



PLC

PRESBYTERIAN  
LADIES' COLLEGE  
ARMIDALE  
— 1887 —

# Whole School Athletics Carnival

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## Program

Thursday, 29 April 2021

and

Friday, 30 April 2021

Guild	Colour	Running Lanes
Hamlin	Red	2 and 6
Dixon	Green	1 and 5
Lovell	Yellow	4 and 8
Wilkie	Blue	3 and 7

# Rules and Running Procedures

1.	Students must report to the Marshall well before their event. (Blocks of events will be called by the announcer.)
2.	Starting Procedure I. The starter's first command will be "take your marks". This is an indication to competitors to move forward to the start line and either stand or crouch ready to start. II. The second command is "set" and then the starter's gun is fired. All competitors must be still before the race commences.
3.	At the finish competitors must stay in their lanes at the completion of the race.
4.	Any dispute must be lodged, in writing, with the Director of Sport within 15 minutes of the completion of an event.
5.	Competitors are restricted to their own age group. If they wish to compete up an age group, they must apply in writing 7 days prior to the carnival and compete up an age group for all events. Applications will be considered on a case by case basis.
6.	Age Divisions and Champions Age is taken from the year of birth. For Junior School students, Age Champions will only be awarded for 8, 9, 10, 11 and 12+ Yrs. The Age Champion will be determined by their best 6 events. Age Divisions Junior School          Junior: 8, 9 and 10 Years Senior: 11 and 12+ Years Age Champions Secondary          12, 13, 14, 15, 16, 17, 18
7.	All track events are timed heats. There are no divisions or finals.
8.	Every race is timed and the fastest time overall wins the event.
9.	Point allocation: 1 <sup>st</sup> in an event earns 13 points, 2 <sup>nd</sup> = 8; 3 <sup>rd</sup> = 5; 4 <sup>th</sup> = 3; 5 <sup>th</sup> = 2; all others = 1
10.	Relays do not count for Age Champion points.
11.	Marshalling for track events will be behind colour - coded cones where girls will sit behind in race order of programme
12.	When there is a track event and a field event in the same time slot, report to the track event first and the field event after the race is finished. If possible, get a friend to tell the teacher at the field event that you will be coming after the running race is complete and you still can complete your three throws or jumps

# Schedule of Events

Thursday 29 April 2021

Time (approx.)	Field held on PLC Armidale Oval		Track	
1:15pm - 1:45pm	14 & 15 Yrs	Shot Put	8 & 9 Yrs	800m
	16 Yrs	High Jump	12 & 13 Yrs	800m
	17 & 18 Yrs	Javelin	10 & 11 Yrs	800m
			14 & 15 Yrs	800m
	14-18 years should start with their field events and come back to the 800m		17 & 18 Yrs	800m
			16 Yrs	800m
1:45pm - 2:30pm	8 & 9 Yrs	Discus		
	10 & 11 Yrs	Long Jump		
	12 & 13 Yrs	High Jump		
	14 & 15 Yrs	Shot Put		
	16 Yrs			
	17 & 18 yrs			
2:30pm - 3:20 pm	8 & 9 Yrs	Turbo Javelin		
	10 & 11 Yrs	Discus		
	12 & 13 Yrs			
	14 & 15 Yrs	Long Jump		
	16 Yrs	High Jump		
	17 & 18 Yrs	Shot Put		

# Schedule of Events

Friday April 30, 2021

Times are approximate: Girls may be called earlier if required. The first three age groups should be marshalled at the start of the timeslot. The last three age groups should commence with their field event and return when called.

Time (approx)	Field		Track		200m
8.50am - 10.00am	The Pre K - 7 Yrs group can go to their novelty events as soon as their races are finished  12-16 yrs should start with their field events and return to run their 200m when called.		Pre K-4Yrs	50m	17 & 18+ yrs
			5 Yrs	50m	8 & 9 yrs
			6 Yrs	70m	10 & 11 yrs
			7 Yrs	70m	14 & 15 yrs
					16 yrs
				12 & 13 yrs	
9.00am - 10.45am	4 Yrs	Shot Put	Once an age group has completed their 200m, they are to commence their field event.		
	5, 6 & 7 Yrs	Shot Put			
	8 & 9 Yrs	High Jump			
	10 & 11 Yrs	Turbo Jav			
	12 & 13	Long Jump			
	14 & 15	High Jump			
	16 Yrs	Long Jump			
	17 & 18+	Discus			
10.45am - 11.30am					
	4 Yrs	Novelty	17 & 18+ Yrs	100m	
	5, 6 & 7 Yrs	Novelty	10 & 11 Yrs	100m	
	8 & 9 Yrs		14 & 15 Yrs	100m	
	10 & 11 Yrs	Shot Put	16 Yrs	100m	
	12 & 13 Yrs	Javelin	12 & 13 Yrs	100m	
	14 & 15 Yrs	Discus	8 & 9 Yrs	100m	
	16 Yrs				
	17 & 18 +Yrs				

11.30am - 12.15pm	4 - 7 Yrs	Vortex		
	8 & 9 Yrs	Long Jump		
	10 & 11 Yrs	High Jump		
	12 & 13 Yrs	Shot Put		
	14 & 15 Yrs			
	16 Yrs	Discus		
	17 & 18+ Yrs			

12.15pm - 1.00pm				
	4 Yrs	Long Jump	10 & 11 Yrs	400m
	5, 6, 7 Yrs	Long Jump	16 Yrs	400m
	8 & 9 Yrs	Shot Put	8 & 9 Yrs	400m
	10 & 11 Yrs		17 & 18+ Yrs	400m
	12 & 13 Yrs	Discus	12 & 13 Yrs	400m
	14 & 15 Yrs		14 & 15 Yrs	400m
	16 Yrs	Javelin		
17 & 18+ Yrs	High Jump			

1.00pm - 2.00pm	Junior School Lunch			
	Field		Track	
	12 & 13 Yrs	Discus - finish from previous timeslot		
	14 & 15 Yrs	Javelin		
	16 Yrs	Shot Put		
	17 & 18+ Yrs	Long Jump		

2.00pm - 2.30pm	Relays - Primary		Relays - Secondary	
	8, 9 & 10 Yrs	Jnr Primary	14 Yrs & Under	4 x 100m
	11 & 12 Yrs	Snr Primary	15 & 16 Yrs	4 x 100m
			17 Yrs & Over	4 x 100m

2.30pm	Champion of Champions 100m sprint - time permitting			
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Marching and Presentations				
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2.45pm	Presentation			
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3:20pm	Finish			
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## Guild Results 2019

(no event in 2020)

1st	Macquarie	1380
2nd	Wentworth	1308
3rd	Gregory	1193
4th	Forrest	1083

## Age Champions 2019

(no event in 2020)

8 Yrs	Nylah Webb
9 Yrs	Kate Loxley
10 Yrs	Anais Dettwiler
11 Yrs	Sophie Young
12 Yrs (JS)	Lily McCosker
12 Yrs (SS)	Scarlett Loxley
13 Yrs	Chiyo Brown
14 Yrs	Lucy Young
15 Yrs	Isabella Watts
16 Yrs	Imogen Dellow
17 Yrs	Mia Tindale
18 Yrs	Sarah Miron

## Athletics Records

7 Yrs Female 100 metres	E. Collins	22.15	2008
8 Yrs Female 100 metres	C. Portell	17.50	2015
9 Yrs Female 100 metres	G. Thompson	17.56	2004
10 Yrs Female 100 metres	B. Goggins	15.29	2000
11 Yrs Female 100 metres	S. Dellow	14.51	2017
12 Yrs Female 100 metres	B. Goggins	14.13	2002
13 Yrs Female 100 metres	S. Dellow	13.54	2019
14 Yrs Female 100 metres	B. Goggins	13.26	2004
15 Yrs Female 100 metres	B. Goggins	12.08	2005
16 Yrs Female 100 metres	C. Martin	13.05	2017
17 Yrs Female 100 metres	A. Fletcher	13.10	1972
18 Yrs Female 100 metres	S. Bohlsen	13.51	2016
8 Yrs Female 400 metres	N. Martin	1:36.00	2012
9 Yrs Female 400 metres	C. Portell	1:30.12	2016
10 Yrs Female 400 metres	A. Dettwiler	1:22.38	2019
11 Yrs Female 400 metres	S. Dellow	1:15.60	2017
12 Yrs Female 400 metres	C. Brown	1:09.57	2018
13 Yrs Female 400 metres	S. Robertson	1:05.08	1988
14 Yrs Female 400 metres	K. Cracknell	1:04.48	1990
15 Yrs Female 400 metres	N. Handsford	1:03.08	1981
16 Yrs Female 400 metres	K. Cracknell	1:04.77	1992
17 Yrs Female 400 metres	L. Cox	1:01.03	1978
18 Yrs Female 400 metres	A. McCarthy	1:05.31	2005
8 Yrs Female 200 metres	B. Goggins	36.50	1998
9 Yrs Female 200 metres	K. Loxley	37.53	2019
10 Yrs Female 200 metres	S. Dellow	33.39	2016
11 Yrs Female 200 metres	S. Dellow	30.49	2017

12 Yrs Female 200 metres	Z. Wilson	30.00	1997
13 Yrs Female 200 metres	I. Watts	27.87	2017
14 Yrs Female 200 metres	S. Brown	28.13	2009
15 Yrs Female 200 metres	B. Goggins	27.01	2005
16 Yrs Female 200 metres	K. Robertson	25.59	1989
17 Yrs Female 200 metres	B. Goggins	27.00	2007
18 Yrs Female 200 metres	G. Martin	17.82	2019
8 Yrs Female 800 metres	K. Loxley	3:23.00	2018
9 Yrs Female 800 metres	C. Portell	3:22.26	2016
10 Yrs Female 800 metres	S. Dellow	3:08.27	2016
11 Yrs Female 800 metres	S. Dellow	2:58.00	2017
12 Yrs Female 800 metres	L. Earle	2:26.00	2017
13 Yrs Female 800 metres	S. Robertson	2:27.64	1988
14 Yrs Female 800 metres	S. Robertson	2:27.18	1989
15 Yrs Female 800 metres	L. Cox	2:28.60	1976
16 Yrs Female 800 metres	J. Bryant	2:27.89	1991
17 Yrs Female 800 metres	L. Cox	2:26.73	1978
18 Yrs Female 800 metres	J. Bryant	2:33.00	1993
8-12 Yrs Female 1500 metres	S. Bailey	5:34.26	2019
12 Yrs Female 1500 metres	S. Loxley	5:45.91	2019
13 Yrs Female 1500 metres	C. Brown	5:23.17	2019
14 Yrs Female 1500 metres	L. Earle	5:45.91	2019
15 Yrs Female 1500 metres	A. Harrington	5:22.00	2014
16 Yrs Female 1500 metres	M. Thompson	5:08.00	1990
17 Yrs Female 1500 metres	B. Sisson	5:54.18	2010
18 Yrs Female 1500 metres	J. Bryant	5:04.13	1993
8 Yrs Female Javelin	E. Wake	8.78m	2016
9 Yrs Female Javelin	C. Portell	11.21m	2016
10 Yrs Female Javelin	S. Watson	12.30m	2004
11 Yrs Female Javelin	S. Watson	13.85m	2005
12 Yrs Female Javelin	C. Caldwell	18.63m	2014
13 Yrs Female Javelin	H. Todd	20.83m	1976
14 Yrs Female Javelin	F. Fotu	22.00m	1992
15 Yrs Female Javelin	H. Todd	24.42m	1977
16 Yrs Female Javelin	J. Blair	29.00m	1988
17 Yrs Female Javelin	J. Blair	33.20m	1989
18 Yrs Female Javelin	S. Robertson	28.99m	1993
8 Yrs Female Discus	Z. Selby	10.07m	2005
9 Yrs Female Discus	I. Henderson	12.10m	2004
10 Yrs Female Discus	B. Goggins	19.45m	2000
11 Yrs Female Discus	B. Goggins	20.65m	2001
12 Yrs Female Discus	L. Young	18.31m	2017
13 Yrs Female Discus	S. Robertson	21.85m	1988
14 Yrs Female Discus	S. Robertson	28.99m	1989
15 Yrs Female Discus	G. Scott	28.61m	1977
16 Yrs Female Discus	J. Lawson	29.12m	1994
17 Yrs Female Discus	S. Robertson	33.60m	1992
18 Yrs Female Discus	S. Robertson	33.74m	1993
8 Yrs Female Shot put	B. Goggins	6.20m	1998
9 Yrs Female Shot put	B. Goggins	6.66m	1999
10 Yrs Female Shot put	B. Goggins	8.05m	2000
11 Yrs Female Shot put	B. Goggins	8.09m	2001
12 Yrs Female Shot put	M. Ojah	6.87m	2012
13 Yrs Female Shot put	G. Scott	11.10m	1975

14 Yrs Female Shot put	S. Brown	9.84m	2009
15 Yrs Female Shot put	R. Forsyth	10.35m	1977
16 Yrs Female Shot put	S. Brown	9.70m	2011
17 Yrs Female Shot Put	B. Goggins	10.96m	2007
18 Yrs Female Shot put	B. Toby	9.61m	1996
8 Yrs Female Long Jump	H. Grigg	3.05m	2002
9 Yrs Female Long Jump	B. Goggins	3.05m	1999
10 Yrs Female Long Jump	H. Grigg	3.33m	2004
11 Yrs Female Long Jump	Z. Selby	3.22m	2008
12 Yrs Female Long Jump	L. Quast	3.96m	2013
13 Yrs Female Long Jump	E. Mackay	4.22m	2010
14 Yrs Female Long Jump	S. Brown	4.38m	2009
15 Yrs Female Long Jump	C. Taylor	4.87m	1981
16 Yrs Female Long Jump	G. Haire	4.44m	2002
17 Yrs Female Long Jump	B. Goggins	5.00m	2007
18 Yrs Female Long Jump	E. Barnier-Merzliakov	4.63m	2017
8 Yrs Female High Jump	C. Alcorn	0.97m	2014
9 Yrs Female High Jump	N. Breckenridge & A. Crews	1.00m 1.00m	2013 2004
10 Yrs Female High Jump	H. Grigg	1.11m	2004
11 Yrs Female High Jump	E.R. Ward	1.25m	2014
12 Yrs Female High Jump	Z. Wilson E. Ward	1.35m 1.35m	1997 2015
13 Yrs Female High Jump	H. Hansford	1.43m	1980
14 Yrs Female High Jump	G. Tombs M. Campbell-Pickering	1.48m	2007 2018
15 Yrs Female High Jump	R. Maunder	1.52m	2013
16 Yrs Female High Jump	I. Dellow	1.53m	2019
17 Yrs Female High Jump	B. Goggins	1.57m	2007
18 Yrs Female High Jump	J. Bryant	1.49m	1993
12 Yrs Female 3000 metres	A. Harrington	12:14.00	2011
13 Yrs Female 3000 metres	C. Brown	12:18.33	2019
14 Yrs Female 3000 metres	A. Harrington	12:18.00	2013
15 Yrs Female 3000 metres	N. Heagney	14:25.00	2011
16 Yrs Female 3000 metres	G. Thompson	12:56.00	2011
17 Yrs Female 3000 metres	B. Goggins	13:41.02	2007
18 Yrs Female 3000 metres	B. Sisson	12:57.00	2011
8, 9 & 10 Yrs Female 4 x 100m Relay	Wentworth	1:16.53	2015
11 & 12 Yrs JS Female 4 x 100m Relay	Macquarie	1:10.24	2019
Sub-Junior Female 4 x 100m Relay	Macquarie	1:01.30	2019
Junior Female 4 x 100m Relay	Forrest	1:02.22	2015
Senior Female 4 x 100m Relay	Macquarie	57.39	2014

## Thank you

- To all the parents, relatives, staff and students who offered their support and assisted with the many duties necessary on carnival-day.



- To the PLC Armidale P&F Association for their catering services.

This is not for the program, however you can see where each field event sits across the two days.

Age	Javelin	Discus	Shot	High Jump	Long Jump
8	Thur 2:30	Thur 1:00	Fri 12:15	Fri 9:00	Fri 11:30
9	Thur 2:30	Thur 1:00	Fri 12:15	Fri 9:00	Fri 11:30
10	Fri 9:00	Thu 2:30	Fri 10:45	Fri 11:30	Thu 1:00
11	Fri 9:00	Thu 2:30	Fri 10:45	Fri 11:30	Thu 1:00
12	Fri 10:45	Fri 12:15	Fri 11:30	Thu 1:00	Fri 9:00
13	Fri 10:45	Fri 12:15	Fri 11:30	Thu 1:00	Fri 9:00
14	Fri 1:00	Fri 10:45	Thu 12:45	Fri 9:00	Thu 2:30
15	Fri 1:00	Fri 10:45	Thu 12:45	Fri 9:00	Thu 2:30
16	Fri 12:15	Fri 11:30	Fri 1:00	Thu 12:45	Fri 9:00
17	Thu 12:45	Thu 2:30	Fri 9:00	Fri 11:30	Fri 1:00
18	Thu 12:45	Thu 2:30	Fri 9:00	Fri 11:30	Fri 1:00