

2025

North Shore Zone PSSA

Athletics Carnival

WEDNESDAY

27 AUGUST

Field Events & 1500m

ES MARKS FIELD

MOORE PARK

9:00am - 2:00pm

FRIDAY

29 AUGUST

Track Events

ES MARKS FIELD

MOORE PARK

9:00am - 2:00pm

Wednesday 28 August

Field Events

Note: Times are approximate. Competitors must heed marshalling calls and prepare to compete when required. Field competitors are permitted to leave their event to compete in another and return to finish.

- 9:00am** Marshalling call for all 1500m competitors.
- 9.10am** Competitors in the opening Field Events will be called. Boys & girls events run concurrently in Shot put, High & Long Jump.
- 9.15am** **1500m** – Boys and Girls. The heats are timed finals.
- 8 -10 yrs boys – heats
 - 8 -10 yrs girls – heats
 - 11yrs boys – heats
 - 11 yrs girls – heats
 - 12 - 13 yrs boys – heats
 - 12 - 13 yrs girls – heats
- 9.15am** **SHOT PUT** 11 yrs Boys & Girls (2kg)
- HIGH JUMP** Junior Boys & Girls
- LONG JUMP** Senior Boys & Girls
- 10.45am** **SHOT PUT** Junior Boys & Girls (2kg)
- HIGH JUMP** Senior Boys & Girls
- LONG JUMP** 11 yrs Boys & Girls
- 12.30pm** **SHOT PUT** Senior Boys & Girls (3kg)
- HIGH JUMP** 11 yrs Boys & Girls
- LONG JUMP** Junior Boys & Girls

DISCUS

Discus will commence at 9.15am. There is only 1 cage operating. Competition will continue throughout the day until completed. Event order is as follows:-

1. Junior Boys (500g)
2. Junior Girls (500g)
3. 11yrs Boys (750g)
4. 11yrs Girls (750g)
5. Senior Boys (750g)
6. Senior Girls (750g)

Friday 30 August

Track Events

9.00am Marshalling call for all 800m competitors.

9.15am Carnival commences.

800m – Boys and Girls. The heats are timed finals.

- Junior Boys (8,9,10yrs) – heats
- Junior Girls (8,9,10yrs) – heats
- 11 yrs Boys – heats
- 11 yrs Girls – heats
- Senior Boys - heats
- Senior Girls - heats

200m – Boys and Girls (Heats) (Run as timed finals if necessary)

- Junior Boys 200m
- Junior Girls 200m
- 11 yrs Boys 200m
- 11 yrs Girls 200m
- Senior Boys 200m
- Senior Girls 200m

100m – Boys and Girls (Heats)

- Boys 8yrs 100m
- Girls 8yrs 100m
- Boys 9yrs 100m
- Girls 9yrs 100m
- Boys 10yrs 100m
- Girls 10yrs 100m
- Boys 11yrs 100m
- Girls 11yrs 100m
- Boys 12yrs 100m
- Girls 12yrs 100m

Relays – Boys and Girls. (Run as timed finals if necessary)

- Junior Boys 4 x 100m Relay
- Junior Girls 4 x 100m Relay
- Senior Boys 4 x 100m Relay
- Senior Girls 4 x 100m Relay

200m – Boys and Girls (Finals – If time permits)

- Junior Boys 200m
- Junior Girls 200m
- 11 yrs Boys 200m
- 11 yrs Girls 200m
- Senior Boys 200m
- Senior Girls 200m

100m – Boys and Girls (Finals)

- Boys 8yrs 100m
- Girls 8yrs 100m
- Boys 9yrs 100m
- Girls 9yrs 100m
- Boys 10yrs 100m
- Girls 10yrs 100m
- Boys 11yrs 100m
- Girls 11yrs 100m
- Boys 12yrs 100m
- Girls 12yrs 100m

Relays – Boys and Girls. (Finals – If time permits)

- Junior Boys 4 x 100m Relay
- Junior Girls 4 x 100m Relay
- Senior Boys 4 x 100m Relay
- Senior Girls 4 x 100m Relay

2024 North Shore Zone PSSA Athletics Carnival

TRACK

1.	100m	8, 9, 10, 11, 12, 13*yrs	Heats & Finals
2.	200m	Junior, 11yrs, Senior	Heats & Finals
3.	800m	Junior, 11yrs, Senior	Heats as timed finals
4.	1500m	10, 11, 12yrs	Heats as timed finals
5.	4 x 100m Relay	Junior, Senior	Heats as timed finals

FIELD

1.	High Jump	Junior, 11yrs, Senior
2.	Long Jump	Junior, 11yrs, Senior
3.	Shot Put	Junior, 11yrs, Senior
4.	Discus	Junior, 11yrs, Senior

Discus, Shot Put and Long Jump – all competitors will be allowed 3 attempts – winners will be decided from these attempts. Competitors are allowed to leave their Field event in consultation with officials to compete in another event but must return in reasonable time or risk forfeiting further attempts.

High Jump – competitors are allowed 3 attempts at each height. Competitors are excluded after 3 successive fails. Competitors are allowed to leave their Field event in consultation with officials to compete in another event, but re-entry height will be at judges' discretion. Single foot take off is compulsory and diving over the bar is prohibited.

Spikes – may be worn for all events except 800m & 1500m. In wet weather, spikes **must** be worn by all competitors in the High Jump. Spikes must be removed immediately following each event.

Starting Blocks – available for use at ES Marks

Protests – must be lodged by the teacher/manager of the school concerned within 15 minutes of the conclusion of the event. All protests will be heard by the Carnival Convener and 2 members of the North Shore PSSA Executive Committee.

First Aid – is provided for illness or injury that arises on the days of the Carnival. Competitors should make their own arrangements for tape and other requirements that are not a result of injury.

Canteen – there is **no canteen** operating at ES Marks.

ALL SPECTATORS SHOULD REMAIN IN THEIR SCHOOL AREA.