



ACC ISP ATHLETICS



SEPTEMBER • 6 • 2024
UWA SPORTS PARK
MCGILLIVRAY ROAD, MT CLAREMONT

PARTICIPATING SCHOOLS



CORPUS CHRISTI
COLLEGE



URSULA FRAYNE
CATHOLIC COLLEGE





SUE BIGELOW SPIRIT 2023 WINNERS Ursula Frayne 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.

2024 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 SCHOOL to be on site for event set up
- 8:45am Officials / volunteer's brief
- by 9:15am All schools on site, and commence set up in designated marquee area (per map)
**** please ensure you collect a wristband for all participants who DO NOT have photo permission from the RESULTS tent, along with your NOMINATION sheet**
- 9:30am ACC carnival welcome
- 9:35am Schools start to organise for CELEBRATION MARCH
**** please bring along any school flag / banner for the march ****
- 9:45am CELEBRATION MARCH
- 9:55am Athletes to marshal for first events
- 10am 1st event of the carnival
- 1pm Staff and student relay
- 1:20pm 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 close to the track
- x3 accessible portable toilets have been hired for the event for those that require them

NO WATER FOUNTAINS

- **There are NO WATER fountains on site, and it is advised NOT to drink or refill bottles from taps on site**
- Please ensure therefore, that you bring sufficient water for the course of the day
- 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, on the southern side of the track

FIRST AID

For any athlete taken to First Aid (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 an athlete(s) participating in an event(s), can be done at time of marshalling for both TRACK and FIELD events

MEDALS / RIBBONS / PRESENTATIONS

- Medallions and ribbons will be awarded straight after any MEDALLION event
- 1st place medallion recipients 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 end of day presentations. Please ensure you have a student in mind who can collect on behalf of your school.

Carnival contacts



ENTITY	NAME	MOBILE
Associated & Catholic Colleges	Cherie Pirnie (Carnival Manager)	044 750 2248
UWA Sports		0468 575 456
UWA Security		6488 3020
Notre Dame College	Ben Piggott (Official Supervisor)	0403 703 656
St Norbert College	Ryan Godfrey (Carnival Supervisor)	0466 098 021
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	Frances Whiting	0407 138 866
Holy Cross College	James Kerr	0456 032 326
John XXIII	Daniela de Witt	0439 996 835
John Wollaston ACS	Gabriella Slattery	0431 275 063
La Salle College	Chelsey 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
Sacred Heart College	Damian Cato	0420 354 088
Servite College	Alice Thomas	0415 379 789
Trinity College	Leah Rogers	0403 138 437
Ursula Frayne College	Alicia Doogue	0429 028 382

Program of events



EVENT	MEDALLION EVENT	TIME	EVENT DETAILS	GENDER	LOCATION
0		9:45	CELEBRATION MARCH	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	MARSHAL TENT at 70m start
4	YES	10:02	U/15 70m DIV 2	Boys	
5	NO	10:04	U/15 70m Have-A-Go	Boys	
6	YES	10:07	U/15 70m DIV 1	Girls	
7	YES	10:09	U/15 70m DIV 2	Girls	
8	NO	10:11	U/15 70m Have-A-Go	Girls	
9	YES	10:13	U/15 400m	Boys	
10	YES	10:17	U/15 400m	Girls	
11	NO	10:21	U/15 8x50m Shuttle Relay <i>*Wheelchairs can be included</i>	Boys	
12	YES	10:25 -10:50	OPEN Shot Put DIV 1	Mixed	
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> <i>*8 Students per team per school</i>	Girls	MARSHAL TENT at 70m start
15	YES	10:50 -11:10	OPEN Vortex Throw DIV 1	Mixed	VORTEX A
16	YES	10:50 -11:10	OPEN Vortex Throw DIV 2	Mixed	VORTEX B
17	YES	10:47	U/15 800m	Boys	MARSHAL TENT at 70m start
18	YES	10:52	U/15 800m	Girls	
19	YES	11:15	OPEN & U/15 4x100m Shuttle Relay <i>*Top 4 runners from each school</i>	Boys	
20	YES	11:20	OPEN & U/15 4x100m Shuttle Relay <i>*Top 4 runners from each school</i>	Girls	
21	NO	11:25	U/15 'Lucky Dip' Relay <i>*8 Students per team per school</i> <i>*Wheelchairs can be included</i>	Mixed	Inside track
22	NO	11:35	OPEN '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	YES	11:45 -12:10	U/15 Long Jump DIV 1	Mixed	PIT A
24	YES	11:45 -12:10	U/15 Long Jump DIV 2	Mixed	PIT B
25	YES	11:45	OPEN 70m DIV1	Boys	MARSHAL TENT at 70m start
26	YES	11:47	OPEN 70m DIV 2	Boys	
27	NO	11:49	OPEN 70m Have-A-Go	Boys	
28	YES	11:52	OPEN 70m DIV 1	Girls	
29	YES	11:54	OPEN 70m DIV 2	Girls	
30	NO	11:56	OPEN 70m Have-A-Go	Girls	
31	YES	11:58	OPEN & U/15 70m Manual Wheelchair	Mixed	
32	YES	12:03	OPEN & U/15 70m Motorised Wheelchair	Mixed	
33	YES	12:08	OPEN 400m	Boys	
34	YES	12:10 -12:35	U/15 Shot Put DIV 1	Mixed	
35	YES	12:10 -12:35	U/15 Shot Put DIV 2	Mixed	SHOT PUT B
36	YES	12:12	OPEN 400m	Girls	MARSHAL TENT at 70m start
37	NO	12:16	OPEN 8x50m Shuttle Relay <i>*Wheelchairs can be included</i>	Boys	
38	NO	12:26	OPEN 8x50m Shuttle Relay <i>*Wheelchairs can be included</i>	Girls	
39	YES	12:35 -12:55	U/15 Vortex Throw DIV 1	Mixed	VORTEX A
40	YES	12:35 -12:55	U/15 Vortex Throw DIV 2	Mixed	VORTEX B
41	YES	12:36	OPEN 800m	Boys	MARSHAL TENT at 70m start
42	YES	12:41	OPEN 800m	Girls	
43	NO	13:00	Staff & Student relay	Mixed	70m start line

PLEASE NOTE : RELAY EVENTS

- the 4 x 100m relay will be on the straight track, in front of school marquees
- All athletes, (per any track event) are to check in at the MARSHAL TENT before the start of any relay race
- 100m relays : Athletes 1 and 3 will start from the finish line, and athletes 2 and 4 from the 100M start line.
- 50m relays : Athletes 1, 3, 5 and 7 start at the finish line, and athletes 1, 2, 4 and 6 from the 50M start line.

KEY

Have-a-Go events

Field events

Relays

Carnival structure

CELEBRATION MARCH 9:45am - 9:55am (ALL SCHOOLS)

U/15 (TRACK EVENTS) 10am – 11am

70m 400m 800m

8 x 50m shuttle relay

OPEN (FIELD EVENTS) 10am - 11:10am

Long Jump

Shot Put

Vortex

U/15 break 11am - 11:15am

Athletes can 'Have-A-Go' at times outside programmed events

11:15am - 11:40am

OPEN & U/15 4 x 100m relays & 'Lucky Dip' Novelty relays

U/15 (FIELD EVENTS) 11:45am - 12:55pm

Long Jump

Shot Put

Vortex

Athletes can 'Have-A-Go' at times outside programmed events

OPEN (TRACK EVENTS) 11:45am - 12:45pm

70m 400m 800m

Wheelchair | Manual & motorised (OPEN & U/15)

8 x 50m shuttle relay

OPEN break 12:45pm – 1pm

1pm Staff and student relay

1:20pm PRESENTATIONS

- 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 'Lucky Dip' relays
- A break time for each age group is scheduled at the end of their TRACK rotation

TRACK : all efforts will be made to keep to 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, each field site will be open to all athletes, in the age group to 'Have-a-Go'

OPEN Field 10am -11:10am			
10am - 10:25am	10:25am - 10:50am	10:50am - 11:10am	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 11:45am - 12:55pm			
11:45am - 12:10pm	12:10pm - 12:35pm	12:35pm - 12:55pm	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

School lane allocations

70m | 50m shuttle relays | 4 x 100m shuttle relays

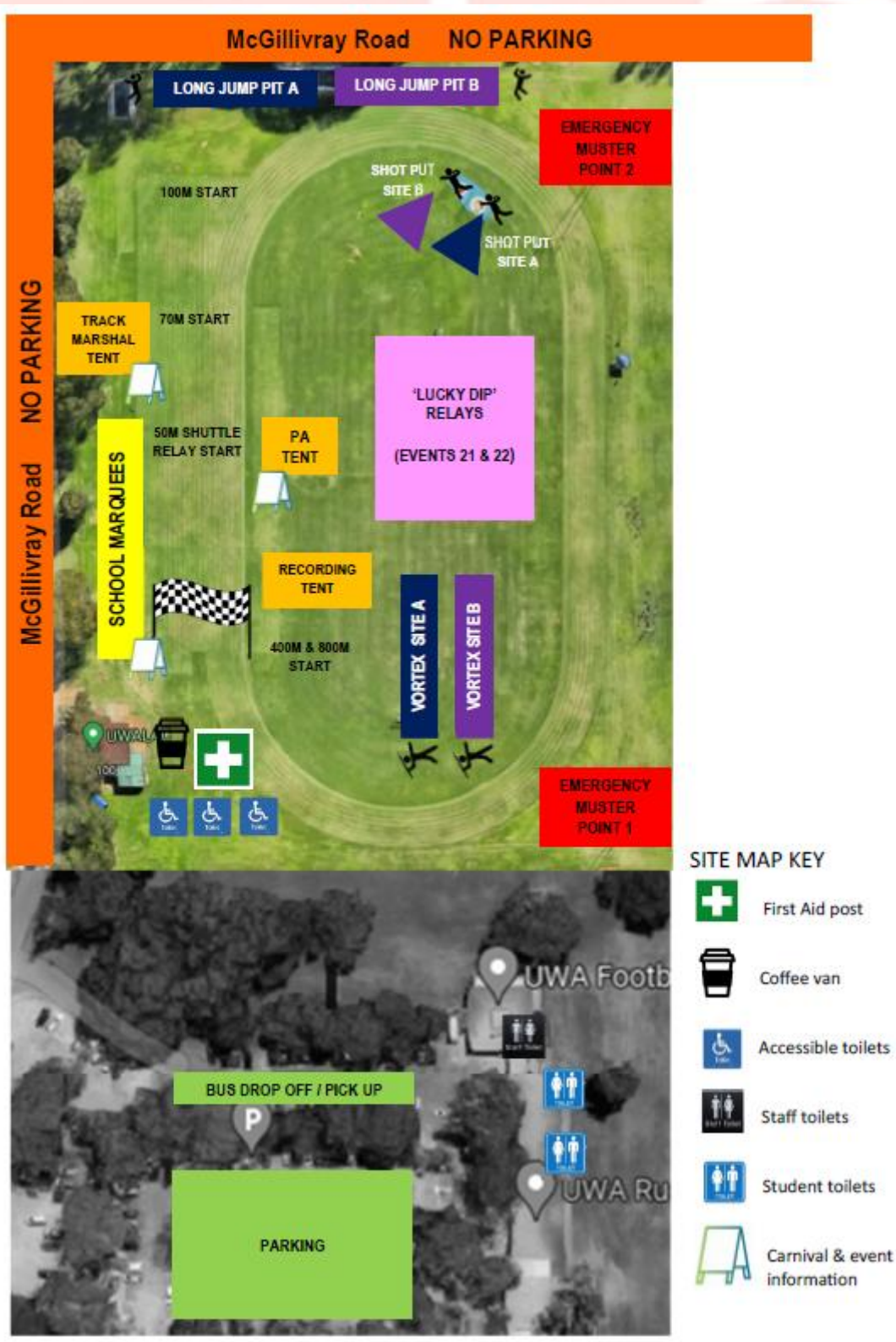
LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7
Ursula Frayne	Lumen Christi	Holy Cross	MLC	Corpus Christi	John Wollaston	Sacred Heart

LANE 8	LANE 9	LANE 10	LANE 11	LANE 12	LANE 13	LANE 14
Servite	La Salle	Mercedes	Trinity	Newman	John 23rd	

400m | 800m

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
Ursula / Lumen	Holy Cross / MLC	Corpus / John Wollaston	Sacred Heart	Servite / La Salle	Mercedes / Trinity	Newman	John 23rd

SITE MAP



TRIES & COMPETITION RULES

TRIES

- Participants are permitted to have three ties 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, with tennis balls also made available for athletes to use

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 SOUND (clapper will be used) participants start the race

4 x 100 m SHUTTLE RELAY

The incoming runner must touch / high five 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.



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