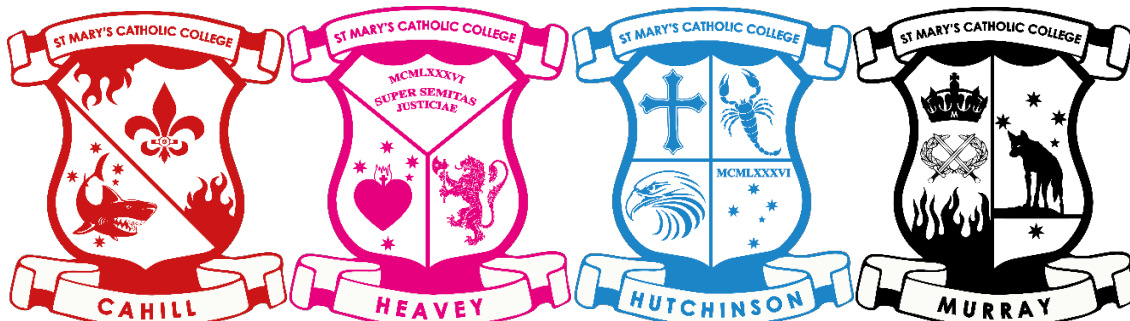


ATHLETICS CARNIVAL 2023

BE IN IT!



ST MARY'S Catholic College



"Be in It" – To earn points for your House in Competitive Events

"Be in It" – Join in the Participation Events

"Be in It" – Help out at an Event

As the old saying goes – **"Be in It, To win It"**

ATHLETICS CARNIVAL – “BE IN IT!”

“Be in it” encapsulates what each student needs to do for their House to be crowned the Overall Champion!

Our Program includes **two timetables** of events running at the same time allowing all students the opportunity to **‘Be In It!’**

1. Timetable for Competitive Events –

100m, 200, 400m (2008, 2007, 2006 & older - ONLY), Shot Put, Javelin, Long Jump, High Jump and Triple Jump (2006 & older - ONLY).

- Relay event – One race per age group and gender, 2 teams (one team for 2011).
- For track events Race 1 & 2 both gain points to age championships.
- Field Events have four competitors from each house per gender.

The *GO PARTICIPATE* on the Competitive Events timetable: check out the Participation Events timetable and join in.

If a student is sick, a note from parent/guardian must be supplied to their House Leader to find a replacement.

Track and field officials will accept changes and replacements on the day due to illness, injury, or unforeseen circumstances.

2. Timetable for Participation events –

100m Participation race, Vortex Throw, Dance – Off, Shuttle ‘Silly’ Relays, Tug of War and Ball Games.

No nomination is required, **just turn up at the event.**

The *GO SUPPORT* on the Participation Event timetable: check out the Competitive Events timetable and go support your age group.

Students helping at events get 1 Participation Point for each age group they assist with.

Positions of House areas:

Shed CAHILL HEAVEY HUTCHY MURRAY Long Jump Pits

HOUSE LEADERS AND TRACK LANE

Track Lane

Cahill – Damien Rossi & Georgina McKay

Lanes 1 & 5

Heavey – Gerry Rambayon & Caitlyn Jackson

Lanes 2 & 6

Hutchinson – Keanu Gerry & Lara Bennett

Lanes 3 & 7

Murray – Nathan Kingston & Charline Scherer

Lanes 4 & 8

HIGH JUMP STARTING HEIGHTS

AGE	GIRLS	BOYS
12 and Under	1.00m	1.05m
13 and Under	1.05m	1.10m
14 and Under	1.10m	1.20m
15 and Under	1.15m	1.25m
16 and Under	1.20m	1.30m
Open	1.20m	1.40m

FIELD EVENT WEIGHTS

AGE	JAVELIN		SHOT PUT		DISCUS	
	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS
12 and Under			2.0kg	3.0kg	750g	750g
13 and Under	400g	600g	3.0kg	3.0kg	1.0kg	1.0kg
14 and Under	500g	700g	3.0kg	4.0kg	1.0kg	1.0kg
15 and Under	500g	700g	3.0kg	4.0kg	1.0kg	1.5kg
16 and Under	500g	700g	3.0kg	5.0kg	1.0kg	1.5kg
Open	500g	700g	3.0kg	5.0kg	1.0kg	1.5kg

Competitive Events for Nominated Students

GO PARTICIPATE: Refer to timetable on the NEXT page to JOIN IN the Participation Events

	12G (2011)	12B (2011)	13G (2010)	13B (2010)	14G (2009)	14B (2009)	15G (2008)	15B (2008)	16G (2007)	16B (2007)	OPEN G (2006 & older)	OPEN B (2006 & older)
8.25-8:45AM	-ROLL MARKING IN HOUSE AREAS , MARCH PAST - IN FOLLOWING ORDER: CA, HE, HU, MU											
8:45am-9.25AM 1	100m	100m	100m	100m	100m	100m	100m	100m	100m	100m	100m	100m
9.25-10.05AM 2	Shotput	Shotput	High Jump	High Jump	*Go Participate	* Go Participate	* Go Participate	* Go Participate	Javelin	Javelin	Long Jump	Long Jump
10.05-10:45AM 3	Long Jump	Long Jump	Shotput	Shotput	High Jump	High Jump	400m	400m	400m	400m	400m	400m
10:45-11.25AM 4	* Go Participate	* Go Participate	Long Jump	Long Jump	Shotput	Shotput	High Jump	High Jump	LUNCH	LUNCH	LUNCH	LUNCH
11.25-12.05PM 5	LUNCH	LUNCH	LUNCH	LUNCH	Long Jump	Long Jump	Shot Put	Shot Put	High Jump	High Jump	Javelin	Javelin
12.05-12.45PM 6	200m	200m	Javelin	Javelin	200m	200m	200m	200m	200m	200m	High Jump	High Jump
					LUNCH	LUNCH	LUNCH	LUNCH				
12.45-1.25PM 7	High Jump	High Jump	200m	200m	Javelin	Javelin	Long Jump	Long Jump	Shotput	Shotput	200m	200m
1.25-2.05PM 8	* Go Participate	* Go Participate	* Go Participate	* Go Participate	* Go Participate	* Go Participate	Javelin	Javelin	Long Jump	Long Jump	Triple Jump due to wet weather 24/5	Triple Jump due to wet weather 24/5
2.35	Relays -LEGENDS' CHALLENGE (YR 12'S V TEACHERS) & GIFT RACE											
3.00-3:15PM	-CLEAN UP -PRESENTATIONS											

Participation Events – Earn points for your HOUSE

GO SUPPORT: Refer to timetable on the PREVIOUS page to SUPPORT your age group at the Competitive Events

	12G (2011)	12B (2011)	13G (2010)	13B (2010)	14G (2009)	14B (2009)	15G (2008)	15B (2008)	16G (2007)	16B (2007)	OPEN G (2006 & older)	OPEN B (2006 & older)
8.25-8:45AM	-ROLL MARKING IN HOUSE AREAS , MARCH PAST - IN FOLLOWING ORDER: CA, HE, HU, MU											
8:45am-9.25AM 1	100m	100m	100m	100m	100m	100m	100m	100m	100m	100m	100m	100m
9.25-10.05AM 2	Dance Off	Dance Off	Dance Off	Dance Off	Shuttle 'Silly' Relays	Shuttle 'Silly' Relays	Tug of War	Tug of War	Vortex Throw	Vortex Throw	Ball Games	Ball Games
10.05-10:45AM 3	LUNCH	LUNCH	LUNCH	LUNCH	* Go Support	* Go Support	* Go Support	* Go Support	LUNCH	LUNCH	* Go Support	* Go Support
10:45-11.25AM 4	Shuttle 'Silly' Relays	Shuttle 'Silly' Relays	Shuttle 'Silly' Relays	Shuttle 'Silly' Relays	Dance Off	Dance Off	Ball Games	Ball Games	Tug of War	Tug of War	Vortex Throw	Vortex Throw
11.25-12.05PM 5	Vortex Throw	Vortex Throw	Vortex Throw	Vortex Throw	Ball Games	Ball Games	Dance Off	Dance Off	Shuttle 'Silly' Relay	Shuttle 'Silly' Relay	Tug of War	Tug of War
12.05-12.45PM 6	* Go Support	* Go Support	* Go Support	* Go Support	LUNCH	LUNCH	LUNCH	LUNCH	* Go Support	* Go Support	* Go Support	* Go Support
12.45-1.25PM 7	* Go Support	* Go Support	* Go Support	* Go Support	* Go Support	* Go Support	* Go Support	* Go Support	* Go Support	* Go Support	* Go Support	* Go Support
1.25-2.05PM 8	Tug of War	Tug of War	Tug of War	Tug of War	Vortex Throw	Vortex Throw	Shuttle Relay	Shuttle Relay	Novelty	Novelty	Dance Off	Dance Off
2.35 2.40 3.00-3:15PM	STUDENTS IN HOUSE AREAS TO SUPPORT COMPETITIVE RELAYS											

CHAMPIONSHIP HOUSES

Trophy donated by the Gavin Stroud Family

1987 Hutchinson	2000 Heavey	2012 Murray
1988 Heavey	2001 Heavey	2013 Murray
1989 Heavey	2002 Cahill	2014 Murray
1990 Hutchinson	2003 Murray	2015 Murray
1991 Cahill	2004 Heavey	2016 Murray
1992 Heavey	2005 Cahill	2017 Murray
1993 Murray	2006 Murray	2018 Cahill
1994 Heavey	2007 Murray	2019 Murray
1995 Hutchinson	2008 Hutchinson	2020 Murray
1996 Heavey	2008 Hutchinson	2021 Murray
1997 Murray	2009 Murray	2022 Murray
1998 Heavey	2010 Murray	
1999 Cahill	2011 Murray	

RECORDS

BOYS 12 YEARS

100m	14.28sec	Gabriel Wood	2017
200m	30.00sec	Xander Darlington	2016
400m	1:12.37	Gabriel Wood	2017
800m	2:39.00	Gabriel Wood	2017
1500m	5:13.18	Ollie Van Rees	2019
Shot Put	9.05m	Malachy McGill	2016
Discus	19.67	Hunter Jackson	2021
Javelin	17.63	Darcy Brookes	2019
Long Jump	3.90m	Harry Roberts	2016
High Jump	1.27m	Sam Grauf	2018
Triple Jump	7.77m	Kade Dupuy	2017
Relay	1.04.31sec	Murray	2015

GIRLS 12 YEARS

100m	14.02sec	Jessica Frape	2016
200m	29.11sec	Jessica Frape	2016
400m	1:11.00	Piper Devine	2019
800m	2:42.30	Piper Devine	2019
1500m	5:14.65	Piper Devine	2019
Shot Put	8.89m	Zoe Stevens	2020
Discus	20.42	Lara Bennett	2018
Javelin	13.69	Piper Devine	2019
Long Jump	3.95m	Aria Lavis	2020
High Jump	1.30m	Jessica Frape	2016
Triple Jump	8.90m	Piper Devine	2019
Relay	1.05.55sec	Cahill	2015

BOYS 13 YEARS

100m	12.37sec	Chris Tardieu	1989
200m	26.6sec	Chris Tardieu	1989
		Shaun Thomas	1996
400m	59.28sec	Matthew Wallwork	2003
800m	2:25.81	Matthew Wallwork	2003
1500m	5:05.6	Sean Butler	1989
Hurdles (90m)	15.0sec	Glendon Stroud	1990
Javelin	38.58m	Troy Boundy	1989
Shot Put	13.32m	Ben Weeks	1994
Discus	37.95m	Ben Weeks	1994
Long Jump	5.13m	Chris Tardieu	1989
Triple Jump	10.32m	Brett Cahill	1999
High Jump	1.75m	Ben Weeks	1994
Relay	54.7sec	Cahill	1989

GIRLS 13 YEARS

100m	13.6sec	Kirsty Ahkee	1986
		Kylie Zaccour	1989
200m	27.79sec	Rhiannon Moseley	2004
400m	1.02.34	Justine Kalms	1997
800m	2.30.01	Claire Lenton	2002
1500m	5:21:89	Lara Lane	2021
Hurdles (80m)	15.0sec	Lauris Remedio	1990
Javelin	28.91m	Diana Webb	1999
Shot Put	10.17m	Diana Webb	1999
Discus	24.96m	Diana Webb	1999
Long Jump	4.84m	Rhiannon Moseley	2004
Triple Jump	9.73m	Justine Kalms	1997
High Jump	1.43m	Kylie McGrath	1999
Relay	57.3sec	Murray	1989

BOYS 14 YEARS

100m	11.8sec	Alan Browne	1989
200m	25.1sec	Chris Tardieu	1990
400m	57.0sec	Chris Tardieu	1990
800m	2.23.0	Jeremy Lenton	2001
1500m	4:54:81	Ollie van Rees	2021
Hurdles (100m)	14.6sec	Brendon Pearce	1990
Javelin	46.80m	Jesse Connell	2004
Shot Put	14.02m	Ben Weeks	1995
Discus	47.64m	Ben Weeks	1995
Long Jump	5.61m	David Kefford	1997
Triple Jump	11.75m	Troy Boundy	1990
High Jump	1.75m	Ben Weeks	1995
Relay	52.7sec	Heavey	1990

GIRLS 14 YEARS

100m	13.4sec	Kirsty Ahkee	1987
200m	26.96sec	Rhiannon Moseley	2005
400m	1.03.575	Claire Lenton	2003
800m	2.10.70	Zali Norsworthy	2018
1500m	4:54:56	Piper Devine	2021
Hurdles (90m)	13.9sec	Natalie Gil	1990
Javelin	28.40m	Diana Webb	2000
Shot Put (3kg)	10.53m	Penny Bartlett	1995
		Erin Oui	1998
Shot Put (4kg)	9.30m	Diana Webb	2000
Discus	27.48m	Penny Bartlett	1995
Long Jump	4.62m	Anna Cronin	1993
Triple Jump	10.21m	Rhiannon Moseley	2005
High Jump	1.55m	Natalie Fitch	1996
Relay	57.7sec	Hutchinson	1987

BOYS 15 YEARS

100m	12.0sec	Brendon Pearce	1991
200m	23.99sec	Jarryd Pla	2001
400m	55.4sec	Chris Bellerio	1997
800m	2.13.55	John Grehan	1995
1500m	4.39.52	John Grehan	1995
Hurdles (100m)	15.5sec	Karl Muckenschnabel	1990
Javelin	43.93m	Jesse Connell	2005
Shot Put	13.40m	Bartholomew Atherinos	2003
Discus	43.97m	Jarred Mafua	2002
Long Jump	5.82m	David Kefford	1998
Triple Jump	12.29m	Andrew Yong	2003
High Jump	1.93m	Ben Weeks	1996
Relay	49.81sec	Hutchinson	1999

GIRLS 15 YEARS

100m	12.6sec	Dianne Cook	1989
200m	26.62	Jessica Frape	2019
400m	1.03.08	Bianca Growden	2003
800m	2.29.51	Jackie Condon	1998
1500m	5.17.85	Bianca Growden	2003
Hurdles (90m)	17.9sec	Rosina DiBella	1990
	Natasha Sleep	1991	
Javelin	27.62m	Diana Webb	2001
Shot Put	10.03m	Diana Webb	2001
Discus	34.18m	Diana Webb	2001
Long Jump	4.85m	Jessica Frape	2019
Triple Jump	10.15m	Mindi Berghofer	2000
High Jump	1.51m	Heidi Bronickis	1990
Relay	57.23sec	Murray	2005

GIRLS 16 YEARS

100m	12.9sec	Susanne Doolan	1989
200m	26.87sec	Bianca Growden	2004
400m	1.05.4	Dianne Cook	1990
800m	2.29.57	Bianca Growden	2004
1500m	5.18.00	Bianca Growden	2004
Hurdles (100m)	17.9sec	Madonna Dockery	1990
Javelin	29.04m	Tarryn Moloney	1994
Shot Put	9.62m	Diana Webb	2002
Discus	36.67m	Diana Webb	2002
Long Jump	4.76m	Chloe Albert	2004
Triple Jump	10.10m	Lauris Remedio	1993
High Jump	1.50m	Kerrie Williamson	1989
Relay	55.29sec	Cahill	2004

BOYS 16 YEARS

100m	11.5sec	Karl Muckenschnabel	1991
200m	23.04sec	Danny Pinto	2001
400m	53.75sec	Lyndon Rex	2004
800m	2.13.7	Stephen Eustace	1991
1500m	4.44.94	Grant Doolan	2004
Hurdles (110m)	15.7sec	Troy Boundy	1992
Javelin	49.27m	Ben Weeks	1997
Shot Put	13.66m	Bart Atherinos	2004
Discus	44.87m	Bart Atherinos	2004
Long Jump	6.14m	Jason Munro	1999
Triple Jump	12.60m	Troy Boundy	1992
High Jump	1.85m	Troy Boundy	1992
	Ben Weeks	1997	
Relay	47.94sec	Cahill	2004

OPEN BOYS

100m	11.30sec	Joel Sykes	2005
200m	22.45sec	Joel Sykes	2005
400m	50.98sec	Andrew Yong	2005
800m	2.13.0	Derek Pudniks	1990
1500m	4.36.6	Derek Pudniks	1990
Hurdles (110m)	17.0sec	Des Rooker	1990
	Christos Sachlikidis		
Javelin	55.52m	Chris Thomas	2004
Shot Put	14.34m	Bart Atherinos	2005
Discus	48.30m	Bart Atherinos	2005
Long Jump	6.29m	Andrew Yong	2005
Triple Jump	12.50m	Michael Thwaite	2000
High Jump	1.80m	Christos Sachlikidis	1991
Relay	46.81sec	Cahill	2005

OPEN GIRLS

100m	13.6sec	Nicole Michael	2005
200m	27.45sec	Bianca Growden	2005
400m	1.01.47	Bianca Growden	2005
800m	2.30.25	Bianca Growden	2005
1500m	5.28.52	Bianca Growden	2005
Hurdles (100m)	17.2sec	Madonna Dockery	1991
Javelin	27.67m	Nicole Lazaroni	1997
Shot Put	9.93m	Diana Webb	2003
Discus	34.71m	Diana Webb	2003
Long Jump	4.73m	Sandra Remedio	1989
Triple Jump	10.12m	Bailey Devine	2019
High Jump	1.51m	Bailey Devine	2019
Relay	56.05sec	Cahill	2005