

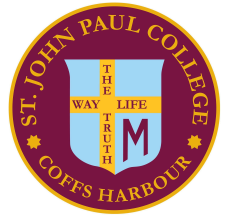


SJPC 2024 ATHLETICS CARNIVAL

The College Athletics Carnival will be held at The Cex International Stadium on Friday 26 July 2024. This is a regular school day and attendance is expected by all students.

- **SCHOOL STARTS AT 8.55AM**
- **STUDENTS ARE TO MEET IN THE HALL.** Competitor numbers will be issued when rolls are marked.
- **Teachers and students will walk together in homeroom groups across the football fields to the stadium. Students will walk back to the College at 2.50 pm. Those competitors running the 1500m will be bused to the stadium immediately after roll marking.**
- ENTRY to the stadium for students and parents is free.
- UNIFORM - students are to wear school sports uniform to school and can change into a plain house coloured shirt at the stadium. House Captains can wear house colours, Year 12's **ONLY** are permitted to wear "fancy dress".
- Students are advised to make their own arrangements for lunch. Food is available, however, prices are considerably higher than the school canteen. **It is a Stadium Management rule that NO commercial food is permitted in the stadium at any time e.g. pizzas, McDonald's, Hungry Jacks etc.**
- **Exit Passes** should be organised before 26 July via an email to the College or via the Compass platform. Those who organise one on the day must do so at the Front office before 8.45am.
- Students are advised not to bring valuable items such as iPods/phones/iPads as they may leave their bags when competing in events. **Football, soccer balls, handballs etc. are not permitted and will be confiscated.**
- Students are not allowed to use technology at any time during the day.
- All students must be in House areas (see program) when not competing.
- Students are expected to compete in at least two events (track or field).
- **FOOTWEAR MUST BE WORN FOR ALL EVENTS.**
- Hand sanitiser and sunscreen will be available at the front gate, with House Patrons, at each field event, and track start and finish lines for students and staff to use.
- **HIGH JUMP** – Will not be held this year at the Athletics Carnival. Students are required to nominate on the spreadsheet at the Palace if they want to be considered for this event. Please indicate technique style when signing up. Those students that wish to Fosbury Flop need to complete the appropriate documentation prior to the event which can be collected from the Palace.
- **Students who wish to compete in the 1500m event need to ensure they report to their homeroom teacher for roll marking and then head straight to the bus bay to be transported to the carnival by school bus.**
- **COLLEGE REPRESENTATION** – students who place first or second in any field event or track event final will be eligible to compete in the Diocesan Athletics Carnival which will be held at The Cex International Stadium on Monday, 2nd September 2024. Permission notes for the SJPC team will be available to students via Compass in the following weeks. Any student absent from the SJPC Carnival may apply with ratified results through Mrs McAra to compete at the Diocesan Carnival.

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Students wanting to compete at the NSWCCC Carnival in HURDLES or 1500m WALK must apply on the Lismore Sport website.

- **HELPERS** - student volunteers are needed for various tasks – those who help will be awarded house points which add to Ultimate House totals. Please put your name on the spreadsheet at the Palace if you would like to be a helper.
- **WET WEATHER** - should wet weather necessitate the cancellation of the carnival an announcement via Compass will be made and also posted on the College's Facebook page at 7am. If so, students will need equipment for Friday Week A. Should this occur, the carnival will be rescheduled.

A handwritten signature in black ink, appearing to read 'DMcAra', written in a cursive style.

Danielle McAra
Leader of Sport

A handwritten signature in black ink, appearing to read 'M Stubbs', written in a cursive style.

Michael Stubbs
Assistant Principal - Pastoral Care

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PROGRAM

TIME	TRACK EVENTS	TIME	FIELD EVENTS	AGE
8.45am At College	MOVE TO YEAR GROUP AREA In Hall for roll marking and Competitor numbers	9.35am	Shot put Discus Javelin Long jump/Triple jump	14 yrs 16 yrs 13 yrs 15 yrs
9.10am	Year groups move to the Stadium when instructed	10am	TUG-O-WAR	Year 10
9.25am	Marshaling for 1500m	10.20am	Shot put Discus Javelin Long jump/Triple jump	12/17+yrs 13 yrs 14 yrs 16 yrs
9.45 am	Opening Ceremony	10:30am	TUG-O-WAR	Year 11
9:50am	1500m Finals All ages * boys/girls together	11:00am	TUG-O-WAR	Year 7
10.35 am	200m Finals All ages *places decided on times	11.05am	Shot put Discus Javelin Long jump/Triple jump	13 yrs 15 yrs 12/17+yrs 14 yrs
11.30 am	800m Finals All ages	11.30am	TUG-O-WAR	Year 9
12.20pm	100m Finals All ages	11.50am	Shot put Discus Javelin Long jump/Triple jump	15 yrs 12/17+yrs 16 yrs 13 yrs
1.20 pm	Year 12 Race Student /Teacher race if time permits	12.00pm	TUG-O-WAR	Year 12
1.40 pm	400m Finals *places decided on times	12.35pm	Shot put Discus Javelin Long jump/Triple Jump	16 yrs 14 yrs 15 yrs 12/17+yrs
2.00 pm	Relays (if time allows) *boys/girls together- 17+ first Year 12's leave when permitted AFTER relays	12:45pm	TUG-O-WAR	Year 8
2.30pm CLEAN UP				
2:45pm WINNING HOUSE PRESENTATION				
2.45pm RETURN TO COLLEGE				

Conditions -

- Triple jump will take place in the last 20min of the event time slot. There are only 2 divisions - junior (12 -15 yrs) and Open (16 yrs+)
- House TUG-O-WAR is year-group-based. The Best of 3 Boys and Girls, and 15 Best.
- 100m, 200m, and 400m event winners will be decided on times if there is more than 1 heat for any age division. There are no finals.