

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, either 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	
Armidale	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
Bathurst	St John's, Baradine Cathedral, Bathurst St Philomena's, Bathurst St Patrick's, Bowenfels 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
Broken Bay	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, Tumby Umbi St Lucy's, Wahroonga MacKillop, Warnervale Our Lady of Perpetual Succour, West Pymble Our Lady of the Rosary, Wyoming
Lismore	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
Maitland/ Newcastle	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
Wilcannia/ Forbes	St Joseph's, Balranald St Patrick's, Brevanina St John's, Cobarr 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, Condobolin 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 January 1, 2023

Event	Name	Time	Year
<u>Freestyle</u>			
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	S Hobbs	53.79	1989

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	Grace Smith	52.00	2025

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 Sturges	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 2nd June, 2020

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 1st 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 1st 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

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 June 21st, 2024

TRACK EVENTS							
BOYS				GIRLS			
Event	Name	Record	Year	Event	Name	Record	Year
50m							
5 years	T Brazel	11.75	2003	5 years	A Partridge	10.94	1994
6 years	M Harrison	8.87	2012	6 years	C Greig	9.72	2011
7 years	H Smith	8.89	1991	7 years	M Watts	9.18	1989
100m							
8 years	W Hall	16.47	2006	8 years	C Greig	16.84	2013
9 years	J Maloney	16.05	2006	9 years	T Macarthur Onslow	17.22	2016
10 years	L Greig	15	2012	10 years	C Greig	16.03	2015
11 years	N Hobbs	14.63	1989	11 years	L Hobbs	14.99	1992
12 years	N Hobbs	14.03	1990	12 years	P Croft	14.59	1989
				13 years	T Watts	20.6	2003
200m							
Juvenile	H Smith	36.5	1991	Juvenile	M Watts	37.44	1998
Junior	J Goodridge	30.41	1990	Junior	E Rogers	31.8	2006
11 years	J Healey	32.68	2019	11 years	T Macarthur- Onslow	34.97	2018
Senior	N Hobbs	28.54	1990	Senior	E Sweeney	28.5	2006
800m							
Junior	J Hoy	2.44.91	1993	Junior	A Rose	2.56	1990
11 years/set	J Healey	2.54	2019	11 years	J Patterson-Kane	3.11.16	2024
Senior	I Kerr	2.39.30	1990	Senior	A Patterson-Kane	2.49.60	2023

FIELD EVENTS							
Shot Put							
Juvenile	M Harrison	6.16m	2013	Juvenile	K Flack	4.78m	1988
Junior	C Morris	8.16m	2006	Junior	T Bird	8.21m	2018
11 years	Zac Young	8.87m	2018	11 years	J Wauch	6.58m	2025
Senior	A McHattan	11.13m	2001	Senior	T Wall	7.71m	2006
Discus							
Juvenile	N Makeham	15.49m	2006	Juvenile	E Fortescue	12.05m	2006
Junior	M Harrison	19.98m	2016	Junior	J Wauch	18.75m	2024
11 years	W Harrison	19.82m	2013	11 years	J Wauch	23.31m	2025
Senior	W Harrison	22.8m	2014	Senior	J Patterson-Kane	20.10m	2025
Long Jump							
Juvenile	C Scott	2.95m	1989	Juvenile	K Jamieson	2.7m	1992
Junior	J Goodridge	3.75m	1990	Junior	L Hunt	3.32m	1990
11 Years	M Harrison	3.84m	2017	11 years	J Patterson-Kane	3.21m	2024
Senior	S Nivison	4.43m	2015	Senior	K Croft	3.89m	1988
High Jump							
Juvenile	M Watts	0.9m	1987	Juvenile	J Ireland	1m	1994
	A Levingston	0.9m	1996				
Junior	B Blomfield	1.1m	1989	Junior	S Megahey	1.11m	1991
	S Megahey	1.1m	1988				
	A Greig	1.1m	2011				
	R Fletcher	1.1m	1995				
11 years	Albert Green	1.15m	2023	11 years	T Bird	1.12m	2019
Senior	I Kerr	1.4m	1990	Senior	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:

High Jump	Junior Girls	1.10m
	Junior Boys	1.10m
	11 Years Girls	1.15m
	11 Years Boys	1.15m
	12/13 Years Girls	1.20m
	12/13 Years Boys	1.20m

Long Jump	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

Shot Put	Junior Girls (2kg)	5.20m
	Junior Boys (2kg)	6.30m
	11 Years Girls (2kg)	5.80m
	11 Years Boys (2kg)	7.40m
	12/13 Years Girls (3kg)	6.00m
	12/13 Years Boys (3kg)	7.60m

Discus	Junior Girls (500g)	15.00m
	Junior Boys (500g)	17.50m
	11 Years Girls (750g)	16.00m
	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.