponding reference must be made in the official results.

2. **Entries:** Each District may nominate the following competitors events;

District	1500m	800m	All other events
Bourke, Heritage Country Schools, Lower Lachlan, Lithgow, Gobondery/NARRAF, Nyngbar	1	1	2
Bathurst, Cowra, Cudgegong, Dubbo, Lachlan, Orange	1	2	3

Please be discerning in your selection process. Please consider not entering non-competitive students into the trials. Take note of the High Jump starting heights.

3. **Ages:** Senior competitors are those born in 2009 / 20010 / 2011
Junior competitors are those born in 2012 / 2013 / 2014
4. **High Jump:** Each competitor may have three attempts at each height. Once a competitor has had three successive failures on the recording sheet they will take no further part in the competition. The bar will be set at the lowest entry mark if higher than these starting marks;
 - 1.15 - Senior boys and girls
 - 1.10 - 11 years boys and girls
 - 1.05 - Junior boys and girls
 First rise 5cm then 5cm and continue with rises of 2cm or at the discretion of the official-in-charge. Flat markers only shall be used for start points. Athletes will be called approximately 15 minutes prior to event start. Students should wait at the field marshalling area to be walked across the track. The chief judge will decide the appropriate warm up procedure. Athletes arriving late to their event will not be allowed warm up time. **Athletes required to go to another event will need to tell event officials as they check in** (if the need spikes for their track event they should have them with them). An athlete(s) can jump out of order within that round, so the result official may call all that need to go to a track event, tell them that they will jump first in the round and that after they jump they head to the start/marshal and that they should return straight after they finish their track event. They can then jump at the end of the next round. **If athletes miss any heights they may only attempt the present height, the bar is not lowered.** The referee may decide if an athlete has taken too long to get back after running and forfeit their jump.

Bagley/N & E Austen Trophy schools is determined by the Department early in Term 1.

10. **Uniforms:** District uniforms are to be worn by all athletes. This allows team managers to be easily found if there are any issues with a student.
11. **Disputes Committee:** Rules in accordance with the IAAF rules except where stated otherwise. The convener will be the sole arbiter in points of law.
12. **Protest:** No protest shall be considered unless a written protest is lodged with the announcer at the recording area by the team manager within 15 minutes of the conclusion of the event. Protests shall be dealt with by the Disputes Committee.
13. **Coaching:** Only competitors in events shall enter the field. All spectators and competitors who have completed engagements must be off the field. Parents, coaches and unauthorised persons are not allowed in the competition area nor communicating coaching to an athlete while they are competing. Penalty for breaching this rule is disqualification of the competitor involved.
NB Rule in Program ASSISTANCE TO ATHLETES: "Assistance" means direct help conveyed by any means including advice or information. "Assistance" also includes pacing in running events by persons not participating in the race. **PENALTY:** exclusion from further participation in final event.
14. **Marshalling:** Competitors must report to marshals immediately after the first call - after two calls the competitor(s) may be eliminated. If participating in another event when called, it is the team manager's responsibility to send a message notifying the marshals where that competitor is competing and when he/she will be available. **Track takes precedence over field and managers must communicate to field events if a student is required elsewhere.**
15. **Starting Orders:** Starting blocks may be used, at the discretion of the athlete, in all lane track events, except where this contravenes any rule(s) made by the venue management on the use of starting blocks. Competitors may use a crouch start (with or without blocks) or a standing start. No other starting positions are permitted. Competitors must stand behind the mark until called to move up by the Starter. Hands must be behind the mark. The orders given by the Starter shall be "On your mark", "set", then the gun. 800 m and 1,500 m start will be "Take your mark", "Bang".
BLOCKS and SPIKES may be used in the 100 m, 200 m and Relays.
16. **Spikes:** Spikes must be carried to and from all events. When spiked shoes are worn the maximum length for all track events, long jump and high jump is 7mm. **Needle spikes are not allowed.**

Track Events (Girls and Boys):

- 🏃 100 m – all ages (Spikes Allowed)
- 🏃 200 m - junior, 11 years and senior (Spikes Allowed)
- 🏃 800 m - junior, 11 years and senior (**NO** Spikes Allowed)
- 🏃 1500 m - junior, 11 years and senior (**NO** Spikes Allowed)
- 🏃 4 x 100 m relay - junior & senior boys & girls (Spikes Allowed)
- 🏃 4 x 100 m relay (N Bagley/N & E Austen Trophy) (Spikes Allowed)

Field Events (Girls and Boys):

- 🏃 High Jump - (Spikes Allowed)
- 🏃 Long Jump - (Spikes Allowed)
- 🏃 Shot Put - (**NO** Spikes Allowed)
- 🏃 Discus- (**NO** Spikes Allowed)

ORDER OF EVENTS

First Track Event 8:15 am First Field Event 8:40 am

Boys and Girls events will be run concurrently. There will be 2 sites for each field event. Track events have precedence over field events.

TRACK

8.15am	1,500m all age finals
9:00am	T1 Junior Girls 200m Heats
	T2 Junior Boys 200m Heats
	T3 11yrs Girls 200m Heats
	T4 11yrs Boys 200m Heats
	T5 12/13yrs Girls 200m Heats
	T6 12/13yrs Boys 200m Heats
	T7 Multi Class 200m Timed Final
10:00am	T8 Junior Girls Relay Heats
	T9 Junior Boys Relay Heats
	T10 Nigel Bagley Relay Heats
	T11 N&E Austen Relay Heats
	T12 Senior Girls Relay Heats
	T13 Senior Boys Relay Heats
11:00am	T14 8yrs Girls 100m Heats
	T15 8yrs Boys 100m Heats
	T16 9yrs Girls 100m Heats
	T17 9yrs Boys 100m Heats
	T18 10yrs Girls 100m Heats
	T19 10yrs Boys 100m Heats
	T20 11yrs Girls 100m Heats
	T21 11yrs Boys 100m Heats
	T22 12yrs Girls 100m Heats
	T23 12yrs Boys 100m Heats
	T24 13yrs Girls 100m Heats
	T25 13yrs Boys 100m Heats
12:40pm	T26 Junior Girls 800m Final
	T27 Junior Boys 800m Final
	T28 11yrs Girls 800m Final
	T29 11yrs Boys 800m Final
	T30 12/13yrs Girls 800m Final
	T31 12/13yrs Boys 800m Final
	T32 Multi Class 800m Final
1:20pm	T33 Nigel Bagley Relay Final
	T34 N&E Austen Relay Final
1:30pm	T35 Junior Girls 200m Final
	T36 Junior Boys 200m Final
	T37 11yrs Girls 200m Final
	T38 11yrs Boys 200m Final
	T39 12/13yrs Girls 200m Final
	T40 12/13yrs Boys 200m Final
1:50pm	T41 Multi Class 100m Final
	T42 8yrs Girls 100m Final
	T43 8yrs Boys 100m Final
	T44 9yrs Girls 100m Final
	T45 9yrs Boys 100m Final
	T46 10yrs Girls 100m Final
	T47 10yrs Boys 100m Final
	T48 11yrs Girls 100m Final
	T49 11yrs Boys 100m Final
	T50 12yrs Girls 100m Final
	T51 12yrs Boys 100m Final
	T52 13yrs Girls 100m Final
	T53 13yrs Boys 100m Final
2:30pm	T54 Junior Girls Relay Final
	T55 Junior Boys Relay Final
	T56 Senior Girls Relay Final
	T57 Senior Boys Relay Final

FIELD

8:40am	F1 11yrs Girls High jump
	F2 11yrs Boys High Jump
	F3 12/13yrs Girls Long Jump
	F4 12/13yrs Boys Long Jump
	F5 11yrs Girls Discus
	F6 Junior Boys Discus
	F7 Junior Girls Shot
	F8 11yrs Boys Shot
10:40am	F9 12/13yrs Girls High jump
	F10 12/13yrs Boys High Jump
	F11 Junior Girls Long Jump
	F12 Junior Boys Long Jump
	F13 12/13yrs Girls Discus
	F14 11yrs Boys Discus
	F15 11yrs Girls Shot
	F16 12/13yrs Boys Shot
12:30pm	F17 Junior Girls High Jump
	F18 Junior Boys High jump
	F19 11yrs Girls Long Jump
	F20 11yrs Boys Long Jump
	F21 Junior Girls Discus
	F22 12/13yrs Boys Discus
	F23 12/13yrs Girls Shot
	F24 junior Boys Shot