



**Gosford East Public School  
Athletics Carnival**

Thursday 7<sup>th</sup> May, 2024

## Program of Events

EVENT	TIME									
TRACK	8.45am	9.30am	9.40am	10.20am	10.50am	11.30am	12.10pm	12.50pm	1.30pm	2.10pm
100m			12/13 Girls & Boys	11 Girls & Boys	10 Girls & Boys	9 Girls & Boys		8 Girls & Boys	Relays	Pack up, Clean Up, Back on buses
200m										
800m	All Age									
FIELD	8.45am		9.40am	10.20am	10.50am	11.30am	12.10pm	12.50pm	1.30pm	2.10pm
Long Jump 1 (Canteen End)		10 Minute Group Organisation	11 Girls	9 Girls		12/13 Girls	8 Girls	10 Girls		
Long Jump 2 (Road End)			11 Boys	9 Boys		12/13 Boys	8 Boys	10 Boys		
High Jump 1			10 Girls	12/13 Girls		8yr Girls	9 Girls	11 Girls		
High Jump 2			10 Boys	12/13 Boys		8yr Boys	9 Boys	11 Boys		
Discus 1 (Canteen End)			9 Girls	8 Girls	11 Girls		10 Girls	12/13 Girls		
Discus 2 (Road End)			9 Boys	8 Boys	11 Boys		10 Boys	12/13 Boys		
Shot Put 1			8 Girls	10 Girls	12/13 Boys & Girls		11 Girls	9 Girls		
Shot Put 2			8 Boys	10 Boys			11 Boys	9 Boys		
BREAK					8, 9, 12/13*yr	10, 11yr	12/13yr			

NOTE: 12/13yrs who do not wish to compete in Shot Put will have a break with Shot Put 2 Teacher. Those competing in Shot Put will finish, have a quick break, then move to long jump.



# **RULES AND CONDITIONS**

**The Carnival Manager reserves the right to alter the order of events at any time.**

## **1. ENTRIES**

Students may enter any of their age races. They must enter in the age they turn this year (2024).

100m—13 years (born 2011), 12 years (born 2012), 11 years (born 2013), 10 years (born 2014), 9 years (born 2015) & 8 years (born 2016).

200m / 800m / 1500m—Senior (12-13 years), 11 years & Junior (8-10 years).

## **2. TIMES**

The carnival shall be conducted in age-groups for Boys and Girls. All races are timed finals, apart from the 5, 6 and 7 50m.

## **3. STARTING**

A runner may be permitted to start from a crouching or standing start.

The starter shall give the command "Take your marks", followed by "Set" and blow a whistle whilst simultaneously dropping a flag.

## **4. FALSE STARTS**

Any runner starting before the starting signal has been given will not be disqualified at this level. A whistle will be blown for runners to stop. Runners will be given a small rest before their race will be re-run.

## **5. CHAMPION HOUSE**

The house gaining the highest total of points throughout the day, in addition to age champion points, shall be declared the Champion House receiving the Champion House Shield at the end of year presentation.

## **6. RIBBONS**

Ribbons will be presented to 1st, 2nd and 3rd place competitors out of all timed finals.

## **7. SEATING ARRANGEMENTS**

Please see accompanying map.

## G.E.P.S. CARNIVAL MAP



*Please make sure you stay with your age group at all times.*

**PLEASE ENSURE THAT YOUR CHILDREN ARE AWARE OF THE APPROPRIATE RULES AND ARE AWARE OF LISTENING TO ALL ANNOUNCEMENTS AND INSTRUCTIONS GIVEN OVER THE P.A. SYSTEM.**

**PLEASE NOTE: 1500m RACES WILL BE HELD BACK AT SCHOOL AT A LATER DATE. RELAYS ARE RUN ON THE DAY IF TIME PERMITS.**



**Gosford East Public School Athletics 2024**  
*Officials*

<b>Carnival Coordinators</b>	Rade Travica / Jesse Reid
<b>Announcer</b>	Rade Travica
<b>Sprint Starter</b>	Jesse Reid
<b>Sprint Timekeeper</b>	Shelby Jacobs
<b>Shot Put 1</b>	Jaimi Holmes
<b>Shot Put 2</b>	Lauren Flynn
<b>Discus 1</b>	Ellie Foster
<b>Discus 2</b>	Trish Arkell
<b>High Jump 1</b>	Lisa Brookes
<b>High Jump 2</b>	Roisin Keenan
<b>Long Jump 1</b>	April Hassall
<b>Long Jump 2</b>	Linden Connell
<b>Recorder/Results</b>	Angela Boyd

<b>2023 Champion House</b>	
Champion House	<i>Chakola</i>
<b>2023 Champion Athletes</b>	
Junior Boy	<i>Jake D-H - Carathool</i>
Junior Girl	<i>Chloe B - Chakola</i>
11 years Boy	<i>Ethan G - Warrimoo</i>
11 years Girl	<i>Lucey C - Chakola</i>
Senior Boy	<i>Owen L - Chakola</i>
Senior Girl	<i>Amaya F - Chakola</i>

### ***POINTSORE***

	1st	2nd	3rd	4th
<u>Age Champions</u>	8	6	4	2
<u>Individual Events</u>	4	3	2	1

Champion House points are accumulated from individual and relay events, as well as participation points.

Champion Athlete points are accumulated from Individual events only.

# Gosford East Public School Athletics

## Records

Girls 8-10 1500m	7:23:78	2022	Dejah H
Boys 8-10 1500m	6:28:56	2020	Xavier D
Girls 11 1500m	7:01:88	2020	Isabel G
Boys 11 1500m	5:50:81	2020	Lachlan G
Girls 12-13 1500m	7:16:41	2021	Isabel G
Boys 12-13 1500m	6:06:01	2020	Daniel G
Girls 8 100m	0:17:84	2006	Aisling F
Boys 8 100m	0:16:97	2006	Jameson F
Girls 9 100m	0:16:28	2006	Emily C
Boys 9 100m	0:12:92	1999	Luke M
Girls 10 100m	0:15:49	2002	Kirsty W
Boys 10 100m	0:14:80	1998	Lawrence B
Girls 11 100m	0:15:38	2023	Lucey C
Boys 11 100m	0:12:72	1998	Matthew K
Girls 12-13 100m	0:14:34	1998	Tammie P
Boys 12-13 100m	0:13:06	1998/2023	Daniel F / Owen L
Girls 8-10 200m	0:32:79	2013	Katie G
Boys 8-10 200m	0:32:85	1995	Luke C
Girls 11 200m	0:30:93	2014	Katie G
Boys 11 200m	0:30:50	1995	Adam K
Girls 12-13 200m	0:33:55	2000	Chloe D
Boys 12-13 200m	0:31:30	1998	Alfred T
Girls 8-10 800m	3:08:63	2013	Katie G
Boys 8-10 800m	2:59:45	2004	Luke G
Girls 11 800m	3:00:93	2014	Katie G
Boys 11 800m	2:47:24	2004	Craig C
Girls 12-13 800m	3:04:78	2001	Ellie S
Boys 12-13 800m	2:46:81	2001	Josh C
Girls 8-10 High Jump	1.10m	1995	Skye S
Boys 8-10 High Jump	1:20m	1995	Luke C
Girls 11 High Jump	1:21m	1996	Skye S
Boys 11 High Jump	1.27m	1997	Brad R
Girls 12-13 High Jump	1.31m	2001	Teagan B
Boys 12-13 High Jump	1.38m	1998	Brad R
Girls 8-10 Long Jump	3.60m	1995	Skye S
Boys 8-10 Long Jump	4.20m	1995	Luke C
Girls 11 Long Jump	3.75m	1996	Meaghan R
Boys 11 Long Jump	4.10m	1996	Luke C
Girls 12-13 Long Jump	3.75m	2001	Teagan B
Boys 12-13 Long Jump	4.62m	1996	Adam K
Girls 8-10 Shot Put	6.69m	2014	Sienna S
Boys 8-10 Shot Put	7.93m	1995	Luke B
Girls 11 Shot Put	7.36m	1997	Tanya H
Boys 11 Shot Put	9.95m	1997	Brad R
Girls 12-13 Shot Put	6.61m	2016	Ellie-Rose T-W
Boys 12-13 Shot Put	9.04m	1999	Andrew K
Girls 8-10 Discus	17.62m	2013	Katie G
Boys 8-10 Discus	20.34m	2017	Jay C
Girls 11 Discus	16.40m	2006	Kate M
Boys 11 Discus	20.15m	2020	Lachlan G
Girls 12-13 Discus	20.45m	2014	Ruby S
Boys 12-13 Discus	26.19m	2017	Lachlan G



**Thanks for attending and showing your support.**