



11 March 2024

**Avalon Public School Athletics Carnival
Years 2 – 6**

Venue:	Sydney Academy of Sport, Narrabeen
Date:	Friday, 22 March 2024
Time:	1500m event – 8.10am SHARP! (Race starts at 8.20am). All other competitors please be at the venue by 8.40am as 100m are events starting at 9.00am The Carnival will conclude at approximately 2.30pm
Cost:	\$15.00 per child (includes entry and electronic timing gates)
Payment:	Fee is included in Semester 1 Accounts

Dear Parents and Carers,

Due to the bus crisis, we require parents/carers to provide or arrange private transport for their child/ren to and from our Athletics Carnival on Friday, 22 March.

A FAQ sheet was sent out earlier as we wanted to give you ample notice to arrange transportation, well in advance of the event. Please note the need to move from the stadium to the track depending on your child's event.

It is an expectation that all 3-6 students attend the carnival.

All 3-6 teachers will be on duty at the carnival, so no 3-6 teachers will be supervising back at school.

The carnival should conclude by approximately 2.30pm, so please be prompt to the venue for pickup.

Nominated 1500m runners will need to be marshalled at the track at 8.10am for an 8.30am start. The 100m events will be starting at **9.00am**, so please give yourself ample time to arrive for the event.

Children are to wear school sports uniform with 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.** We will have 3 marquees on site for sun protection, as well as the use of the stadium, but also recommend ensuring your child has adequate protection.

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.

We are also desperate for any parents who can help on the day to ensure this carnival runs as smoothly as possible. Please indicate if you can help by clicking on the Google Form link attached.

Year 2 parents - Please note, your child can only compete in the Athletics Carnival if they are turning eight (8) or have already turned eight (8) this year. This means their year of birth is 2016.

Please see over the page for more information regarding the races your child is eligible for.

Thanks again for all your support in what is a difficult situation well beyond the control of the school. We look forward to a great day!

Kind regards,

Nathan Casey
Sports Coordinator

Lisa Weber
Deputy Principal



Avalon PS Athletics Carnival - Event Information

The age your child is turning/already turned in 2024 is the age race in which they should compete. Eg. If your child is turning/turned nine at any time in 2024 they should enter the nine years races.

Please note that the age races entered should be **the age your child is turning in 2024** whether they are born in January or December.

Students born in 2016 - 8 years events
 Students born in 2015 - 9 years events
 Students born in 2014 - 10 years events
 Students born in 2013 - 11 years events
 Students born in 2012 - 12 years events
 Students born in 2011 - 13 years events

Juniors: turning eight, nine or ten in 2024
 11 years: turning eleven in 2024
 Seniors: turning twelve or thirteen in 2024

Events:

Track

100m for each age group (8-13 years)
 200m 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 marshalling call
- * Competitors must go to the marshalling 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 Athletics Carnival