



## THE KING'S SCHOOL & CRANBROOK SCHOOL INVITATIONAL ATHLETICS CARNIVAL SATURDAY 9<sup>th</sup> SEPTEMBER 2023

**VENUE:** ES MARKS ATHLETICS FIELD – MOORE PARK - entry via Boronia Street

**TRACK ORGANISATION – THE KING'S SCHOOL / FIELD ORGANISATION – CRANBROOK SCHOOL**

**TIME:** 8:00am – 3000m – All athletes are encouraged to arrive well in advance in case events are pushed forward with reduced numbers at this final carnival before CAS / GPS Championships.

**PARKING:** Some inside the ES Marks precinct, or street parking

**FIRST AID:** Available on-site

**CATERING –** WAVERLEY COLLEGE are hosting a BBQ.

Lane Draw is below, mostly applied to Championship events. 'Run offs' for schools will all be accommodated,

### 100m & 400m

LANE 1	XXXX
LANE 2	Riverview
LANE 3	Waverley
LANE 4	Sydney High
LANE 5	St Joseph's
LANE 6	King's School
LANE 7	Cranbrook
LANE 8	St Pius

### 200m & HURDLES

LANE 1	XXXX
LANE 2	St Pius
LANE 3	King's School
LANE 4	Cranbrook
LANE 5	St Joseph's
LANE 6	Riverview
LANE 7	Sydney High
LANE 8	Waverley

**School Marquees** - Must be 3m x 3m (no larger) and a minimum of 10kg must be used on each leg of the marquee.

**Hurdles, 100m, 200m, 400m and 4x100m**

The Championship race will be run first, then the Division, we will then fill lanes if not all schools are represented.

**800m**

Two races in each age group, Championship first, then remaining boys. Dependent on time and numbers, this may be condensed into less races.

**3000m and 1500m**

1500m age groups combined U13/U14, U15/U16 and U17/Opens or at the discretion of Aths NSW Official. 3000m at the discretion of the Aths NSW Official

**High Jump**

Under 13	Under 14	Under 15	Under 16	Under 17	Open
130cm	140cm	145cm	155cm	165cm	170
135cm	145cm	150cm	160cm	170cm	175
140cm	150cm	155cm	165cm	175cm	180
145cm	155cm	160cm	170cm	180cm	185
148cm	158cm	163cm	173cm	183cm	188
151cm	161cm	166cm	176cm	186cm	191
153cm	163cm	168cm	178cm	188cm	193
155cm	165cm	170cm	180cm	190cm	195
157cm	167cm	172cm	182cm	192cm	197

**Shot Put**

Each student may have 3 throws. **IF TIME PERMITS**, another 2 throws will be awarded to the Top 6 competitors.

Under 13 3kg ▪ Under 14 4kg ▪ Under 15 4kg ▪ Under 16 5kg ▪ Under 17 5kg ▪ Open 6kg

All throws are recorded, and schools can take photos of the recording sheet at the event  
 All competitors get one throw to reach the standard (signified by markers) and each throw is measured.  
 (if the throw is a foul they can throw again 1 more time) If they don't reach the standard, they don't continue with the competition on that week and strive to get the standard next week.

Obviously if numbers are low then the standard doesn't need to be implemented (generally older age groups) and this would be at the official's discretion.

**Standards:****JAVELIN**

12-13 (600g) 20m  
14 (700g) 25m  
15 (700g) 25m  
16 (700g) 25m  
17 (700g) 25m  
Opens (800g) 25m

**DISCUS**

12-13 (1kg) 25m  
14 (1kg) 25m  
15 (1kg) 25m  
16 (1.5kg) 25m  
17 (1.5kg) 25m  
Opens (1.75kg) 25m

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**Best of luck to all competitors and staff at their major championships in the weeks ahead!**

## KING'S & CRANBROOK - INVITATIONAL CARNIVAL - SEPT 9<sup>th</sup>

Track Events			Field Events		
Start Time	Event	Age Group	Start Time	Event	Age Group
8.00am	3000m	Opens			
8.30am	HURDLES	13 Yrs - Opens	8.30am	Javelin	14 & 15 Yrs
			8.30am	Discus	16 & 17 Yrs
			8.30am	Shot	13 Yrs
			8.30am	High Jump	13 & 14 Yrs
9.10am	200m	13 Yrs - Opens	8.30am	Long Jump	17 Yrs & Opens
10.10am	800m	13 Yrs - Opens	9.30am	Javelin	13 Yrs
			9.30am	Discus	14 & 15 Yrs
			9.30am	Long Jump	13 & 14 Yrs
			10.00am	Shot	Opens
			10.00am	High Jump	15 & 16 Yrs
11.00am	100m	13 Yrs - Opens	11.00am	Discus	13 Yrs
			11.00am	Shot	16 & 17 Yrs
			11.00am	Javelin	Open
			11.00am	High Jump	17 & Opens
12.15pm	4x100m	13 Yrs - Opens	12.00pm	Long Jump	15 & 16 Yrs *Relays
			12.15pm	Javelin	16 & 17 Yrs
			<b>12.00pm</b>	Shot	14 & 15 Yrs
			12.30pm	Discus	Opens
1.00pm	400m	13 Yrs - Opens			
1.45pm	1500m	13 Yrs - Opens			

E S Marks Athletics Field

## E S Marks Athletics Field

4.1 ★★★★★ (115)  
Athletic field

**Overview**

**Directions**

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**About**

**Reviews**

**Directions**

Boronia St, Kensington NSW 2033

Located in: Moore Park

**Closes soon** · 9:30 pm · Opens 3:30 pm  
Thu

[centennialparklands.com.au](http://centennialparklands.com.au)

