



South Coast Regional Athletics Carnival 2023

Dear Parents/Caregivers,

Your child has been selected to participate in the SCPSSA Athletics Carnival 2023.

Event details

Date: Friday 1st September 2023

Start time: 8.00am (arrive one hour prior to your event)

Finish time: 3.00pm

Venue: Australian Institute of Sport - Athletics Track and Field Centre, Battye St (via Hayden Dr or Ginniderra Dr)

Levy cost (per student): N/A

What to wear: Competitors must wear their district uniforms. If compression garments (including socks) are worn they should be black or of a colour the same as your district. Relays - Uniform preferably is district uniform. If wearing school uniform all students must be in the same uniform. Spikes may be worn for 100m, 200m, long jump and high jump only.

What to bring: Please be prepared for all weather conditions.

Transport details: Private transport

Please Note: There is no restriction on the number of events a competitor may enter, however, if a competitor qualifies in an event and withdraws from the event on the day, they may not compete in any further events on the day. Please ensure that we are aware of any withdrawals ASAP.


Team Managers: Mardi Porter, Eden Public School, 6496 1169
Nicola Whitehead, Pambula Public School, 6495 6006

How to register: Congratulations on your nomination for the SCPSSA Athletics Carnival 2023!

Please follow the steps below to create an account and register your child. You will be using our new consent and registration system called Dash. This system allows you to provide details for your child which is safely stored for future applications.

Your child's registration is due by Sunday 20th August 2023. No late entries will be accepted.

How do I register?

1. Register	If you do not already have an account. Go to https://nswdistrictsport.dashapp.com.au/ and click Register Now. If you already have an account and have added your child, go to STEP 3 .	
2. Add your Child	Add your child to your account. Once you log in you'll be given this option from the Dashboard. Follow the prompts to complete.	
3. Follow the link	Once you have your account set up and your child added, visit the link or scan the QR code to start the application process: bit.ly/3rOHJfP	
4. Complete	Complete all steps in the application. This form will also be sent to your child's school for approval. The form will remain incomplete until the school has approved the form – this may take a few days. Please make sure each step is completed by the due date. No late entries will be accepted.	

For Dash related technical support please contact the Dash team - support@dashapp.com.au

**SOUTH COAST SSA PRIMARY ATHLETICS
HOODIE SALES 2023**



These will only be sold online through the merchandise tab on the South Coast SSA website <https://app.education.nsw.gov.au/sport/SouthCoast/Merchandise>

The online shop will be open ONLY from 4:00pm Friday 4 August to 9am Wednesday 30 August, or earlier if sold out. Athletics products will not appear in the catalogue outside of these times.

Items will only be able to be picked up on the day of the carnival- ORDER NUMBER MUST BE PROVIDED. Please note delivery information is still required when checking out.

Mobile number is the preferred option when checking out as some emails have been bouncing back.

All students enrolled in NSW Public Schools who competed at their district carnival and qualified to compete at the SCSSA Athletics Championships are eligible to purchase.

Please assist us by adding the student's name and school in the notes section in your cart.

Limited stock is available, and purchases can only be made by credit card.

In 2023 the hoodies are navy with grey inside the hood and are \$60 each. South Coast 100% wool beanies will also be on sale for \$20.

Size guide

XXXS = Kids 8-10

XXS = Kids 10-12

XS = Junior 14-16/ Ladies 10

Adult S = Ladies 12

Adult M = Ladies 14

Adult L = Ladies 16

Adult XL = Ladies 18

Program of events

Please note – the event times listed are a guide only and changes may occur at the discretion of the convener. At the discretion of the Track Referee, track events that have less than ten (10) competitors in heats may become timed finals.

A full program of events will be available for purchase on the day (\$3 at the gate).

Competitors are encouraged to arrive at least **one (1) hour prior** to this time to ensure they do not miss their event.

Track events summary

Approx time	Event number	Event	Age Group
8:00am	1	1500m final	Junior girls
	2	1500m final	Junior boys
	3	1500m final	11 years girls
	4	1500m final	11 years boys
	5	1500m final	12 years girls
	6	1500m final	12 years boys
9:00am	7	Relay final	Junior girls
	8	Relay final	Junior boys
10:15am	9	100m heats	8 years girls
	10	100m heats	8 years boys
	11	100m heats	9 years girls
	12	100m heats	9 years boys
	13	100m heats	10 years girls
	14	100m heats	10 years boys
	15	100m heats	11 years girls
	16	100m heats	11 years boys
	17	100m heats	12 years girls
	18	100m heats	12 years boys
	19	100m heats	13 years girls
	20	100m heats	13 years boys
	21	100m final	Junior Multi Class
	22	100m final	Senior Multi Class
11:00am	23	800m final	Junior girls
	24	800m final	Junior boys

Approx time	Event number	Event	Age Group
	25	800m final	11 years girls
	26	800m final	11 years boys
	27	800m final	12/13 years girls
	28	800m final	12/13 years boys
	29	800m final	Junior and Senior Multi Class
11:45am	30	TP 1 Austen relay final (P6)	Small schools A relay
	31	TP2 Bagley relay final(P5)	Small schools B relay
12:30pm	32	100m final	8 years girls
	33	100m final	8 years boys
	34	100m final	9 years girls
	35	100m final	9 years boys
	36	100m final	10 years girls
	37	100m final	10 years boys
	38	100m final	11 years girls
	39	100m final	11 years boys
	40	100m final	12 years girls
	41	100m final	12 years boys
	42	100m final	13 years girls
	43	100m final	13 years boys
1:30pm	44	200m final	Junior girls
	45	200m final	Junior boys
	46	200m final	11 years girls
	47	200m final	11 years boys
	48	200m final	12/13 years girls
	49	200m final	12/13 years boys
	50	200m final	Junior Multi Class
	51	200m final	Senior Multi Class
2:30pm	52	Relay final	Senior girls
	53	Relay final	Senior boys

Field events summary

Approx time	Event number	Event	Age Group
8:30am	33	High jump	12/13 years girls
	34	High jump	12/13 years boys
	35	Long jump	11 years girls
	36	Long jump	11 years boys
	37	Shot put	Junior girls
	38	Shot put	Junior boys
	39	Discus	12/13 years girls
	40	Discus	12/13 years boys
	41	Long Jump	Junior Multi Class
	42	Long Jump	Senior Multi Class
10:30am	42	High jump	11 years girls
	43	High jump	11 years boys
	44	Long jump	Junior girls
	45	Long jump	Junior boys
	46	Shot put	12/13 years girls
	47	Shot put	12/13 years boys
	48	Discus	11yrs girls
	49	Discus	11yrs boys
12:30pm	50	Standing shot put	Junior Multi class
	51	Standing shot put	Senior Multi Class
	52	High jump	Junior girls
	53	High jump	Junior boys
	54	Long jump	12/13 years girls
	55	Long jump	12/13 years boys
	56	Discus	Junior Girls
	57	Discus	Junior Boys
1:15pm	58	Shot Put	11 years girls
	59	Shot Put	11 years boys
	60	Discus	Junior Multi Class
	61	Discus	Senior Multi Class