

**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:-

Qualifying Times

Event	Girls	Boys
All Age 50m F/S	1.19.0	1.18.8
8yrs 50m F/S	47.0	45.0
9yrs 50m F/S	42.0	41.0
10yrs 50m F/S	40.0	39.0
11yrs 50m F/S	38.0	36.8
12yrs 50m F/S	37.6	36.6
13yrs 50m F/S	41.8	39.0
11/12/13yrs 50m Brst/S	48.5	48.5
Junior 50m Brst/S	53.3	53.3
11/12/13yrs 50m Bk/S	44.2	43.9
Junior 50m Bk/S	47.2	47.0
11/12/13yrs 50m B/F	40.8	40.5
Junior 50m B/F	46.0	44.0

Event	Girls	Boys
Senior 4x50m Relay	2.45.6	2.40.3
Junior 4x50m Relay	2.48.6	2.42.7
All Age 200m Ind Med	3.20.0	3.20.0
Open 4x50m PP5 & PP6		
Schools Relay	No Qualifying Time	
Multi-Disability Events	Refer to the Information provided	

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

1 - Heats	Girls All Age Freestyle	100m
2 - Heats	Boys All Age Freestyle	100m
3 - Heats	Girls 8 years Freestyle	50m
4 - Heats	Boys 8 years Freestyle	50m
5 - Heats	Girls 9 years Freestyle	50m
6 - Heats	Boys 9 years Freestyle	50m
7 - Heats	Girls 10 years Freestyle	50m
8 - Heats	Boys 10 years Freestyle	50m
9 - Heats	Girls 11 years Freestyle	50m
10 - Heats	Boys 11 years Freestyle	50m
11 - Heats	Girls 12 years Freestyle	50m
12 - Heats	Boys 12 years Freestyle	50m
13 - Heats	Girls 13 years Freestyle	50m
14 - Heats	Boys 13 years Freestyle	50m
45 - Timed Final	Girls Senior Breaststroke Multi-Disability	50m
46 - Timed Final	Boys Senior Breaststroke Multi-Disability	50m
47 - Timed Final	Girls Junior Breaststroke Multi-Disability	50m
48 - Timed Final	Boys Junior Breaststroke Multi-Disability	50m
15 - Heats	Girls Junior Breaststroke	50m
16 - Heats	Boys Junior Breaststroke	50m
17 - Heats	Girls 11 years Breaststroke	50m
18 - Heats	Boys 11 years Breaststroke	50m
19 - Heats	Girls 12/13 yrs Breaststroke	50m
20 - Heats	Boys 12/13 yrs Breaststroke	50m
61 - Timed Final	Girls All Age Relay	5 x 50m
62 - Timed Final	Boys All Age Relay	5 x 50m

Lunch approximately 40 minutes duration

EVENT

SESSION 2

1 - Final	Girls All Age Championship	100m
2 - Final	Boys All Age Championship	100m
3 - Final	Girls 8 years Championship	50m
4 - Final	Boys 8 years Championship	50m
5 - Final	Girls 9 years Championship	50m
6 - Final	Boys 9 years Championship	50m
7 - Final	Girls 10 years Championship	50m
8 - Final	Boys 10 years Championship	50m
49 - Timed Final	Girls Senior Freestyle Multi-Disability	50m
50 - Timed Final	Boys Senior Freestyle Multi-Disability	50m
51 - Timed Final	Girls Junior Freestyle Multi-Disability	50m
52 - Timed Final	Boys Junior Freestyle Multi-Disability	50m
9 - Final	Girls 11 years Championship	50m
10 - Final	Boys 11 years Championship	50m
11 - Final	Girls 12 years Championship	50m
12 - Final	Boys 12 years Championship	50m
13 - Final	Girls 13 years Championship	50m
14 - Final	Boys 13 years Championship	50m
15 - Final	Girls Junior Breaststroke	50m
16 - Final	Boys Junior Breaststroke	50m
17 - Final	Girls 11 years Breaststroke	50m
18 - Final	Boys 11 years Breaststroke	50m
19 - Final	Girls 12/13 yrs Breaststroke	50m
20 - Final	Boys 12/13 yrs Breaststroke	50m
21 - Heats	Girls Junior Individual Medley	200m
22 - Heats	Boys Junior Individual Medley	200m
25 - Heats	Girls Senior Individual Medley	200m
26 - Heats	Boys Senior Individual Medley	200m

DAY 2 - Thursday, 9 April 2009

Warm Up 8:00 am - start no later than 9:30 am.

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

Lunch approximately 40 minutes duration

EVENT			SESSION 4
21 - Final	Girls Junior Individual Medley	200m	
22 - Final	Boys Junior Individual Medley	200m	
25 - Final	Girls Senior Individual Medley	200m	
26 - Final	Boys Senior Individual Medley	200m	
39 - Final	Earl McGee Small Schools Relay	4 x 50m F/S	
40 - Final	Peter Dobson Schools Relay	4 x 50m F/S	
27 - Final	Girls Junior Backstroke	50m	
28 - Final	Boys Junior Backstroke	50m	
29 - Final	Girls 11 years Backstroke	50m	
30 - Final	Boys 11 years Backstroke	50m	
31 - Final	Girls 12/13 years Backstroke	50m	
32 - Final	Boys 12/13 years Backstroke	50m	
57 - Timed Final	Girls Senior Butterfly Multi-Disability	50m	
58 - Timed Final	Boys Senior Butterfly Multi-Disability	50m	
59 - Timed Final	Girls Junior Butterfly Multi-Disability	50m	
60 - Timed Final	Boys Junior Butterfly Multi-Disability	50m	
33 - Final	Girls Junior Butterfly	50m	
34 - Final	Boys Junior Butterfly	50m	
35 - Final	Girls 11 years Butterfly	50m	
36 - Final	Boys 11 years Butterfly	50m	
37 - Final	Girls 12/13 years Butterfly	50m	
38 - Final	Boys 12/13 years Butterfly	50m	
41 - Final	Girls Junior Relay	4 x 50m	
42 - Final	Boys Junior Relay	4 x 50m	
43 - Final	Girls Senior Relay	4 x 50m	
44 - Final	Boys Senior Relay	4 x 50m	

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

BOYS/GIRLS - Juniors (8, 9, 10)

Class	Freestyle		Backstroke		Breaststroke		Butterfly	
	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls
S1	NS	NS	NS	NS	NS	NS	NS	NS
S2	NS	NS	NS	NS	NS	NS	NS	NS
S3	3.00.00	3.00.00	3.25.00	3.25.00	3.30.00	3.30.00	3.25.00	3.25.00
S4	2.50.00	2.50.00	3.00.00	3.00.00	3.00.00	3.00.00	3.00.00	3.00.00
S5	2.30.00	2.30.00	2.50.00	2.50.00	2.40.00	2.40.00	2.50.00	2.50.00
S6	2.00.00	2.00.00	2.05.00	2.00.00	2.00.00	2.00.00	2.05.00	2.00.00
S7	1.35.00	1.40.00	1.55.00	2.00.00	1.55.00	1.55.00	1.55.00	2.00.00
S8	1.25.00	1.30.00	1.35.00	1.45.00	1.40.00	1.45.00	1.35.00	1.45.00

S9	1.20.00	1.22.00	1.30.00	1.30.00	1.35.00	1.45.00	1.30.00	1.30.00
S10	1.15.00	1.20.00	1.25.00	1.25.00			1.25.00	1.25.00
S11	1.35.00	1.35.00	2.00.00	2.00.00	2.00.00	2.00.00	2.00.00	2.00.00
S12	1.25.00	1.25.00	1.40.00	1.40.00	1.40.00	1.40.00	1.40.00	1.40.00
S13	1.20.00	1.20.00	1.30.00	1.30.00	1.30.00	1.35.00	1.30.00	1.30.00
S14	1.10.00	1.10.00	1.20.00	1.20.00	1.25.00	1.25.00	1.20.00	1.20.00
S15	1.15.00	1.15.00	1.20.00	1.20.00	1.25.00	1.25.00	1.20.00	1.20.00
S16	1.25.00	1.25.00	1.30.00	1.30.00	1.35.00	1.35.00	1.30.00	1.30.00

BOYS/GIRLS - Seniors (11, 12, 13)

Class	Freestyle		Backstroke		Breaststroke		Butterfly	
	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls
S1	NS	NS	NS	NS	NS	NS	NS	NS
S2	NS	NS	NS	NS	NS	NS	NS	NS
S3	2.50.00	2.50.00	3.00.00	3.00.00	3.10.00	3.10.00	3.00.00	3.00.00
S4	2.40.00	2.40.00	2.50.00	2.50.00	2.55.00	2.55.00	2.50.00	2.50.00
S5	2.00.00	2.05.00	2.10.00	2.10.00	2.35.00	2.35.00	2.10.00	2.10.00
S6	1.45.00	1.45.00	1.50.00	1.50.00	1.55.00	1.55.00	1.50.00	1.50.00
S7	1.20.00	1.20.00	1.25.00	1.30.00	1.40.00	1.45.00	1.25.00	1.30.00
S8	1.15.00	1.15.00	1.20.00	1.22.00	1.30.00	1.25.00	1.20.00	1.22.00
S9	1.10.00	1.10.00	1.12.00	1.15.00	1.20.00	1.20.00	1.12.00	1.15.00
S10	1.00.00	1.05.00	1.08.00	1.10.00			1.08.00	1.10.00
S11	1.25.00	1.25.00	1.35.00	1.35.00	1.40.00	1.40.00	1.35.00	1.35.00
S12	1.12.00	1.12.00	1.20.00	1.20.00	1.30.00	1.30.00	1.20.00	1.20.00
S13	1.10.00	1.10.00	1.15.00	1.15.00	1.25.00	1.25.00	1.15.00	1.15.00
S14	1.05.00	1.05.00	1.15.00	1.15.00	1.20.00	1.20.00	1.15.00	1.15.00
S15	1.05.00	1.05.00	1.10.00	1.15.00	1.20.00	1.25.00	1.10.00	1.15.00
S16	1.10.00	1.10.00	1.15.00	1.15.00	1.25.00	1.25.00	1.15.00	1.15.00

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.

Race Example:

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

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

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 NSWPSA 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?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
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- Event No: Entry Time:
- Event No: Entry Time:
- Event No: Entry Time:
- 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

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

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



New South Wales Primary Schools Sports Association

Schools Diving - Individual Entry Sheet

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

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

Dive	Association	Name	Event	Dive No	Position	Board	D/D
1							
2							
3							
4							
5							
6							
7							
8							
Additional							

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
Executive Officer

Tony Last
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:

Positions

1. Course Officials
2. Course Managers
3. Timekeepers
4. Judges
5. Starters
6. Marshalls
7. Recorders
8. Team Administration
9. Announcer

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.

<u>Event</u>	<u>Date</u>	<u>Venue</u>
NSW PSSA Cross Country	Friday 31 July 2009	Eastern Creek Raceway

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
T01	11:30.00	17:30.00	T01	11:30.00	17:30.00
T12	14:00.00	19:00.00	T12	14:00.00	19:00.00
T13	13:30.00	18:30.00	T13	13:30.00	18:30.00
T20	11:30.00	17:30.00	T20	11:30.00	17:30.00
T36	15:00.00	20:00.00	T36	14:40.00	20:00.00
T37	13:30.00	18:30.00	T37	13:30.00	18:30.00
T38	13:00.00	18:00.00	T38	13:00.00	18:00.00
T44	15:00.00	20:00.00	T44	15:00.00	20:00.00
T45	12:00.00	19:00.00	T45	12:00.00	19:00.00
T46	12:00.00	19:00.00	T46	12:00.00	19:00.00

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 compete 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 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

Student's Surname -		Student's First Name -	
Student's Age (in 2009) -		Student's DOB -	
Student's School & Suburb -		Region -	
Year / Grade -		Gender – (please circle)	Male or Female
Parent's Name/s -		Home Address -	
Contact Home Phone -		Contact Mobile -	
Contact Work Phone -		Email Address -	

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?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
--	------------------------------	-----------------------------

Age Distance	Events:			
	<input type="checkbox"/> 8/9 2km	<input type="checkbox"/> 10 2km	<input type="checkbox"/> 11 3km	<input type="checkbox"/> 12/13 3km

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:

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, 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 NSWPSA 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 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, 19 September 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





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.**