

# St Patrick's Sports Handbook



The sports program at St Patrick's primary offers many opportunities for students to participate and excel in sports. The 3 main sporting events in the school calendar is the Swimming carnival, usually held in the first 2 weeks of Term 1, the Cross Country usually held in the last week of Term 1 and the Athletics carnival usually held in the last week or 2 of Term 2. The school carnivals are an opportunity for all students to get involved and participation in as many events as possible is encouraged. Students compete for their sports house, ether red or blue, and a house winner for each carnival is announced at the completion of the day. Students compete in age groups, based on the year that they are turning that year (not their age on the day of the carnival). So, if your child is turning 7 this year, they will compete in the 7 year age group irrespective of what time of the year they turn 7. Only children aged 8 years and above can compete at Diocesan level, but the school carnival has events for all students.

Following the school carnival students who have placed in the top 1 or 2 in an event, and have met the qualification standard necessary, will be invited to represent St Patrick's Primary at the Diocesan level. Qualification information for events is stated below relative to each event. Winning a race at the school carnival does not necessarily mean that your child will be selected for the Diocesan carnival.

From the Diocesan level students compete to represent the Armidale Diocese at the Polding Carnival. For sport Catholic primary schools in NSW are divided into 2 halves Polding and Mackillop. St Patricks Walcha is part of the Armidale Diocese, and part of the Polding pathway. Below is a list of all other schools and Dioceses included in Polding. There a lot of schools and students and is a high level of competition.

At this level, students compete to gain selection to represent Polding at NSW PSSA. At this levels all schools throughout NSW come together to compete. There are 11 public school regions, 2 catholic school regions and Combined Independent Schools (CIS). At this carnival, students compete for the opportunity to represent NSW at a National All School level. This is highest level of competition for primary school students and is only available for students aged 10 years and above.

In summary the pathway for progression in primary sport at St Patrick's is

1. School Carnival
2. Diocesan Carnival
3. Polding Carnival
4. NSW PSSA
5. National Primary All Schools

**Polding**



Diocese/ Association	Schools	
<b>Armidale</b>	St Mary's, Armidale Sacred Heart, Boggabri St Xavier's, Gunnedah St Michael's, Manilla St Joseph's, Mungindi St Joseph's, Quilindi St Joseph's, Tamworth St Joseph's, Tenterfield St Patrick's, Walcha St Joseph's, Warialda	St Joseph's, Barraba St Joseph's, Glen Innes Holy Trinity, Inverell St Philomena's, Moree St Francis Xavier's, Narrabri St Edward's, South Tamworth St Nicholas', Tamworth St Joseph's, Uralla St Joseph's, Walgett St Joseph's, Wee Waa
<b>Bathurst</b>	St John's, Baradine Cathedral, Bathurst St Philomena's, Bathurst St Patrick's, Bowerfels Sacred Heart, Coolah St Brigid's, Coonamble St John's, Dubbo St Mary's, Dubbo St Michael's, Dunedoo St Joseph's, Gilgandra St Joseph's, Manildra St Matthew's, Mudgee Catherine McAuley, Orange St Joseph's, Portland St Columba's, Yeoval	Assumption, Bathurst Holy Family, Bathurst St Joseph's, Blayney St Edward's, Canowindra St Lawrence's, Coonabarabran St Raphael's, Cowra St Laurence's, Dubbo St Pius X, Dubbo St Joseph's, Eugowra All Hallows, Gulgong St Joseph's, Molong St Joseph's, Oberon St Mary's, Orange St Mary's, Wellington
<b>Broken Bay</b>	St Patrick's, Asquith St Cecilia's, Balgowlah St Augustine's, Brookvale Our Lady of Dolours, Chatswood St Martin's, Davidson St Patrick's, East Gosford Our Lady of Good Counsel, Forestville Holy Cross, Kincumber Holy Family, Lindfield St Kieran's, Manly Vale St Joseph's, Narrabeen St Philip Neri, Northbridge Sacred Heart, Pymble Corpus Christi, St Ives St Mary's, Toukley Prouille, Wahroonga Our Lady of the Rosary, Waitara St Thomas', Willoughby St John the Baptist, Woy Woy South St Cecilia's, Wyong	Maria Regina, Avalon Beach St Bernard's, Berowra St Gerard's, Carlingford St Rose, Collaroy Plateau St Kevin's, Dee Why Our Lady Help of Christians, Epping St John the Baptist, Freshwater St Brendan's, Lake Munmorah St Mary's, Manly Sacred Heart, Mona Vale St John the Apostle, Narrabeena St Agatha's, Pennant Hills Our Lady of the Rosary, Shelly Beach Our Lady Star of the Sea, Terrigal St John Fisher, Tumbi Umbi St Lucy's, Wahroonga MacKillop, Warnervale Our Lady of Perpetual Succour, West Pymble Our Lady of the Rosary, Wyoming
<b>Lismore</b>	St Joseph's, Alstonville St James', Banora Point St Mary's, Bowraville St Mary's, Casino St Joseph's, Coraki St Mary's, Grafton St Joseph's, Kempsey St Brigid's, Kyogle Our Lady Help of Christians, Lismore St Patrick's, Macksville St John's, Mullumbimby St Joseph's, Murwillumbah South St Joseph's, Port Macquarie St Ambrose, Pottsville Mary Help of Christians, Toormina St Joseph's, Wauchope St Francis Xavier, Woolgoolga	St Francis Xavier, Ballina St Mary's, Bellingen St Finbar's, Byron Bay St Augustine's, Coffs Harbour Mt St John's, Dorrigo St Joseph's, Grafton South St Anthony's, Kingscliff St Joseph's, Laurieton St Carthage's, Lismore St Joseph's, Maclean Mt St Patrick's, Murwillumbah St Agnes', Port Macquarie St Peter's, Port Macquarie Holy Family, Skennars Head St Joseph's, Tweed Heads St Joseph's, Woodburn St James', Yamba
<b>Maitland/ Newcastle</b>	Holy Spirit, Abermain St Francis Xavier, Belmont St Joseph's, Bulahdelah St Patrick's, Cessnock St Aloysius, Chisholm St Joseph's, Dungog St Benedict's, Edgeworth St Paul's, Gateshead St Joseph's, Gloucester St James', Kotara South St John's, Lambton St John Baptist, Maitland St Dominic's, Mayfield Holy Family, Merewether Beach St John Vianney, Morisset St Michael's, Nelson Bay St Brigid's, Raymond Terrace St Mary's, Scone St Catherine's, St Patrick's, Swansea Our Lady of Lourdes, Tarro Corpus Christi, Waratah St Pius X, Windale	St Columba's, Adamstown Rosary Park, Branxton St Kevin's, Cardiff St Joseph's, Charlestown St Joseph's, Denman St Joseph's, East Maitland Holy Name, Forster Holy Cross, Glendale St Joseph's, Kilaben Bay Holy Spirit, Kurri Kurri St Patrick's, Lochinvar St Columban's, Mayfield St Joseph's, Merewether St Joseph's, Merriwa St James', Muswellbrook St Therese's, New Lambton St Paul's, Ruthford Our Lady of Victories, Shortland St Peter's, Stockton St Joseph's, Taree St Patrick's, Wallsend St Mary's, Warners Bay St Joseph's, Wingham
<b>Wilcannia/ Forbes</b>	St Joseph's, Balranald St Patrick's, Brewarrina St John's, Cobar St Michael's, Deniliquin St Mary's, Hay St Augustine's, Narromine Holy Family, Parkes	St Ignatius, Bourke Sacred Heart, Broken Hill St Joseph's, Condonbolin St Laurence's, Forbes St Joseph's, Hillston St Joseph's, Nyngan St Joseph's, Peak Hill

## SWIMMING

The swimming carnival is usually held in first few weeks of Term 1 to allow enough time for entries to be submitted for those selected to compete at the Diocesan level.

Events are conducted in both boys' and girls' divisions. Age divisions are: 5 years, 6 years, 7 years, 8 years, 9 years, 10 years, 11 years, 12 years & 13 years

The age divisions are broken into Juvenile: 5 years, 6 years & 7 years. Junior: 8 years, 9 years, 10 years; 11 years and Senior: 12 years, 13 years.

Children can elect to swim either 25 metres or 50 metres in their age races and there is also across the pool races for those not yet ready to swim 25 metres.

Events are conducted in both boys and girls' divisions. –

50 metres Freestyle: 6 years, 7 years, 8 years, 9 years, 10 years, 11 years, 12 years, 13 years.

100 metres Freestyle: All age event

50 metres: Breaststroke- Junior Division; 11 years; 12/13 years

50 metres: Backstroke- Junior Division; 11 years; 12/13 years

50 metres: Butterfly - Junior Division; 11 years; 12/13 years

4x50 metres Individual Medley Junior, Senior

4x50 metres Relays: Junior, Senior

Below are the current St Patrick's Primary records, current at June 2026

<b>Event</b>	<b>Name</b>	<b>Time</b>	<b>Year</b>
<b><u>Freestyle</u></b>			
100m Jnr Boys	C O'Gorman	1.39.31	1994
100m Jnr Girls	M Watts	1.38.84	1991
100m 11Yr Boys	Josh Mackaway	1.40.81	2009
100m 11Yr Girls	Cecilia Greig	1.28	2016
100m Senior Boys	N Watts	1.28.97	1991
100m Senior Girls	Annie Patterson-Kane	1.27.03	2023
50m 8 years - Boys	Will Hall	54.82	2016
50m 8 years - Girls	Airlee Tate	57.87	2023
50m 9 years - Boys	C O'Gorman	48.72	1993
50m 9 years - Girls	L Hobbs	50.82	1990
50m 10 years - Boys	C O'Gorman	44.58	1994
50m 10 years - Girls	L Hobbs	44.49	1991
50m 11 years - Boys	N Watts	38.28	1991

50m 11 years - Girls	Cecilia Greig	36.26	2016
50m 12 years - Boys	Jack Power	37.44	2018
50m 12 years - Girls	Grace Smith	36.18	2025
50m 13 years - Boys	D Lord	46.82	1987
50m 13 years - Girls			

### **Breast Stroke**

Junior Boys	Jack Power	1.04.09	2016
Junior Girls	Sasha Macarthur Onslow	1.05.50	2019
11 Years Boys	Sam Timbs	56.97	2017
11 Years Girls	Ella Lynch	56.22	2020
Senior Boys	Sam Timbs	53.66	2018
Senior Girls	Grace Smith	52.00	2025

### **Back Stroke**

Junior Boys	Charlie Morgan	54.3	2017
Junior Girls	S Blake	57.68	1987
11 year Boys	Hunter Thornbury	57.78	2020
11 Year Girls	Jessica Patterson-Kane	50.88	2024
Senior Boys	Jack Power	50.25	2018
Senior Girls	M Sturgess	43.37	1990

### **Butterfly**

Junior Boys	E Bloomfield	1.02.43	1990
Junior Girls	L Hobbs	54.58	1991
11 years boys	Charlie Morgan	1.11.59	2019
11 years Girls	Cecilia Greig	48.66	2016
Senior Boys	N Watts	52.44	1990
Senior Girls	M Sturgess	49.3	1990

As mentioned previously winning your age race does not automatically qualify a student to represent the school at diocesan level, the qualifying time for the Diocesan Swimming carnival are:

Updated March 2026

EVENT DISTANCE	BOYS	GIRLS
FREESTYLE 100M	1:30.00	1:30.00
50M 8 Years	1:07.00	1:07.00
50M 9 Years	59.30	59.30
50M 10 Years	56.70	56.70
50M 11 Years	53.50	53.50
50M 12/13 Years	50.00	50.00
BREASTSTROKE		
50M JUNIOR	1:00.00	1:00.00
50M 11 Years	55.50	55.50
50M 12/13 Years	52.50	52.50
BACKSTROKE		
50M JUNIOR	1:06.50	1:06.50
50M 11 Years	1:02.60	1:02.60
50M 12/13 Years	1:00.50	1:00.50
BUTTERFLY		
50M JUNIOR	55.00	55.00
50M 11 Years	48.70	48.70
50M 12/13 Years	46.90	46.90
MEDLEY 200M JUNIOR	4:15.00	4:15.00
200M SENIOR	3:55.00	3:55.

### **CROSS COUNTRY**

The school Cross Country is usually held in the last 2 weeks of Term 1, to give enough time for entries to be put in for Diocesan Cross Country which is usually held in the 1<sup>st</sup> few weeks of Term 2.

Events are conducted in both boys' and girls' divisions. Age divisions are: 5 years, 6 years, 7 years, 8 years, 9 years, 10 years, 11 years, 12 years & 13 years

The age divisions are broken into:

Juvenile: 5 years, 6 years & 7 years

Junior: 8 years, 9 years, 10 years

11 years

Senior: 12 years, 13 years

#### AGE DIVISIONS AND DISTANCES:

Juvenile 5,6 &7 Years	Girls	1km	Boys	1km
8 & 9 Years	Girls	2km	Boys	2km
10 Years	Girls	2km	Boys	2km
11 Year	Girls	3km	Boys	3km
12 Years	Girls	3km	Boys	3km
13 Years	Girls	3km	Boys	3km

Up to 6 students can be selected per gender per age group to represent the school at Diocesan level, there is not a qualifying time to compete at the Diocesan Cross Country, however, the student must be able to run the distance, not walk, to compete at Diocesan level. At the Diocesan carnival, the top 6 runners in each race will be invited to represent the Armidale Diocese at the Polding Cross Country.

#### ATHLETICS

The school athletics carnival is usually held in the last 2 weeks of Term 2, to give enough time for entries to be put in for Diocesan athletics carnival which is usually held in the 1<sup>st</sup> few weeks of Term 3.

Events are conducted in both boys' and girls' divisions. Age divisions are: 5 years, 6 years, 7 years, 8 years, 9 years, 10 years, 11 years, 12 years & 13 years

The age divisions are broken into:

Juvenile: 5 years, 6 years & 7 years

Junior: 8 years, 9 years, 10 years

11 years

Senior: 12 years, 13 years

Events are conducted in both boys' and girls' divisions.

#### TRACK EVENTS:

50 metres: 5 years, 6 years, 7 years,

100 metres: 8 years, 9 years, 10 years, 11 years, 12 years, 13 years.

200 metres: Junior, 11 years, 12/13 years.

800 metres: Junior, 11 years, 12/13 years.

1500 metres: Junior, 11 years, 12/13 years.

4 x 100m Relays: Junior, Senior

**FIELD EVENTS:**

High Jump: Junior, 11years, 12/13years.

Long Jump: Junior, 11years, 12/13 years.

Shot Put: Junior (2kg), 11 years(2kg), 12/13 years(3kg)

Discus: Junior (500g), 11years(750g), 12/13years(750g)

Below are the current St Patrick's Primary records, current at 10<sup>th</sup> June 2026

<b>TRACK EVENTS</b>							
<b>BOYS</b>				<b>GIRLS</b>			
<b>Event</b>	<b>Name</b>	<b>Record</b>	<b>Year</b>	<b>Event</b>	<b>Name</b>	<b>Record</b>	<b>Year</b>
<b>50m</b>							
<b>5 years</b>	T Brazel	11.75	2003	<b>5 years</b>	A Partridge	10.94	1994
<b>6 years</b>	M Harrison	8.87	2012	<b>6 years</b>	C Greig	9.72	2011
<b>7 years</b>	H Smith	8.89	1991	<b>7 years</b>	M Watts	9.18	1989
<b>100m</b>							
<b>8 years</b>	W Hall	16.47	2006	<b>8 years</b>	C Greig	16.84	2013
<b>9 years</b>	J Maloney	16.05	2006	<b>9 years</b>	T Macarthur Onslow	17.22	2016
<b>10 years</b>	L Greig	15	2012	<b>10 years</b>	C Greig	16.03	2015
<b>11 years</b>	N Hobbs	14.63	1989	<b>11 years</b>	L Hobbs	14.99	1992
<b>12 years</b>	N Hobbs	14.03	1990	<b>12 years</b>	P Croft	14.59	1989
				<b>13 years</b>	T Watts	20.6	2003
<b>200m</b>							
<b>Juvenile</b>	H Smith	36.5	1991	<b>Juvenile</b>	M Watts	37.44	1998
<b>Junior</b>	J Goodridge	30.41	1990	<b>Junior</b>	E Rogers	31.8	2006
<b>11 years</b>	J Healey	32.68	2019	<b>11 years</b>	P Grills	34.41	2026
<b>Senior</b>	N Hobbs	28.54	1990	<b>Senior</b>	E Sweeney	28.5	2006
<b>800m</b>							
<b>Junior</b>	J Hoy	2.44.91	1993	<b>Junior</b>	A Rose	2.56	1990
<b>11 years/set</b>	J Healey	2.54	2019	<b>11 years</b>	J Patterson-Kane	3.11.16	2024
<b>Senior</b>	I Kerr	2.39.30	1990	<b>Senior</b>	A Patterson-Kane	2.49.60	2023

<b>FIELD EVENTS</b>							
<b>Shot Put</b>							
<b>Juvenile</b>	M Harrison	6.16m	2013	<b>Juvenile</b>	K Flack	4.78m	1988
<b>Junior</b>	C Morris	8.16m	2006	<b>Junior</b>	T Bird	8.21m	2018
<b>11 years</b>	Zac Young	8.87m	2018	<b>11 years</b>	L Rizzi	7.21m	2026
<b>Senior</b>	A McHattan	11.13m	2001	<b>Senior</b>	T Wall	7.71m	2006
<b>Discus</b>							
<b>Juvenile</b>	N Makeham	15.49m	2006	<b>Juvenile</b>	E Fortescue	12.05m	2006
<b>Junior</b>	M Harrison	19.98m	2016	<b>Junior</b>	J Wauch	18.75m	2024
<b>11 years</b>	W Harrison	19.82m	2013	<b>11 years</b>	J Wauch	23.31m	2025
<b>Senior</b>	W Harrison	22.8m	2014	<b>Senior</b>	J Wauch	28.60m	2026
<b>Long Jump</b>							
<b>Juvenile</b>	C Scott	2.95m	1989	<b>Juvenile</b>	K Jamieson	2.7m	1992
<b>Junior</b>	J Goodridge	3.75m	1990	<b>Junior</b>	L Hunt	3.32m	1990
<b>11 Years</b>	M Harrison	3.84m	2017	<b>11 years</b>	P Grills	3.36m	2026
<b>Senior</b>	S Nivison	4.43m	2015	<b>Senior</b>	K Croft	3.89m	1988
<b>High Jump</b>							
<b>Juvenile</b>	M Watts	0.9m	1987	<b>Juvenile</b>	J Ireland	1m	1994
	A Levingston	0.9m	1996				
<b>Junior</b>	B Blomfield	1.1m	1989	<b>Junior</b>	S Megahey	1.11m	1991
	S Megahey	1.1m	1988				
	A Greig	1.1m	2011				
	R Fletcher	1.1m	1995				
<b>11 years</b>	Albert Green	1.15m	2023	<b>11 years</b>	T Bird	1.12m	2019
<b>Senior</b>	I Kerr	1.4m	1990	<b>Senior</b>	M Sturgess	1.27m	1990

Winning a field event or the 1500 metre event does automatically qualify a student to represent the school at diocesan level, the qualifying standards for the Diocesan Athletics carnival are:

#### **FIELD QUALIFYING STANDARDS:**

<b>High Jump</b>	Junior Girls	1.05m
	Junior Boys	1.05m
	11 Years Girls	1.10m
	11 Years Boys	1.10m
	12/13 Years Girls	1.15m
	12/13 Years Boys	1.15m

<b>Long Jump</b>	Junior Girls	2.80m
	Junior Boys	3.10m
	11 Years Girls	3.00m
	11 Years Boys	3.30m
	12/13 Years Girls	3.20m
	12/13 Years Boys	3.50m

<b>Shot Put</b>	Junior Girls (2kg)	5.10m
	Junior Boys (2kg)	6.20m
	11 Years Girls (2kg)	5.60m
	11 Years Boys (2kg)	6.60m
	12/13 Years Girls (3kg)	6.00m
	12/13 Years Boys (3kg)	7.00m

<b>Discus</b>	Junior Girls (500g)	13.00m
	Junior Boys (500g)	17.50m
	11 Years Girls (750g)	15.00m
	11 Years Boys (750g)	18.00m
	12/13 Years Girls (750g)	18.00m
	12/13 Years Boys (750g)	20.00m

### **ATHLETICS TRACK QUALIFYING STANDARDS:**

Three entries per event except for 800m, which has a maximum of 2 competitors.  
800m event has a maximum of 2 competitors and qualifying times are as follows:

8-10 girls 3:50.00  
8-10 boys: 3:20.00  
11 Girls: 3:40.00  
11 Boys: 3:15.00  
12-13 Girls: 3:30.00  
12-13 Boys: 3:10.00

1500m event has a maximum of 2 competitors and qualifying times are as follows:

### **EVENT DIVISION QUALIFYING TIME**

1500m 10 Year Girls 7:10.00  
1500m 10 Year Boys 6:40.00  
1500m 11 Year Girls 6:50.00  
1500m 11 Year Boys 6:20.00  
1500m 12 Year Girls 6:30.00  
1500m 12 Year Boys 6:00.00

There are also pathways for students to represent the school in other sports including: Tennis, Touch Football, Golf, Soccer, Basketball, Rugby, Softball, Hockey, Netball, AFL and Rugby League. Trialling for these teams is reserved for year 6, and exceptional year 5 students. Students put forward to trial for Diocesan teams are at the discretion of the principal. Further information about these sports can be found in the Armidale Diocesan Primary Sports Council Handbook.