



27 June 2022

AVALON PUBLIC SCHOOL ATHLETICS CARNIVAL 2022 Years 3 - 6

VENUE:	Sydney Academy of Sport, Narrabeen
DATE:	Friday, 29 July 2022
TIME:	Buses leave at 8.00am SHARP! (Roll Call at 7.45am)
COST:	\$20.00 per child (includes entry, electronic timing and buses).
PAYMENT:	Via our website. Select "Make a Payment" tab, complete student details and in "other" write Athletics Carnival.

Dear Parents and Carers,

Our School Athletics Carnival is scheduled for Friday, 29 July 2022. Buses will be leaving school at **8.00am**. Please ensure your child arrives at school for roll call at **7.45am**. Buses will return to school by **3.25pm**. It is expected that all students travel to the venue on the bus. However nominated 1500m runners will need to make their own way to the track for an 8.30am start.

Children are encouraged to wear school sports uniform or house colours, hat and sunscreen. Children are advised to bring wet weather gear and a tracksuit to keep warm Spikes are permitted in the 100m & 200m events. **No child will be allowed to compete in any event without shoes.**

Children are requested to bring their own lunch and drinks. Limited canteen facilities will be available.

Parents are reminded that under no circumstances are they allowed to take children (other than their own) home without written permission from the child's parent. Last minute arrangements and/or phone calls or text messages are not acceptable. All students must be signed out before leaving the venue with their parent.

We would like to extend an invitation to all parents to join us for what is always an enjoyable day.

Pre-marshalling races - This year, Avalon will be pre-marshaling races for the Athletics Carnival. You have been emailed a link to complete the form and it has also been sent via Skoolbag. Please complete the Athletics Carnival Google Form by 5pm on Monday 25 July.

Please see over the page for more information regarding the pre-marshaling of races and the Google Form.

Nathan Casey
Sports Coordinator

Lisa Weber
Deputy Principal



APS Athletics Carnival - Google Form Information

You will have been emailed and sent a Skoolbag app link to complete the form.

The age your child is turning/already turned in 2022 is the age race in which they should compete. Eg. If your child is turning/turned nine at any time in 2022 they should enter the nine years races.

Events:

Track

- 100m for each age group (8 - 13 years)
- 200m for juniors (8-10), 11 years and seniors (12-13)
- 400m for juniors (8-10), 11 years and seniors (12-13)
- 800m for juniors (8-10), 11 years and seniors (12-13)
- 1500m for juniors (8-10), 11 years and seniors (12-13)

Field

- Shot Put for juniors (8-10), 11 years and seniors (12-13)
- Long Jump for juniors (8-10), 11 years and seniors (12-13)
- High Jump for juniors (8-10), 11 years and seniors (12-13)

For Your Information:

- * All competitors **MUST** run in the heat and lane designated.
- * All competitors are responsible for heeding the marshaling call.
- * Competitors must go to the marshaling area before the event
- * Only officials and competitors are permitted on the track and by the pits.
- * All children must sit in their stage / house groups.
- * Normal carnival rules apply – no running or pushing.
- * Children are encouraged to wear house colours but please, no crepe paper or streamers.
- * The children should bring their lunch/morning tea and drinks.
- * The athletics track must be vacated at the conclusion of the carnival.
- * The fastest eight runners in the 100m heats will qualify for the finals.
- * The first 2 placed athletes in each event will represent the school at the Pittwater Zone Carnival.

This form is used to enter your child in athletics events for the Avalon PS Athletics Carnival. Please note that the age races entered should be **the age your child is turning in 2022** whether they are born in January or December. **Please complete this form by 5pm on Monday 25 July.**

- Students born in 2014 - 8 years events
- Students born in 2013 - 9 years events
- Students born in 2012 - 10 years events
- Students born in 2011 - 11 years events
- Students born in 2010 - 12 years events
- Students born in 2009 - 13 years events

Juniors: turning eight, nine or ten in 2022.

11 years: turning eleven in 2022.

Seniors: turning twelve or thirteen in 2022.

Please take care in filling out the form and discuss it with your child. Students may enter/pull out of events on the day, but it is encouraged that students compete in the events that they are pre-marshalled for, to assist with our organisation for the day.

Kind regards,
Mr Casey and Mr Seaton
Athletics Carnival Coordinators



PERMISSION NOTE – ATHLETICS CARNIVAL 2022

I give permission for my child _____ in Class _____ to participate in the School Athletics Carnival on Friday, 29 July 2022. I understand travel to and from Sydney Academy of Sport, Narrabeen will be by bus. The buses will leave school at 8.00am and return in time for after school buses.

Payment details - Cost \$20.00

The fee for the carnival covers transport, electronic timing and ground hiring costs and is to be paid *prior to attending*. This can be done via our website. Select the “Make a Payment” tab, complete student details and in “other” write Athletics Carnival.

Special needs of my child of which you should be aware:

- Asthma – **All students who suffer from asthma must bring a puffer**
- Anaphylaxis (please state): _____

Current Epipen must be supplied to School Office and taken by your child to the carnival

- Medication (please state) _____
- Epilepsy (please state): _____
- Other (please state): _____

ALLERGIES: sun grass dust pollen insect bites

- Food (please state): _____
- Medications (please state): _____
- Other (please state): _____

Contact Phone Numbers: _____ Mobile: _____

Signature of Parent/Carer: _____ Date: _____

Please return this permission note to your class teacher, complete the Athletics Carnival Google Form and make payment by Monday, 25 July 2022