

Polwarth Sports Association
30th Annual Inter-School Athletic Sports
PROGRAM



Hosted by Alvie Primary School

40 Wool Wool Road, Alvie

Thursday 23rd March 2023

Assembly at 9:15am

Please Note:

Parents are to organise the transportation of their child/ren to and from Alvie.

Children **MUST** be at the ground by 9.15 a.m.

Children are to wear appropriate school sports uniform (all labelled please!) and runners.

Sausage sizzle & coffee van available on site as well as snacks/cold drinks/icy poles for purchase.

SPORTS DAY STAFF

EVENT	OFFICIALS		
Long Jump	Mel Swanson	Emily McDonald Sarah Lane	(+ 2 CSC students)
Sprints	Genevieve Erskine	Chloe Riseley	(+ 2 CSC students)
High Jump	Morgan Eastwood	Russell Taylor-Shaw Vanessa Chant	(+2 CSC students)
Shot Put	Kaz Standish	Stephen Lee	(+ 2 CSC students)
Discus / Quoit Throw	Jeff Douma	Donna Williams Liz McLeod	(+ 2 CSC students)
Triple Jump / Distance Throw	Renee Gauthier	Paul Maddern Kylie Horner	(+ 2 CSC students)
Distance Run	Rob Bennetts	Hannah Zappelli	(+ 2 CSC students)
Hurdles	Brendan King	Jaymie Lowe	(+ 2 CSC students)
Recorders / Scores	Kylie Permezel	Tammy Coysh	
Announcer / Referee	Ross Dullard		
First Aid	Kate Leigh		

AGE GROUP	OFFICIALS	
5/6 Boys	Jo Kara-Cozens	Bree Egan
5/6 Girls	Kara Wishart	Kristin Mackinlay
7 Years	Bianca Moore	Adam Smith
8 Years	Jess Kattwinkel	Liesel McGreggor
9 Years	Karen Cherry	Phil Gray
10 Years	Tess Wood	Amanda Faulkner
11 Years	Amelia Kester	Liza Freddi
12/13 Years	Jess Bennett	Alistair Burrell

2023 FOOD AND BEVERAGES

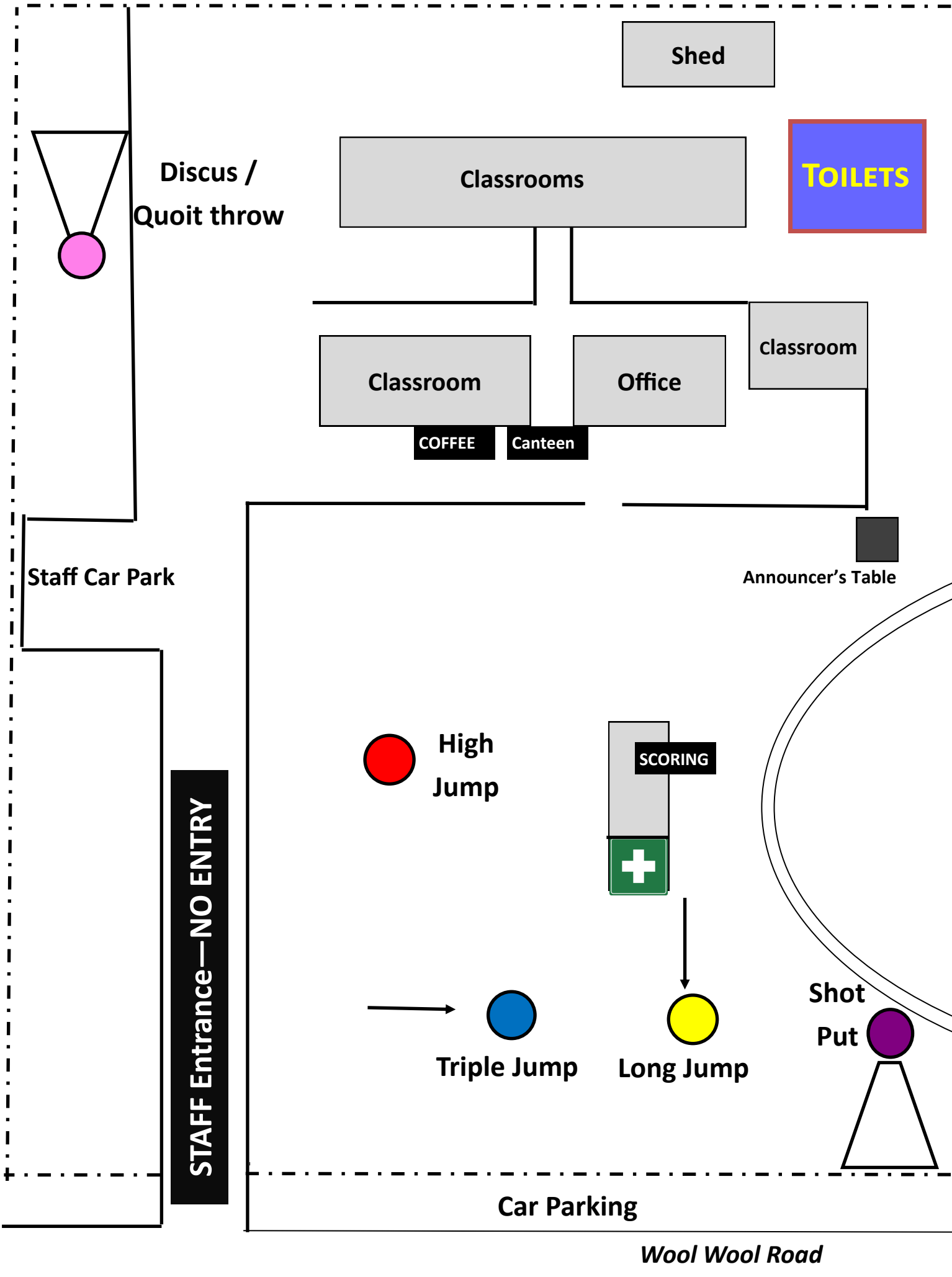
A sausage sizzle (\$3 each) will be available during the lunch break.

A coffee van is available for families and officials.

Snacks and drinks are also available (e.g. slices, lolly bags, icy poles)

REMINDERS

- **All** children should be applauded for their efforts regardless of individual result. Let's teach them how to celebrate fun, friends and fitness by setting a good example.
- Listen to the age group officials, they will help you follow the program.
- We are all here to have fun and do our best. Be respectful toward the officials at all times.



Tennis Court

Playground

Orchard

Rose
Garden

Age-Group Assembly

Sprints & Relays

Hurdles

Distance Run

PUBLIC ENTRANCE



Car Parking

EVENTS LIST BY AGE

5/6, 7, 8 Years

Long Jump
 High Jump
 Distance Throw (overarm throw)
 Shot Put
 Quoit Throw (discus action)
 Distance Run
 Hurdles
 Sprint

9, 10, 11, 12/13 Years

Long Jump
 High Jump
 Triple Jump
 Shot Put
 Discus
 Distance Run
 Hurdles
 Sprint

COMPETITION SPECIFICATIONS

Shot Put

5/6/7/8 years	1.0kg
9/10/11 years	2.0kg
12/13 years	3.0kg

Discus

9/10 years	500 gram
11/12/13 years	750 gram

Hurdles

5/6/7/8 yrs	Lowest height
9/10/11 yrs	60 cms
12/13 yrs	68 cms

Distance Run

5/6/7/8 years	200 metres
9/10 years	400 metres
11/12/13 years	600 metres

SCHOOL CARD COLOURS

Alvie

YELLOW



Beeac

GREEN



Birregurra

BLUE



Carlisle River

RED



Deans Marsh

PURPLE



Forrest

WHITE



AGE GROUPS	NAME	NAME
5/6 Years	BOYS	GIRLS
	Orlando Chant	Harper Baker
	Harry Clifford	Amelia Kirkman
	Jasper Gill	River Marker
	Jaxon Hay	
	Oscar Kemp	
	William Murrhy	
	Hank Smith	
	Monty Waldron	
7 Years	BOYS	GIRLS
	Amos Martin	Zahli Baulch
	Jasper Paxton Van Der Starre	Phoebe Beale
		Laura Christofileas
		Ivy Kirkman
		Isabel Reimers
8 Years	BOYS	GIRLS
	Grayson Chant	Stella Beale
	Teejay Hondow	Cleo Currer
	Caleb Kemp	Naomi Fieldew
	Ashton McCullum	Evelyn Graham
	Ashton Skene	Ruby Hay
		Ella McLaren
		Mia McLaren
		Alexa Russell
9 Years	BOYS	GIRLS
	Yianni Christofileas	Darcy Clifford
	Piers Clarke	Ava Edwards
	Carter Hose-Rea	Eleesiah Gass
	James Kavanagh	Addison Graham
	Jett Kretschmar	Lili Higgins
	Hamish Skene	Ava Martin
	Macen Tesselaar	Lily McBroom
		Zayli Reimers
10 Years	BOYS	GIRLS
	Kayden Baker	Leilani Chant
	Angus Clifford	Hope Fieldew
		Shontai Haywood
		Isabella Hose-Rea
		Mia Kelly
		Milla Kretschmar
11 Years	BOYS	GIRLS
	Hemi Currer	Eleanor Chant
	Abel McBroom	Lilly Hay
		Chloe Reimers
12/13 Years	BOYS	GIRLS
	Charlie Ferrari	Talitha Edwards
	Noah Martin	Ella Higgins
	Noah McBroom	Bella Stacey

	9:15 am	A S S E M B L Y								2:30																																																											
5/6		Hurdles	Shot Put	Quoit Throw	10:00 - 10:30	Shot Put	Hurdles	Quoit Throw	10:30 - 11:00	Quoit Throw	11:00 am	R E C E S S								11:15 - 11:45	Distance Run	High Jump	Long Jump	11:45 - 12:15	Distance Throw	Shot Put	Hurdles	Sprint	12:15 - 12:45	High Jump	Distance Run	Shot Put	Hurdles	Sprint	12:45 pm	L U N C H								1:15 - 1:45	Long Jump	High Jump	Distance Throw	Distance Run	Discus	Shot Put	Hurdles	1:45 - 2:15	Sprint	Long Jump	High Jump	Distance Throw	Distance Run	Discus	Shot Put	Hurdles	2:30	R E L A Y							
5/6 B		Sprint	Hurdles	Shot Put	10:00 - 10:30	Hurdles	Shot Put	Quoit Throw	10:30 - 11:00	Shot Put	11:00 am	R E C E S S								11:15 - 11:45	Distance Run	High Jump	Long Jump	11:45 - 12:15	Distance Throw	Shot Put	Hurdles	Sprint	12:15 - 12:45	High Jump	Distance Run	Shot Put	Hurdles	Sprint	12:45 pm	L U N C H								1:15 - 1:45	Long Jump	High Jump	Distance Throw	Distance Run	Discus	Shot Put	Hurdles	1:45 - 2:15	Sprint	Long Jump	High Jump	Distance Throw	Distance Run	Discus	Shot Put	Hurdles	2:30	R E L A Y							
7 years		Long Jump	Sprint	Hurdles	10:00 - 10:30	Sprint	Hurdles	Quoit Throw	10:30 - 11:00	Hurdles	11:00 am	R E C E S S								11:15 - 11:45	Distance Run	High Jump	Long Jump	11:45 - 12:15	Distance Throw	Shot Put	Hurdles	Sprint	12:15 - 12:45	High Jump	Distance Run	Shot Put	Hurdles	Sprint	12:45 pm	L U N C H								1:15 - 1:45	Long Jump	High Jump	Distance Throw	Distance Run	Discus	Shot Put	Hurdles	1:45 - 2:15	Sprint	Long Jump	High Jump	Distance Throw	Distance Run	Discus	Shot Put	Hurdles	2:30	R E L A Y							
8 years		High Jump	Long Jump	Sprint	10:00 - 10:30	Long Jump	Sprint	Quoit Throw	10:30 - 11:00	Sprint	11:00 am	R E C E S S								11:15 - 11:45	Distance Run	High Jump	Long Jump	11:45 - 12:15	Distance Throw	Shot Put	Hurdles	Sprint	12:15 - 12:45	High Jump	Distance Run	Shot Put	Hurdles	Sprint	12:45 pm	L U N C H								1:15 - 1:45	Long Jump	High Jump	Distance Throw	Distance Run	Discus	Shot Put	Hurdles	1:45 - 2:15	Sprint	Long Jump	High Jump	Distance Throw	Distance Run	Discus	Shot Put	Hurdles	2:30	R E L A Y							
9 years		Triple Jump	High Jump	Long Jump	10:00 - 10:30	High Jump	Long Jump	Quoit Throw	10:30 - 11:00	Sprint	11:00 am	R E C E S S								11:15 - 11:45	Distance Run	High Jump	Long Jump	11:45 - 12:15	Distance Throw	Shot Put	Hurdles	Sprint	12:15 - 12:45	High Jump	Distance Run	Shot Put	Hurdles	Sprint	12:45 pm	L U N C H								1:15 - 1:45	Long Jump	High Jump	Distance Throw	Distance Run	Discus	Shot Put	Hurdles	1:45 - 2:15	Sprint	Long Jump	High Jump	Distance Throw	Distance Run	Discus	Shot Put	Hurdles	2:30	R E L A Y							
10 years		Distance Run	Triple Jump	High Jump	10:00 - 10:30	Triple Jump	High Jump	Quoit Throw	10:30 - 11:00	High Jump	11:00 am	R E C E S S								11:15 - 11:45	Distance Run	High Jump	Long Jump	11:45 - 12:15	Distance Throw	Shot Put	Hurdles	Sprint	12:15 - 12:45	High Jump	Distance Run	Shot Put	Hurdles	Sprint	12:45 pm	L U N C H								1:15 - 1:45	Long Jump	High Jump	Distance Throw	Distance Run	Discus	Shot Put	Hurdles	1:45 - 2:15	Sprint	Long Jump	High Jump	Distance Throw	Distance Run	Discus	Shot Put	Hurdles	2:30	R E L A Y							
11 years		Discus	Distance Run	Triple Jump	10:00 - 10:30	Distance Run	Triple Jump	Quoit Throw	10:30 - 11:00	Triple Jump	11:00 am	R E C E S S								11:15 - 11:45	Distance Run	High Jump	Long Jump	11:45 - 12:15	Distance Throw	Shot Put	Hurdles	Sprint	12:15 - 12:45	High Jump	Distance Run	Shot Put	Hurdles	Sprint	12:45 pm	L U N C H								1:15 - 1:45	Long Jump	High Jump	Distance Throw	Distance Run	Discus	Shot Put	Hurdles	1:45 - 2:15	Sprint	Long Jump	High Jump	Distance Throw	Distance Run	Discus	Shot Put	Hurdles	2:30	R E L A Y							
12/13 years		Shot Put	Discus	Distance Run	10:00 - 10:30	Discus	Distance Run	Quoit Throw	10:30 - 11:00	Distance Run	11:00 am	R E C E S S								11:15 - 11:45	Distance Run	High Jump	Long Jump	11:45 - 12:15	Distance Throw	Shot Put	Hurdles	Sprint	12:15 - 12:45	High Jump	Distance Run	Shot Put	Hurdles	Sprint	12:45 pm	L U N C H								1:15 - 1:45	Long Jump	High Jump	Distance Throw	Distance Run	Discus	Shot Put	Hurdles	1:45 - 2:15	Sprint	Long Jump	High Jump	Distance Throw	Distance Run	Discus	Shot Put	Hurdles	2:30	R E L A Y							