



# ACC ATHLETICS



## Inclusive athletics carnival

SEPTEMBER • 8 • 2023

MCGILLVRAY OVAL, MT CLAREMONT

# 2023 PARTICIPATING SCHOOLS



St Norbert  
College



CORPUS CHRISTI  
COLLEGE



URSULA FRAYNE  
CATHOLIC COLLEGE



God is with us



SEEK JUSTICE





# SUE BIGELOW SPIRIT

## 2022 WINNERS

### John XXIII College

The Sue Bigelow Spirit Shield is named in honour of the late Sue Bigelow, in remembrance of the work and contribution that Sue made to inclusive programming at the Associated & Catholic Colleges (ACC). The winner of the award will be the school that most embodies the ACC maxim of '*Sport in the Right Spirit*' and has provided its students with outstanding inclusive opportunities for participation, team spirit, personal development and leadership.

# 2023 HOST SCHOOL



Thankyou to the staff and student volunteers of St Norbert College, for hosting this year's athletics carnival.



A special mention to Notre Dame University students and staff for their continued support of the event.



# Event day summary



## ARRIVAL AND EVENT TIMES

8:30am	Host schools to be on site for event set up
9am	Officials / volunteer's brief
by 9:15am	All schools on site, and commence set up in designated marquee area (per map) <b>** please ensure you collect a wristband for all participants who DO NOT have photo permission from the RESULTS tent, along with your NOMINATION sheet</b>
9:30am	ACC carnival welcome
9:35am	Schools start to organise for CELEBRATION MARCH <b>** please bring along any school flag / banner for the march **</b>
9:45am	CELEBRATION MARCH
9:55am	Athletes to ensure they are at, or at least on their way to their first event
10am	1 <sup>st</sup> event of the carnival
1pm	Staff and student relay
1:15pm	Presentations (in front of school marquees)

## BUS PARKING

- Buses can park in the car park behind the UWA Sports Park Clubrooms
- NO BUSES and or vehicles, are to park along the road and or verge of McGillivray Road

## TOILETS

- The UWA Sports Ground clubroom toilets will be open for the event, and are situated on the southern end of the sports park
- Please allow sufficient time between events to utilise the facilities, as they are not located close to the track
- x3 accessible portable toilets have been hired for the event, and are only to be used for those that require them

## NO WATER FOUNTAINS

- **Please note, there are no water fountains on site, and it is advised to NOT drink or refill bottles from grounds taps**
- Please ensure therefore, that you bring sufficient water for the course of the day
- The changerooms/toilets facilities can be utilized to refill bottles if necessary

## COFFEE VAN

This will be on site from approximately 8am, and will be situated at the base of the small hill, which takes you up to the clubrooms



## FIRST AID

For any athlete taken to the First Aid Post (per site map), they must be supervised by a teacher / parent support

## ASSISTANCE & SPECTATORS

- Staff / parents are permitted to assist competitors participate in an event, however their assistance is not to give extra or an unfair advantage to or influence the outcome eg stand at the finish line for students to run to
- Individual schools are to provide competitors with the following care :
  - Mobile 'on foot' athletes : x1 per group
  - Assisted athletes : x1 per athlete
- Spectators (parents and student supporters) are to remain outside the main arena
- Only staff are permitted to access the main arena and are asked to limit their access to which is necessary

## MARSHALLING

- Please ensure you are aware of which track and field events are running, and ensure your athletes are at TRACK marshalling events, **at least two events prior to their race**
- All events will start on time and will not be delayed for late arrivals
- Any change to athletes participating in an event(s), can be done at time of marshalling for both TRACK and FIELD event

## MEDALS / RIBBONS / PRESENTATIONS

- Medallions and ribbons will be awarded straight after an event
- All participants will be verbally recognised at this point
- 1<sup>st</sup> place getters will also be acknowledged and presented to the carnival group, during the end of day presentations
- All schools will be provided participation certificates for their athletes, which will be awarded during the presentations. Please ensure you have a student in mind who can collect on behalf of your school.

I do hope this provides you with all the information you require, however, please do not hesitate to contact me should you have any questions. I look forward to seeing you all soon, for a fantabulous day for all involved !

Cherie Pirnie  
Sport Operations Manager, Inclusion (ACC)  
M | 044 750 2248



# Carnival contacts



ENTITY	NAME	MOBILE
Associated & Catholic Colleges	Cherie Pirnie	044 750 2248
UWA Sports	Conor	6488 1202
UWA Security		6488 3020
Notre Dame College	Ben Piggott	0403 703 656
St John Ambulance	Kelsey Livett	9373 3834 9334 1311 (A/H)
Twisties Coffee	Phil Twist	0414 279 753
Instant Products	Steve Tratt	0439 504 286 1300 556 241
Spuds Marquees	Charmaine	9370 2936 0419 951 998 (Spud)
Corpus Christ College	Amanda Fernihough	0417 605 277
Emmanuel Catholic College	Sean Bradley	0400 764 499
Guildford Grammar School	Linda Tavernor	0422 266 277
John XXIII	Daniela De Witt Hemala	0439 996 835
La Salle College	Chelsea Harding	0439 846 606
Lumen Christi College	Gina Broderick	0408 944 507
Mercedes College	Jo Lauriston	0422 266 277
Methodist Ladies College	Chimene Backshall	0403 344 727
Newman College	Antonia Johnstone	0422 498 984
Prendiville Catholic College	Warren Miller	0414 931 106
Sacred Heart College	Natalie Walker	0438 545 240
Servite College	Mary Gillooly	0415 690 186
Seton Catholic College	Jenny Powell	0401 930 474
St Norbert College	Ryan Godfrey	0466 098 021
Trinity College	Leah Rogers	0403 138 437
Ursula Frayne College	Sally Matthews	0427 722 706

# 2023 program of events



EVENT	MEDALLION EVENT	TIME	EVENT DETAILS	GENDER	LOCATION
0		9:45	March past by all schools	ALL	Start of 100m track
1	YES	10:00 -10:25	Open Long Jump DIV 1	Mixed	Pit A
2	YES	10:00 -10:25	Open Long Jump DIV 2	Mixed	Pit B
3	YES	10:00	U/15 70m DIV1	Boys	Marshalling area at 70m start
4	YES	10:02	U/15 70m DIV 2	Boys	Marshalling area at 70m start
5	NO	10:04	U/15 70m <b>Have-A-Go</b>	Boys	Marshalling area at 70m start
6	YES	10:07	U/15 70m DIV 1	Girls	Marshalling area at 70m start
7	YES	10:09	U/15 70m DIV 2	Girls	Marshalling area at 70m start
8	NO	10:11	U/15 70m <b>Have-A-Go</b>	Girls	Marshalling area at 70m start
9	YES	10:13	U/15 400m	Boys	Marshalling area at 70m start
10	YES	10:17	U/15 400m	Girls	Marshalling area at 70m start
11	NO	10:21	U/15 8x50m Shuttle Relay <i>*Wheelchairs can be included</i>	Boys	Marshalling area at 70m start
12	YES	10:25 -10:50	Open Shot Put DIV 1	Mixed	Shot Put A
13	YES	10:25 -10:50	Open Shot Put DIV 2	Mixed	Shot Put B
14	NO	10:31	U/15 8x50m Shuttle Relay <i>*Wheelchairs can be included</i>	Girls	Marshalling area at 70m start
15	NO	10:41	U/15 Novelty Relay <i>*8 Students per team per school</i>	Mixed	Inside track
16	YES	10:50 -11:10	Open Vortex Throw DIV 1	Mixed	Vortex A
17	YES	10:50 -11:10	Open Vortex Throw DIV 2	Mixed	Vortex B
18	YES	10:47	U/15 800m	Boys	Inside track at finish area
19	YES	10:52	U/15 800m	Girls	Inside track at finish area
20	YES	11:15	Open & U/15 4x100m Shuttle Relay <i>*Top 4 runners from each school</i>	Boys	Marshalling area at 100m start FOR ALL ATHLETES
21	YES	11:20	Open & U/15 4x100m Shuttle Relay <i>*Top 4 runners from each school</i>	Girls	Marshalling area at 100m start FOR ALL ATHLETES
22	NO	11:25	U/15 Special Olympics 'Lucky Dip' Relay <i>*8 Students per team per school</i> <i>*Wheelchairs can be included</i>	Mixed	Inside track



EVENT	MEDALLION EVENT	TIME	EVENT DETAILS	GENDER	LOCATION
23	NO	11:35	Open Special Olympics 'Lucky Dip' Relay <i>*8 Students per team per school</i> <i>*Wheelchairs can be included</i>	Mixed	Inside track
24	YES	11:45 -12:10	U/15 Long Jump DIV 1	Mixed	Pit A
25	YES	11:45 -12:10	U/15 Long Jump DIV 2	Mixed	Pit B
26	YES	11:45	Open 70m DIV1	Boys	Marshalling area at 70m start
27	YES	11:47	Open 70m DIV 2	Boys	Marshalling area at 70m start
28	NO	11:49	Open 70m <b>Have-A-Go</b>	Boys	Marshalling area at 70m start
29	YES	11:52	Open 70m DIV 1	Girls	Marshalling area at 70m start
30	YES	11:54	Open 70m DIV 2	Girls	Marshalling area at 70m start
31	NO	11:56	Open 70m <b>Have-A-Go</b>	Girls	Marshalling area at 70m start
32	YES	11:58	Open & U/15 70m Manual Wheelchair	Mixed	Marshalling area at 70m start
33	YES	12:03	Open & U/15 70m Motorised Wheelchair	Mixed	Marshalling area at 70m start
34	YES	12:08	Open 400m	Boys	Marshalling area at 70m start
35	YES	12:10 -12:35	U/15 Shot Put DIV 1	Mixed	Shot Put A
36	YES	12:10 -12:35	U/15 Shot Put DIV 2	Mixed	Shot Put B
37	YES	12:12	Open 400m	Girls	Marshalling area at 70m start
38	NO	12:16	Open 8x50m Shuttle Relay <i>*Wheelchairs can be included</i>	Boys	Marshalling area at 70m start
39	NO	12:26	Open 8x50m Shuttle Relay <i>*Wheelchairs can be included</i>	Girls	Marshalling area at 70m start
40	YES	12:35 -12:55	U/15 Vortex Throw DIV 1	Mixed	Vortex A
41	YES	12:35 -12:55	U/15 Vortex Throw DIV 2	Mixed	Vortex B
42	YES	12:36	Open 800m	Boys	Inside track at finish area
43	YES	12:41	Open 800m	Girls	Inside track at finish area
44	NO	13:00	Staff & Student relay	Mixed	Inside track

### PLEASE NOTE : RELAY EVENTS

- the 4 x 100m relay will be on the straight track, in front of school marquees, NOT on the circular track.
- All athletes to the marshall tent before the start of the race(s)
- Athletes 1 and 3 will be start from the finish line, and athletes 2 and 4 from the 100M start line.

### KEY

Have-a-Go events

Field events

Relays

# 2023 carnival structure

CELEBRATION MARCH 9:45 - 9:55 (ALL SCHOOLS)				
U/15   TRACK 10:00 - 11:00			OPEN   FIELD 10:00 - 11:10	
70m	400m 800m		Long Jump	
Novelty event	8x50m shuttle relay		Shot Put	
			Vortex	
U/15 break 11:00 - 11:15			Medallion & Have-a-go	
11:15 - 11:40				
Open & U/15 4x100m relays & Special Olympics 'Lucky Dip' Novelty relays				
U/15   FIELD 11:45 - 12:55			OPEN   TRACK 11:45 - 12:45	
	Long Jump	70m	400m 800m	
	Shot Put	Wheelchair_Manual & motorised (OPEN & U/15)		
	Vortex	8x50m shuttle relay		
Medallion & Have-a-go			OPEN break 12:45 -13:00	
13:00 Staff and student relay				
PRESENTATIONS 13:20				

- The U15 TRACK program will run concurrently with the OPEN FIELD program, and vice versa
- The only exceptions are the 70m manual & motorized wheelchair events, which will occur during the OPEN TRACK program
- Between changeover, all students will join on the track, for the 4 x 100m shuttle relay, and in the centre of the track, for the Special Olympics '*Lucky Dip*' relays
- A break time for each age group is scheduled at the end of their TRACK rotation



## PLEASE NOTE

**TRACK :** while all efforts will be made to keep to the program times, event times may vary slightly due to time constraints

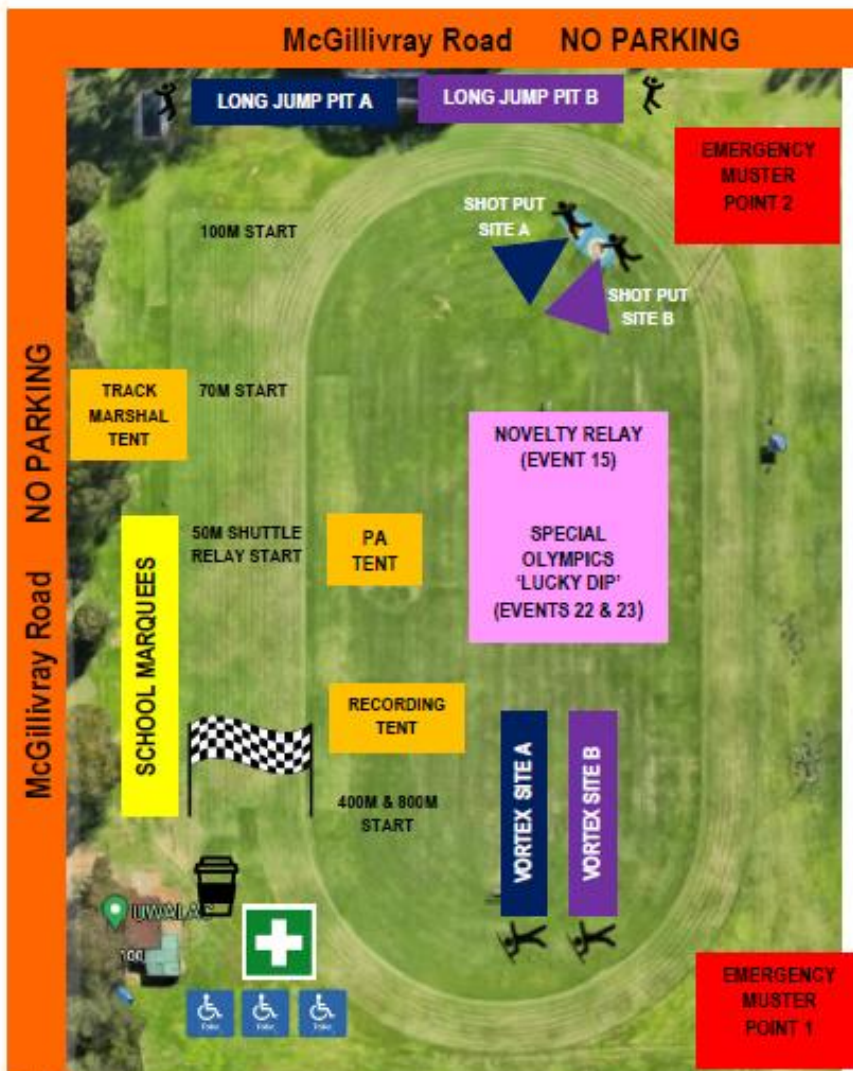
**FIELD :** there is a designated time for medallion events (DIV 1 and DIV 2) at each site, in each rotation.

**At all other times, the site will be open to all students in the age group to Have-a-Go**

OPEN Field 10:00-11:10			
10:00 - 10:25	10:25 - 10:50	10:50 - 11:10	LOCATION
OPEN Long Jump DIV 1 & 2	OPEN Long jump <i>Have-A-Go</i>		Pit A & B
OPEN Shot Put <i>Have-A-Go</i>	OPEN Shot Put DIV 1 & 2	OPEN Shot Put <i>Have-A-Go</i>	Shot Put A & B
OPEN Vortex <i>Have-A-Go</i>		OPEN Vortex DIV 1 & 2	Vortex A & B

U/15 Field 11:45 - 12:55			
11:45 - 12:10	12:10 - 12:35	12:35 - 12:55	LOCATION
U/15 Long Jump DIV 1 & 2	U/15 Long jump <i>Have-A-Go</i>		Pit A & B
U/15 Shot Put <i>Have-A-Go</i>	U/15 Shot Put DIV 1 & 2	U/15 Shot Put <i>Have-A-Go</i>	Shot Put A & B
U/15 Vortex <i>Have-A-Go</i>		U/15 Vortex DIV 1 & 2	Vortex A & B

# SITE MAP



## SITE MAP KEY

-  First Aid post
-  Coffee van
-  Accessible Toilets
-  Staff toilets
-  Student toilets



# TRIES & COMPETITION RULES

## TRIES

- Participants are permitted to have three tries in each FIELD event
- Only legitimate throws will be measured for FIELD events
- There will be no disqualifications for false starts in the track events
- In the event of a false start, participants will be called back to the start line and the race will be rescheduled

## FIELD TIMES

- A FIELD official will only wait for the return of competitors up to 15 minutes after the start of the next event at their location
- If a competitor has not returned by this time, the initial event is considered closed
- Result sheets will then be sent to the relevant recording locations

## WEIGHTS

- All participants use the 3kg shot put

## MEASURES

- Only legitimate throws and jumps are to be measured and recorded

### SHOT PUT

- Measurement taken from the nearest mark made by the initial impact on the ground, to the inside of the edge of the arc
- The tape measure should form a line from the mark made by the implement, to the centre of the throwing circle

### **VORTEX**

- Measurement is taken from the nearest mark by the initial impact on the ground, to the inside edge of the line from which it was thrown

### **LONG JUMP**

- Measurement is taken from the nearest mark made by the initial impact in the sand, to the front edge of the long jump mat
- Participants are to take off from the long jump mat

### **LANES**

- 70m, 400m and all relay events : participants must remain in their allocated lane for the ENTIRE race
- 800m : participants start in their allocated lane, and will MERGE into the inside lane at the designated area (marked out with cones, at approximately the 700m mark)

### **START PROCEDURE**

- 'ON YOUR MARKS' participants must place their feet / equipment behind the closest edge of the line
- SET final start position, participants must be ready
- START SIGNAL participants start the race

### **4 x 100 m SHUTTLE RELAY**

The incoming runner must pass the baton to the next runner, before they start running





## PARENT AND SPECTATOR CODE OF CONDUCT

The code of conduct provides an ethical framework for a positive, safe and harassment free environment. As a parent or spectator you should:

- Encourage children to participate if they are interested. If a child is not willing - do not force him/her.
- Focus on the child's efforts and performances rather than the overall outcome of the event.
- Teach children that an honest effort and personal best is as important as a victory, so that the results of each event is accepted without undue disappointment.
- Encourage children to always participate according to the rules.
- Never ridicule or yell at a child for making a mistake or losing an event.
- Respect the official's decision. If a result or decision needs to be checked, follow the appropriate procedure in order to query the decision and teach athletes to do likewise. Do not approach officials directly to question their judgement in public. Never harass, intimidate or place undue pressure on an official or competitor.
- Never enter the competition arena, track, field event site or officials area. Never video or photograph children that are not in your immediate family. Recognise the value and importance of the volunteer coaches. they give their resources to provide recreational activities for your child's involvement and deserve your support.
- Athletes participate in organized sports for fun. They are not competing for the entertainment of the spectators only, nor are they "miniature" professionals.
- Applaud all good performances and effort by your teams athletes and their opponents regardless of the competition's outcome.
- Always aim to give children positive motivational comments.
- Show respect for your team's opponents. Without them there would be no competition.
- Demonstrate appropriate social behaviour by not using foul language, harassing participants, coaches or officials.

Any queries, should be directed to the Carnival Manager, Cherie Pirnie 044 750 2248.



## OFFICIALS CODE OF CONDUCT

The code of conduct provides an ethical framework for a positive, safe and harassment free environment. As an official you should:

- Ensure that equipment and facilities meet safety standards and assist in the safety and welfare of athletes.
- Be a positive role model in behaviour and personal appearance.
- Feel confident about what you are doing and the decision you are making. Value the individual.
- Answer any and all questions asked of you by an athlete.
- Use common sense to ensure that the "spirit of competition" is not lost. Accept responsibility for all action taken.
- Be impartial and do not coach athletes whilst officiating.
- Work as part of a team and follow instructions provided by Competition Management, Referees or Chief Officials.
- Avoid any situation which may lead to conflict or to a conflict of interest. Be courteous, respectful and open to discussion and interaction.
- Refrain from any form of personal abuse or harassment towards athletes and/or fellow officials.
- Make personal commitment to keep yourself informed of required officiating protocols and be up to date with technical rules.
- Comply with all rules and policies as published and adopted by the Associated & Catholic Colleges of WA.
- Understand the repercussions if you breach, or are aware of any breaches of this Code of Conduct