SWIMMING & DIVING:
NSWPSSA SWIMMING / DIVING
CHAMPIONSHIPS 2009

Venue:
Sydney Olympic Park Aquatic Centre, Homebush.

Dates:
Swimming
Wednesday, 8 April - Thursday, 9 April 2009

Wednesday 8 April
Time:
Start 9.30 am (Diving)

Rules and Conditions:
As per New South Wales Primary Schools Sports Association Handbook.

Team entries on the official entry forms

Friday, 13 March 2009

at:
School Sport Unit
Bankstown North
Locked Bag 1530
BANKSTOWN NSW 2200

and

Mrs Helen Wood
Fax: (02) 9600 8116
Ph: (02) 9822 4547

Entries for all Multi-Disability events will be via Regional Associations.

by: Friday, 13 March 2009

All Events for “Swimmers with a Disability” will be contested in two divisions Junior (8, 9, 10) and Senior (11, 12, 13).

1. Qualifying Time:
The following times must be equalled or bettered by competitors nominated for each event:

<table>
<thead>
<tr>
<th>Event</th>
<th>Girls</th>
<th>Boys</th>
</tr>
</thead>
<tbody>
<tr>
<td>All Age 50m F/S</td>
<td>1.19.0</td>
<td>1.18.8</td>
</tr>
<tr>
<td>8yrs 50m F/S</td>
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<td>45.0</td>
</tr>
<tr>
<td>9yrs 50m F/S</td>
<td>42.0</td>
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</tr>
<tr>
<td>10yrs 50m F/S</td>
<td>40.0</td>
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</tr>
<tr>
<td>11yrs 50m F/S</td>
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<td>12yrs 50m F/S</td>
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<td>13yrs 50m F/S</td>
<td>41.8</td>
<td>39.0</td>
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<tr>
<td>11/12/13yrs 50m Brst/S</td>
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<td>48.5</td>
</tr>
<tr>
<td>Junior 50m Brst/S</td>
<td>53.3</td>
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</tr>
<tr>
<td>11/12/13yrs 50m Bk/S</td>
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<td>43.9</td>
</tr>
<tr>
<td>Junior 50m Bk/S</td>
<td>47.2</td>
<td>47.0</td>
</tr>
<tr>
<td>11/12/13yrs 50m B/F</td>
<td>40.8</td>
<td>40.5</td>
</tr>
<tr>
<td>Junior 50m B/F</td>
<td>46.0</td>
<td>44.0</td>
</tr>
</tbody>
</table>

2. Officials:
Application for officials at the New South Wales Primary Schools Sports Association Swimming Championships are now being accepted. Interested teachers should make application on the form included in the Forms Section of the NSWPSSA Home page of the school sport website www.sports.det.nsw.edu.au.

Please ensure the form is completed in full as incomplete forms will be returned. Applications for positions must have the section regarding officials dress shirts completed. No relief days will be issued for travelling to and from the championships.

PLEASE NOTE: Applications for officials close on Friday, 20 February 2009. All applications must be forwarded via Area Associations.

Ross Hallaways
Swimming Convener
NSWPSSA

Neil Sherring
Primary Sport - Coordinator
Order of Events 2009

NOTE: This may be altered at the discretion of the Carnival Manager should circumstances arise.
Commencing time each day will be – Warm Up 8:00 am - start no later than 9:30 am.

DAY 1 – Wednesday, 8 April 2009

EVENT SESSION 1

<table>
<thead>
<tr>
<th>Event Description</th>
<th>Group</th>
<th>Time</th>
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<tbody>
<tr>
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</tr>
<tr>
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<tr>
<td>47 - Timed Final Girls Junior Breaststroke Multi-Disability</td>
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</tr>
<tr>
<td>18 - Heats Boys 11 years Breaststroke</td>
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<tr>
<td>19 - Heats Girls 12/13 yrs Breaststroke</td>
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<td>20 - Heats Boys 12/13 yrs Breaststroke</td>
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Lunch approximately 40 minutes duration

EVENT SESSION 2

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<td>52 - Timed Final Boys Junior Freestyle Multi-Disability</td>
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</tr>
<tr>
<td>9 - Final Girls 11 years Championship</td>
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</tr>
<tr>
<td>18 - Final Boys 11 years Breaststroke</td>
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<td></td>
</tr>
<tr>
<td>19 - Final Girls 12/13 yrs Breaststroke</td>
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</tr>
<tr>
<td>20 - Final Boys 12/13 yrs Breaststroke</td>
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<td>26 - Heats Boys Senior Individual Medley</td>
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</table>
DAY 2 - Thursday, 9 April 2009
Warm Up 8:00 am - start no later than 9:30 am.

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<tr>
<th>EVENT</th>
<th>SESSION 3</th>
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<tbody>
<tr>
<td>39 - Heats</td>
<td>Earl McGee Small Schools Relay 4 x 50m F/S</td>
</tr>
<tr>
<td>40 - Heats</td>
<td>Peter Dobson Schools Relay 4 x 50m F/S</td>
</tr>
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<td>41 - Heats</td>
<td>Girls Relay Junior 4 x 50m</td>
</tr>
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<td>42 - Heats</td>
<td>Boys Relay Junior 4 x 50m</td>
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<tr>
<td>43 - Heats</td>
<td>Girls Relay Senior 4 x 50m</td>
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<td>44 - Heats</td>
<td>Boys Relay Senior 4 x 50m</td>
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<tr>
<td>27 - Heats</td>
<td>Girls Junior Backstroke 50m</td>
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<tr>
<td>28 - Heats</td>
<td>Boys Junior Backstroke 50m</td>
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<td>29 - Heats</td>
<td>Girls 11 years Backstroke 50m</td>
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<tr>
<td>30 - Heats</td>
<td>Boys 11 years Backstroke 50m</td>
</tr>
<tr>
<td>31 - Heats</td>
<td>Girls 12/13 years Backstroke 50m</td>
</tr>
<tr>
<td>32 - Heats</td>
<td>Boys 12/13 years Backstroke 50m</td>
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<tr>
<td>53 - Timed Final</td>
<td>Girls Senior Backstroke Multi-Disability 50m</td>
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<tr>
<td>54 - Timed Final</td>
<td>Boys Senior Backstroke Multi-Disability 50m</td>
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<tr>
<td>55 - Timed Final</td>
<td>Girls Junior Backstroke Multi-Disability 50m</td>
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<tr>
<td>56 - Timed Final</td>
<td>Boys Junior Backstroke Multi-Disability 50m</td>
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<tr>
<td>33 - Heats</td>
<td>Girls Junior Butterfly 50m</td>
</tr>
<tr>
<td>34 - Heats</td>
<td>Boys Junior Butterfly 50m</td>
</tr>
<tr>
<td>35 - Heats</td>
<td>Girls 11 years Butterfly 50m</td>
</tr>
<tr>
<td>36 - Heats</td>
<td>Boys 11 years Butterfly 50m</td>
</tr>
<tr>
<td>37 - Heats</td>
<td>Girls 12/13 years Butterfly 50m</td>
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<td>38 - Heats</td>
<td>Boys 12/13 Butterfly 50m</td>
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</table>

Lunch approximately 40 minutes duration

<table>
<thead>
<tr>
<th>EVENT</th>
<th>SESSION 4</th>
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<tbody>
<tr>
<td>21 - Final</td>
<td>Girls Junior Individual Medley 200m</td>
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<td>Boys Junior Individual Medley 200m</td>
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<td>Girls Senior Individual Medley 200m</td>
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<td>39 - Final</td>
<td>Earl McGee Small Schools Relay 4 x 50m F/S</td>
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<td>Peter Dobson Schools Relay 4 x 50m F/S</td>
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<td>27 - Final</td>
<td>Girls Junior Backstroke 50m</td>
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<td>Girls Junior Butterfly Multi-Disability 50m</td>
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<td>33 - Final</td>
<td>Girls Junior Butterfly 50m</td>
</tr>
<tr>
<td>34 - Final</td>
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<td>41 - Final</td>
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<tr>
<td>44 - Final</td>
<td>Boys Senior Relay 4 x 50m</td>
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</tbody>
</table>

Presentation of "Outstanding Disability Swimmer of the Meet"

Presentation of "Outstanding Swimmer of the Meet"
NEW SOUTH WALES PRIMARY SCHOOLS SPORTS ASSOCIATION
SWIMMING / DIVING - OFFICIALS NOMINATION

STATE CHAMPIONSHIPS –
Swimming - Wednesday, 8 April and Thursday, 9 April 2009 at the Sydney Olympic Aquatic Centre, Homebush.
Diving - Wednesday, 8 April 2009 at the Sydney Olympic Aquatic Centre, Homebush.

NOMINATION FOR OFFICIAL POSITION

1. Name: Mr/Mrs/Miss/Ms ........................................................................................................................................

2. School: ....................................................................................................................................................................
   Address: ......................................................................................................................................................................
   ............................................................................................................................... Post Code: ...................................................
   Telephone: ........................................................................................................ Fax: .............................................................

3. Region: ........................................................................................................................................................................

4. I wish to apply for the following positions:
   i) ................................................................................................ ii) ...................................................... iii) ........................................

5. Dress Shirt Size (please complete carefully by circling correct size)
   Adult sizes
   XS   S   M   L   XL   XXL   XXXL

6. Previous Experience:
   Zone Level: ............................................................................................................................................................
   ...........................................................................................................................................................................
   Area Level: ............................................................................................................................................................
   ...........................................................................................................................................................................
   State Level: ............................................................................................................................................................
   ...........................................................................................................................................................................
   Position/Year: ............................................................................................................................................................

7. Previous years applied as an official at State level:............................................................................................
   Signed: ................................................................. Date: .................................................................

8. Principal’s/ School Education Director’s Recommendation: .................................................................
   Signed: ................................................................. Date: .................................................................

9. Regional Sports Associations Comment: .................................................................................................
   Signed: ................................................................. Date: .................................................................

Prompt replies will greatly assist the organisation of this years Championships.

Closing Date: Friday, 20 February 2009

..................................................
NEW SOUTH WALES PRIMARY SCHOOLS SPORTS ASSOCIATION
ANNUAL SWIMMING CHAMPIONSHIPS
EVENTS FOR STUDENTS WITH DISABILITIES

- PLEASE NOTE: ALL EVENTS WILL BE CONDUCTED AS MULTI-DISABILITY EVENTS -

1. Competitors are to enter on the official Events for Students with Disabilities entry form and forward to your Regional Sports Organiser.
2. A maximum of four (4) events may be entered.
3. A maximum of three (3) entries per Regional/Sports Association.
4. The type of disability must be included.
5. Entries must be received by the closing date.
6. Competitors entry time must be included on the entry form.
7. Events are offered for Senior (11, 12, 13) and Junior (8, 9, 10) Divisions.
8. Competitors entry time must equal or better the following QUALIFYING TIMES published in this document.
9. Competitors need to meet the following criteria:
10. The eligible disabilities and classifications that are able to compete in Swimming events:
   a. Functional Disability: There are 10 classes for swimmers with a physical disability: S1–S10. Visit the Australian Paralympic Committee (APC) website www.paralympic.org.au or contact Margaret Gregson on Tel: 0417 960 202.
   b. Vision Impairment: There are 3 classes of swimmers with vision impairment: S11, S12 & S13. Competitors visual acuity must be under 6/60 and/or monocular visual field of less than 20 degrees. Classification forms are to be completed by an ophthalmologist. Classification forms may be obtained by contacting Pat Downie from the Blind Sporting Association of NSW on Tel: 9638 7075.
   c. Hearing Impairment: The class for swimmers with hearing impairment is S15. Competitors must have a current audiogram signifying a bilateral, sensori-neural hearing loss, the better ear being equal or greater than 55 decibels over 3 frequencies.
   d. Intellectual Disability: The class for swimmers with an intellectual disability is S14. Competitors must meet SWD criteria for funding and have an IQ equal to or less than 75 as measured by a WISC IV or Stanford-Binet: 4th Edition. Visit the Ausrapid website at www.ausrapid.org.au for more information.
   e. Transplant: The class for transplantees is S16. Swimmers must have had a transplant of kidney, heart, heart and lung, liver or bone marrow. Certification by a medical practitioner is required.
11. Results shall be judged as timed finals.
12. Competitors will compete against the Multi-Disability Standard Time for their respective classification. Placings will be determined by the competitors time calculated against a percentage of the MDST.
   For clarification of how classifications work please contact the Schools Sports Office.
13. Entries will not be accepted from competitors who do not equal or better the cut off times.

QUALIFYING STANDARDS
- Athletes with a Disability

<table>
<thead>
<tr>
<th>Class</th>
<th>Boys Freestyle</th>
<th>Girls Freestyle</th>
<th>Boys Backstroke</th>
<th>Girls Backstroke</th>
<th>Boys Breaststroke</th>
<th>Girls Breaststroke</th>
<th>Boys Butterfly</th>
<th>Girls Butterfly</th>
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BOYS/GIRLS - Seniors (11, 12, 13)

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SWIMMING AUSTRALIA
DIRECTIONS FOR CONDUCTING MULTI-DISABILITY EVENTS

Placings for each event are determined by calculating each result as a percentage of the SAL Multi-Disability Standard Time (MDST) for each specific disability/class. Percentages are used to ensure a sliding scale.

<table>
<thead>
<tr>
<th>Competitor</th>
<th>Class</th>
<th>MDST Time</th>
<th>Time swum</th>
<th>%of MDST</th>
<th>Placing</th>
</tr>
</thead>
<tbody>
<tr>
<td>Comp. 1</td>
<td>S14</td>
<td>34.25</td>
<td>41.78</td>
<td>121.98%</td>
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</tr>
<tr>
<td>Comp. 2</td>
<td>S9</td>
<td>38.62</td>
<td>39.57</td>
<td>102.46%</td>
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</tr>
<tr>
<td>Comp. 3</td>
<td>S14</td>
<td>34.25</td>
<td>37.35</td>
<td>109.05%</td>
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</tr>
<tr>
<td>Comp. 4</td>
<td>S15</td>
<td>32.89</td>
<td>35.78</td>
<td>108.79%</td>
<td>3</td>
</tr>
<tr>
<td>Comp. 5</td>
<td>S5</td>
<td>45.87</td>
<td>49.78</td>
<td>108.52%</td>
<td>2</td>
</tr>
<tr>
<td>Comp. 6</td>
<td>S9</td>
<td>38.62</td>
<td>44.65</td>
<td>115.61%</td>
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</tr>
<tr>
<td>Comp. 7</td>
<td>S7</td>
<td>42.78</td>
<td>49.87</td>
<td>116.79%</td>
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</tr>
<tr>
<td>Comp. 8</td>
<td>S11</td>
<td>43.87</td>
<td>55.07</td>
<td>125.53%</td>
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</tr>
</tbody>
</table>

To calculate the Percentage of MDST: \( \text{Time swum} \times \frac{100}{\text{MDST Time}} \)

SWIMMERS WITH DISABILITY – 2009 CLASSIFICATION DATES
To be held at - Guildford Swimming Centre - 21 February, 2 May, 25 July, 26 September 2009
All bookings must be made with Mrs Margaret Gregson on 0417 960 202
NEW SOUTH WALES PRIMARY SCHOOLS SPORTS ASSOCIATION

ANNUAL SWIMMING CHAMPIONSHIPS

EVENTS FOR STUDENTS WITH DISABILITIES – ENTRY FORM

EVENTS
EVENT 45 Sen Girls 50m Breaststroke
EVENT 46 Sen Boys 50m Breaststroke
EVENT 47 Jun Girls 50m Breaststroke
EVENT 48 Jun Boys 50m Breaststroke
EVENT 49 Sen Girls 50m Freestyle
EVENT 50 Sen Boys 50m Freestyle
EVENT 51 Jun Girls 50m Freestyle
EVENT 52 Jun Boys 50m Freestyle
EVENT 53 Sen Girls 50m Backstroke
EVENT 54 Sen Boys 50m Backstroke
EVENT 55 Jun Girls 50m Backstroke
EVENT 56 Jun Boys 50m Backstroke
EVENT 57 Sen Girls 50m Butterfly
EVENT 58 Sen Boys 50m Butterfly
EVENT 59 Jun Girls 50m Butterfly
EVENT 60 Jun Boys 50m Butterfly

Student’s Surname -  Student’s First Name -
Student’s Age (in 2009) -  Student’s DOB -
Student’s School -  Student’s School Suburb -
Parent’s Name/s -  Home Address -
Contact Home Phone -  Contact Mobile -
Contact Work Phone -  Email Address -

Description of Disability: ____________________________________________

Classification: ____________ (refer to Disability Classification Guide for Swimming)

Students are required to have an official classification prior to participating in the NSWPPSSA Swimming Championships.

Attach any current & valid medical records available to this official SWD swimming entry form.

Please tick:

Has the classification been officially documented with the Australian Paralympic Committee?  Yes  No

1. Event No: .......................... Entry Time: ........................................
2. Event No: .......................... Entry Time: ........................................
3. Event No: .......................... Entry Time: ........................................
4. Event No: .......................... Entry Time: ........................................

Approved by: ............................. (Principal) Date: .............................

Completed forms must be forwarded to your Regional Sports Organiser (Contact numbers may be found in the directory on the web). All entries must be submitted to your Regional Sports Organiser by Friday, 13 March 2009.

• PLEASE NOTE: ALL EVENTS WILL BE CONDUCTED AS MULTI- DISABILITY EVENTS
NSWPSSA DIVING CHAMPIONSHIPS

2009 DIVING INFORMATION
Wednesday, 8 April 2009.

8 April 2009
8.30am Warm up
9.30am Competition start

PSSA Championships 8-13 years springboard and platform.

Order of Events
(Girls and boys events may be combined)
1. 8/9yrs Girls
2. 8/9yrs Boys
3. 10/11yrs Girls
4. 10/11yrs Boys
5. 12/13yrs Girls
6. 12/13yrs Boys
7. Open (8-13yrs) platform Girls
8. Open (8-13yrs) platform Boys

General Information
1. All age groups will be conducted separately where practical.
2. There will be separate boys and girls competitions in each age group.
3. Medals will be awarded for the first three (3) places in each competition.
4. Regions may enter three (3) divers per event for the PSSA.
5. Check all information carefully and any questions contact Sue Milford, Convener.

Entries
1. Regional and Association Team entries are to be emailed to -
   Sue Milford - s_milford@optusnet.com.au by Friday, 13 March 2009.

2. All dive sheets are to be emailed to -
   Sue Milford - s_milford@optusnet.com.au by Wednesday, 1 April 2009.
2009 PSSA DIVING REQUIREMENTS

<table>
<thead>
<tr>
<th>Age</th>
<th>Event</th>
<th>Limited Dives</th>
<th>Unlimited Dives</th>
</tr>
</thead>
<tbody>
<tr>
<td>8/9</td>
<td>1M and/or 3M</td>
<td>1 dive @ 1.5 limit DD</td>
<td>plus 2 dives</td>
</tr>
<tr>
<td>10/11</td>
<td>1M and/or 3M</td>
<td>1 dive @ 1.6 limit DD</td>
<td>plus 2 dives from different groups unlimited DD</td>
</tr>
<tr>
<td>12/13</td>
<td>1M and/or 3M</td>
<td>2 dives from different groups @ 3.6</td>
<td>plus 2 dives from different groups unlimited DD</td>
</tr>
<tr>
<td>Open Platform</td>
<td>5M only</td>
<td>1 dive @ 1.6 limit DD</td>
<td>plus 2 dives unlimited DD</td>
</tr>
</tbody>
</table>

CHAMPIONSHIP RULES - PRIMARY

SPRINGBOARD & PLATFORM DIVING:

Springboard diving shall be conducted in the following categories
- 8/9 Years Boys
- 8/9 Years Girls
- 10/11 Years Boys
- 10/11 Years Girls
- 12/13 Years Boys
- 12/13 Years Girls

Platform diving shall be:
- 13 Years and under Boys
- 13 Years and under Girls

DIVE REQUIREMENTS

Springboard
Dives may be performed from either the 1m and/or the 3m springboard.

8/9 Years Boys and Girls 3 dives
- 1 dive @ 1.5 degree of difficulty or less
- 2 dives with no limit on degree of difficulty

10/11 Years Boys and Girls 3 dives
- 1 dive @ 1.6 degree of difficulty or less
- 2 dives from 2 groups with no limit on degree of difficulty

12/13 Years Boys and Girls 4 dives
- 2 dives from 2 groups @ 3.6 degree of difficulty or less
- 2 dives from 2 groups with no limit on degree of difficulty

Platform
13 Years and under 3 dives
- 1 dive @ 1.6 degree of difficulty limit
- 2 dives with no limit on degree of difficulty

Dives may be performed from 5m platform only.

Before each dive the name of the competitor, the dive and the degree of difficulty will be announced. The name, school and area of each diver will be announced before the first dive only.

Each area may enter 3 divers in each age group ie 8/9 years boys, 8/9 years girls, 10/11 years boys, 10/11 years girls, 12/13 years girls, 12/13 years boys and open platform events.

To be eligible for selection to compete at the School Sport Australian Diving Exchange the divers must perform an extra dive in the competition to fulfil the requirements:

10/11 Years 4 different dives from at least 2 different groups, ie 2 dives from 2 different groups with a total maximum difficulty of 3.6 PLUS 2 dives from different groups without a degree of difficulty limit.
**12/13 Years**

5 different dives from at least 3 different groups, ie 3 dives from 3 different groups with a total maximum difficulty of 5.4 PLUS 2 dives from different groups without a degree of difficulty limit.

**Platform**

**13 Years and under**

4 dives

- 2 dive @ 3.6 degree of difficulty limit
- 2 dives from 2 groups with no limit on degree of difficulty

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### New South Wales

Primary Schools Sports Association

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**Schools Diving - Individual Entry Sheet**

Note: An electronic version this form is available on the NSWPSSA Website in the Forms Section

Email to State Diving Convener: s_milford@optusnet.com.au

<table>
<thead>
<tr>
<th>Dive</th>
<th>Association</th>
<th>Name</th>
<th>Event</th>
<th>Dive No</th>
<th>Position</th>
<th>Board</th>
<th>D/D</th>
</tr>
</thead>
<tbody>
<tr>
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<td></td>
</tr>
</tbody>
</table>

**Dive Requirements**

- **PSSA - 8/9 Years** - 3 dives - 1 @ 1.5 DD or less + 2 with no limit on DD.
- **PSSA - 10/11 Years** - 3 dives - 1 @ 1.6 DD or less + 2 from 2 groups with no limit on DD *
  *plus 1 for SSA selection*
- **PSSA - 12/13 Years** - 4 Dives - 2 from 2 groups @ 3.6 DD or less + 2 from 2 groups with no limit on DD *
  *plus 1 for SSA*
- **PSSA Platform** - 3 Dives - 1 @ 1.6 DD limit + 2 with no limit on DD *
  *plus 1 dive for SSA selection*
2009 STATE CROSS COUNTRY CHAMPIONSHIPS

the championships will be held on

FRIDAY, 31 JULY 2009.

at

EASTERN CREEK INTERNATIONAL RACEWAY

Please note: An application to act as an Official follows this page

Nomination Forms must be completed and returned by Friday, 15 May 2009.

Neil Sherring                      Tony Last
Executive Officer                  Cross Country Convener
NEW SOUTH WALES PRIMARY SCHOOLS SPORTS ASSOCIATION
CROSS COUNTRY – OFFICIALS NOMINATION
STATE CHAMPIONSHIPS - FRIDAY, 31 JULY 2009 AT EASTERN CREEK INTERNATIONAL RACEWAY

NOMINATION FOR OFFICIAL POSITION

1. **Name:** Mr/Mrs/Miss/Ms

2. **School:**
   - **Address:**
   - **Post Code:**
   - **Telephone:**
   - **Fax:**

3. **Region:**

4. I wish to apply for the following positions:
   - i) ............................................
   - ii) ....................................................
   - iii) ............................................

5. **Polo Shirt Size** (please complete carefully by circling correct size)
   - **Adult sizes**
     - XS
     - S
     - M
     - L
     - XL
     - XXL
     - XXXL

6. **Previous Experience:**
   - **Zone Level:**
   - **Area Level:**
   - **State Level:**
   - **Position/Year:**

7. **Previous years applied as an official at State level:**
   - **Signed:**
   - **Date:**

8. **Principal’s/ School Education Director’s Recommendation:**
   - **Signed:**
   - **Date:**

9. **Regional Sports Associations Comment:**
   - **Signed:**
   - **Date:**

Prompt replies will greatly assist the organisation of this year’s Championships.

Closing Date: **Friday, 15 May 2009**
Cross Country events for Athletes with Disabilities

Attention: Principals & Regional Sports Organisers

In 2009, Cross Country events are offered to Athletes with Disabilities (AWD). This is a wonderful opportunity for students with special needs to compete with others who also have special needs. The experience the students gain from being able to represent their school, Region or NSW PSSA is fantastic and adds to self esteem and self confidence.

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Venue</th>
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</thead>
<tbody>
<tr>
<td>NSW PSSA Cross Country</td>
<td>Friday 31 July 2009</td>
<td>Eastern Creek Raceway</td>
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For Students to be eligible to compete in cross country the following information and criteria is applicable.

1. Students with Disabilities’ entries need to be on the ‘AWD entry form – NSW PSSA Cross Country’

2. Fax AWD entry form – NSW PSSA Cross Country to your Regional Sports Organiser

3. Distance and Qualifying for NSW PSSA Cross Country:
   a. 8/9 & 10 years – 2km
   b. 11, 12 & 13 years – 3km
   c. Qualifying Times
      - Girls 8/9, 10 Years
      - 11, 12/13 Years
      - Boys 8/9, 10 Years
      - 11, 12/13 Years


<p>| | | | | | |</p>
<table>
<thead>
<tr>
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<td>T46</td>
<td>12:00.00</td>
<td>19:00.00</td>
</tr>
</tbody>
</table>

4. Eligible students must choose prior to competing whether they will compete as an AWD or as an able-bodied athlete. If competing as an AWD they must complete the AWD entry form – NSW PSSA Cross Country.

5. Students with a physical disability are required to have a provisional/national classification.

6. Eligible disabilities able to compete at Cross Country Trials:
   a. **Functional**: Only Cerebral Palsy – T36, T37 & T38 or Amputee T44, T45 & T46 are allowed to compete at Cross Country Trials. Athletes with a physical disability are required to have a provisional/national classification. Visit the Australian Paralympic Committee (APC) website http://www.paralympic.org.au for more information.
   b. **Vision Impairment**: There are 3 classes for Athletes with vision impairment. Only T12 and T13 are eligible to complete at Cross Country Trials. Classification forms are to be completed by an ophthalmologist and classification forms may be obtained by contacting Pat Downey from the Blind Sporting Association of NSW on Tel: 9638 7075.
   c. **Hearing Impairment**: The class for Athletes with hearing impairment is T01. Competitors must have a current audiogram signifying a bilateral, sensori-neural hearing loss, the better ear being equal or greater than 55 decibels over 3 frequencies.
   d. **Intellectual disability**: The class for Athletes with an intellectual disability is T20. Competitors must meet AWD criteria for funding and have an IQ equal to or less than 75 as measured by a WISC III, WPPSI-R or Stanford-Binet: 4th Edition. Visit the Ausrapid website at http://www.ausrapid.org.au for more information.
7. Parents of AWD may be asked to provide written evidence of their child meeting the disability criteria at Cross Country events along the representative pathways. Attach any current & valid medical records to the AWD entry form NSW PSSA Cross Country (including evidence to meet intellectual disability, vision or hearing impairment criteria).

Parents with questions regarding AWD classifications should be directed to Australian Paralympic Committee Website at http://www.paralympic.org.au and NSW School Sports Unit website at http://www.sports.det.nsw.edu.au and click on opportunities for Students with Disabilities.

Neil Sherring
Executive Officer

Sighted Guide Guidelines

The following has been collated from existing guidelines by both the Australian Blind Sports Federation and the International Blind Sports Association. Some changes have been made to suit the nature of cross country.

1. The guide runner must wear a bright orange bib saying’ guide runner’.

2. It is the responsibility of the guide to ensure that the athlete is properly orientated in the start position. The athlete must have a guide for the entire race.

3. Athletes must bring their own guide to the championship.

4. Competitor and guide are in competition to be regarded as a team.

5. As a blind runner crosses the finish line or relay change-over line, the guide must be behind the athlete.

6. The method of guidance is the choice of the athlete. He or she may choose to use an elbow lead or run free. Holding the athlete, or the athlete’s clothing is not permitted. An exception to the rule may be allowed if the guide is needed to assist the athlete over an obstacle. Officials need to be consulted prior to the athlete’s event if this is required. In addition, the runner may receive verbal instruction from the guide.

7. At no time may the guide pull the athlete, or propel the athlete forward by pushing. Infringement of this rule may lead to disqualification - except where identified in 6. Tethering between guide and athlete is not permitted.

8. Over distances of 1500m two guides are allowed. Only one exchange of guides is permitted for each runner. No runner may be accompanied by more than one guide at a time. The exchange must take place without hindrance to other runners. The intention to change guides must be notified in advance to the officials. The officials will determine the conditions of the change-over.

9. It is the responsibility of the each state to have skilled the guide runners prior to the start of the championship.

10. During relay races, the touch between athletes can occur either between the athlete and next athlete or the guide and the next athlete. The guide, however, must be behind the incoming athlete at the relay change-over line.

11. Sighted guides must be at least 17 years of age.
AWD entry form – NSW PSSA Cross Country

<table>
<thead>
<tr>
<th>Student's Surname -</th>
<th>Student's First Name -</th>
</tr>
</thead>
<tbody>
<tr>
<td>Student's Age (in 2009) -</td>
<td>Student’s DOB -</td>
</tr>
<tr>
<td>Student's School &amp; Suburb -</td>
<td>Region -</td>
</tr>
<tr>
<td>Year / Grade -</td>
<td>Gender – (please circle) Male or Female</td>
</tr>
<tr>
<td>Parent’s Name/s -</td>
<td>Home Address -</td>
</tr>
<tr>
<td>Contact Home Phone -</td>
<td>Contact Mobile -</td>
</tr>
<tr>
<td>Contact Work Phone -</td>
<td>Email Address -</td>
</tr>
</tbody>
</table>

Description of Disability: ........................................................................................................................

Classification: ........................................... Date classified: ...........................................

Refer classification system for correct classification (details may be found on the School Sports Unit website)

Parents of AWD may be asked to provide written evidence of their child meeting the
disability criteria at Cross Country events along the representative pathways. Attach any
current & valid medical records on to the AWD entry form NSW PSSA Cross Country
(including evidence to meet intellectual disability, vision or hearing impairment criteria).

Please tick:

| Has the classification been officially documented with the Australian Paralympic Committee? |
|-----------------------------------------------|---|---|
|                                                | Yes | No |

<table>
<thead>
<tr>
<th>Age</th>
<th>Distance</th>
<th>Events:</th>
</tr>
</thead>
<tbody>
<tr>
<td>8/9</td>
<td>2km</td>
<td>☐</td>
</tr>
<tr>
<td>10</td>
<td>2km</td>
<td>☐</td>
</tr>
<tr>
<td>11</td>
<td>3km</td>
<td>☐</td>
</tr>
<tr>
<td>12/13</td>
<td>3km</td>
<td>☐</td>
</tr>
</tbody>
</table>

AWD competing must be able to achieve the distance within the stated qualifying time

Contact teacher’s name(Sport Coordinator / Special Education): ..........................................................

Parent’s Signature: ........................................ Date: ..................................................

Principal’s Approval: ........................................ Date: ..................................................

Closing date for entry form - 19/6/2009

Forward entry form to - Regional Cross Country Convener
2009 SCHOOL SPORT AUSTRALIA CROSS COUNTRY CHAMPIONSHIPS

the championships will be held on

Saturday, 29 August & Monday, 31 August 2009.

at

Bicentennial Equestrian Park - Camden

Please note: An application to act as an Official follows this page.

Nomination Forms must be completed and returned by Friday, 5 June 2009.

Neil Sherring
Executive Officer

Tony Last
Cross Country Convener

Grant Parker
Executive Officer

Grant Newell
Cross Country Convener
SCHOOL SPORT AUSTRALIA  
CROSS COUNTRY - OFFICIALS NOMINATION  
STATE CHAMPIONSHIPS - SATURDAY, 29 AUGUST 2009 & MONDAY, 31 AUGUST 2009  
AT BICENTENNIAL EQUESTRIAN PARK – CAMDEN.  

NOMINATION FOR OFFICIAL POSITION

1. **Name**: Mr/Mrs/Miss/Ms  ..........................................................

2. **School**: ...........................................................................
   **Address**: ...........................................................................
   Post Code: .............................................................

3. **Telephone**: ........................................ Fax: ..................................

4. **Region**: ...........................................................................

5. I wish to apply for the following positions:  
   i) ................................................... ii) ............................................ iii) .............................................  

6. **Polo Shirt Size** (please complete carefully by circling correct size)  
   
   XS          S          M          L          XL          XXL          XXXL  

7. **Previous Experience**:  
   **Zone Level**: ...........................................................................
   **Area Level**: ...........................................................................
   **State Level**: ...........................................................................
   **Position/Year**: ...........................................................................

8. **Previous years applied as an official at State level**:  
   Signed: ........................................ Date: .................................

9. **Principal’s/ School Education Director’s Recommendation**:  
   Signed: ........................................ Date: .................................

10. **Regional Sports Associations Comment**:  
    Signed: ........................................ Date: .................................

Prompt replies will greatly assist the organisation of this year’s Championships.

Closing Date:  Friday, 5 June 2009
2009 STATE ATHLETICS CHAMPIONSHIPS

The following pages have information concerning the New South Wales Primary Schools Sports Association’s 2009 State Athletics Championships. As advertised, the championship will be held on

WEDNESDAY, 28 OCTOBER 2009

and

THURSDAY, 29 OCTOBER 2009

PLEASE NOTE:
The starting times for each day have been amended for 2009

Day 1: Commences at 8.00am
Day 2: Commences at 8.00am

Please note: An application to act as an Official follows this page.

Nomination Forms must be completed and returned by Friday, 21 August 2009.

Neil Sherring
Executive Officer

Sue Stephens
Athletics Convener
STATE ATHLETICS OFFICIALS

Dates: Wednesday, 28 October - Thursday, 29 October 2009.

Venue: Sydney Athletic Centre, Homebush.

The following positions will require staffing for both days of the State Carnival -

OFFICIALS

Referees  Track
Field
Starter Area  Coordinator
Assistants
Announcers
Results Services  Coordinator
Assistants
Call Room  Manager
Assistants
Track  Umpire in Chief
Judges
Timekeeper  Chief
Assistant
Jumps Judges  Chief High Jump
Chief Long Jump
Assistant Jumps Judges
Throws Judges  Chief Shot Put Judge
Chief Discus Judge
Assistant Throws Judges

Gate/Apparel/Program

PLEASE NOTE:

1. Officials will be asked to contribute part payment towards the cost of officials Polo Shirt and Hat.
2. Casual relief will be provided to the appointed officials from government schools. No travelling days will be issued.

APPLICATIONS CLOSE Friday, 21 August 2009.

ALL APPLICATIONS ARE TO BE FORWARDED TO:

Mr Neil Sherring
Schools Sports Unit
Locked Bag 1530
Bankstown NSW 2200

Sue Stephens
Athletics Convener

Neil Sherring
Executive Officer
NEW SOUTH WALES PRIMARY SCHOOLS SPORTS ASSOCIATION

ATHLETICS OFFICIALS NOMINATION

STATE CHAMPIONSHIPS - WEDNESDAY, 28 OCTOBER & THURSDAY, 29 OCTOBER 2009.
AT SYDNEY ATHLETIC FIELD, HOMEBUSH.

NOMINATION FOR OFFICIAL POSITION

1. Name: Mr/Mrs/Miss/Ms ..........................................................................................................................

2. School: ....................................................................................................................................................

   Address: ..................................................................................................................................................

   ......................................................................................................... Post Code: .........................................

   Telephone: ................................................................................. Fax: ..................................................

3. Region: ....................................................................................................................................................

4. I wish to apply for the following positions:

   i) ............................................ ii) ....................................................... iii) .................................................

5. Dress Shirt Size (please complete carefully by circling correct size)

   Adult sizes
   XS S M L XL XXL XXXL

6. Previous Experience:

   Zone Level: .............................................................................................................................................

   ..............................................................................................................................................................

   Area Level: .............................................................................................................................................

   ..............................................................................................................................................................

   State Level: .............................................................................................................................................

   ..............................................................................................................................................................

   Position/Year: .........................................................................................................................................

7. Previous years applied as an official at State level: .............................................................................

   Signed: ................................................................. Date: ..................................................

8. Principal’s/ School Education Director’s Recommendation: .................................................................

   Signed: ................................................................. Date: ..................................................

9. Regional Sports Associations Comment: ...............................................................................................  

   Signed: ................................................................. Date: ..................................................

Prompt replies will greatly assist the organisation of this years Championships.

Closing Date:  Friday, 21 August 2009.
2009 SCHOOL SPORT AUSTRALIA TRACK & FIELD CHAMPIONSHIPS

The following pages have information concerning the School Sport Australia 2009 Track & Field Championships. The NSWPSSA will be hosting this event in 2009 on -

Monday, 30 November 2009

Tuesday, 1 December 2009

&

Wednesday, 2 December 2009

At Blacktown Olympic Park

Please note: An application to act as an official follows this page.

Nomination Forms must be completed and returned by Friday, 19 September 2009.

Neil Sherring
Executive Officer

Sue Stephens
Athletics Convener
School Sport Australia Track & Field Officials

Dates:
Monday, 30 November, Tuesday, 1 December & Wednesday, 2 December 2009.

Venue: Blacktown Olympic Park

The following positions will require staffing for both days of the SSA Track & Field Championships -

OFFICIALS
Referees
Track
Field
Starter Area
Coordinator
Assistant
Announcers
Results Services
Coordinator
Assistant
Call Room
Manager
Assistant
Track
Umpire in Chief
Judge
Timekeeper
Chief
Assistant
Jumps Judges
Chief High Jump
Chief Long Jump
Assistant Jumps Judges
Throws Judges
Chief Shot Put Judge
Chief Discus Judge
Assistant Throws Judges

Gate/Apparel/Program

PLEASE NOTE:
1. Officials will be asked to contribute part payment towards the cost of officials Polo Shirt and Hat.
2. Casual relief will be provided to the appointed officials from government schools. No travelling days will be issued.

APPLICATIONS CLOSE Friday, 19 September 2009.

ALL APPLICATIONS ARE TO BEFORWARDED TO:

Mr Neil Sherring
Schools Sports Unit
Locked Bag 1530
Bankstown NSW 2200

Sue Stephens
Athletics Convener

Neil Sherring
Executive Officer
SCHOOL SPORT AUSTRALIA
TRACK & FIELD OFFICIALS NOMINATION
SSA CHAMPIONSHIPS - MONDAY, 30 NOVEMBER, TUESDAY 1 DECEMBER & WEDNESDAY, 2 DECEMBER 2009.
AT BLACKTOWN OLYMPIC PARK.

NOMINATION FOR OFFICIAL POSITION

1. Name: Mr/Mrs/Miss/Ms ...............................................................

2. School: ......................................................................................
   Address: .......................................................................................
   Post Code: ....................................................................................
   Telephone: ...................................................................................
   Fax: .............................................................................................

3. Region: ......................................................................................

4. I wish to apply for the following positions:
   i) .............................................................
   ii) ............................................................
   iii) ............................................................

5. Dress Shirt Size (please complete carefully by circling correct size)
   Adult sizes
   XS   S   M   L   XL   XXL   XXXL

6. Previous Experience:
   Zone Level: ......................................................................................
   Area Level: ......................................................................................
   State Level: ......................................................................................
   Position/Year: ......................................................................................

7. Previous years applied as an official at State level: ............................................................
   Signed: ............................................................. Date: .............................

8. Principal’s/ School Education Director’s Recommendation: ............................................................
   Signed: ............................................................. Date: .............................

9. Regional Sports Associations Comment: ............................................................
   Signed: ............................................................. Date: .............................

Prompt replies will greatly assist the organisation of this years Championships.
Closing Date: Friday, 19 September 2009.