



Program of Events
Tongarra PSSA Athletics Carnival 2025
Friday 8th August - Myimbarr Community Park, Shellharbour

Track Events		
Time	Event	Age Group Order
8.30am Marshalling from 8.10am	1500m Timed Finals	Jnr Girls Jnr Boys 11yrs Girls 11yrs Boys 12yrs Girls 12yrs Boys
9.30am Approx 10-15min per age group	100m Heats	8yrs Girls 8yrs Boys 9yrs Girls 9yrs Boys 10yrs Girls 10yrs Boys 11yrs Girls 11yrs Boys 12yrs Girls 12yrs Boys
11.30	800m Timed Finals	Jnr Girls Jnr Boys 11yrs Girls 11yrs Boys 12yrs Girls 12yrs Boys
12.30	100m Finals	8yrs Girls 8yrs Boys 9yrs Girls 9yrs Boys 10yrs Girls 10yrs Boys 11yrs Girls 11yrs Boys 12yrs Girls 12yrs Boys
1.00pm	Relays Timed Finals	Jnr Girls Jnr Boys Snr Girls Snr Boys
1.45pm	200m Timed Finals	Jnr Girls Jnr Boys 11yrs Girls 11yrs Boys 12yrs Girls 12yrs Boys



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Field Events

High Jump

Time	Age Group
9.00	11yrs Girls (A)
10.30	Snr Girls (A)
12.00	11yrs Boys (A)
12.00	Snr Boys (B)
1.30	Jnr Girls (A)
1.30	Jnr Boys (B)

Long Jump

Time	Age Group
9.00	Jnr Girls (A)
9.00	Jnr Boys (B)
10.30	11yrs Girls (A)
10.30	11yrs Boys (B)
12.00	Snr Girls (A)
1.30	Snr Boys (A)

Shot Put

Time	Age Group
9.00	Snr Girls
10.00	Snr Boys
11.00	Jnr Girls



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12.00	Jnr Boys
1.00	11yrs Girls
2.00	11yrs Boys

Carnival Information

Competitors	• Arrive at the grounds at least 30mins before your event start time • Sign on at your school tent on arrival to the grounds • Sign out when leaving • Listen to PA announcements for marshalling calls • Follow the direction of all Tongarra teachers • Remain in the designated spectator areas unless competing in an event • Seek teacher permission to visit the toilet or canteen
Marshalling	• Marshalling for track events will be approximately 20mins prior to the race start time. • The first marshalling call for the track will be at 8.10am for the Junior Girls and Boys 1500m. • Marshalling for field events will be approximately 20mins before the advertised starting time of the event. • The first marshalling call for the field will be at 8.40am for 11yrs Girls High Jump, Jnr Girls and Boys Long Jump and Snr Girls Shot Put.
Clash Procedures	As track and field events are held simultaneously, this can sometimes result in competitors being required in two places at once. • Inform official or track marshall of the clash at the beginning of your event and wait for release. Do not leave an event without the consent of the official. • Return immediately once the other event is finalised. • Track events take priority over field events. • Field officials may allow athletes to compete out of round and out of order in all rounds.
Canteen	• Lake Illawarra Athletics centre is running a canteen on the day and we encourage you to utilise their canteen. • Lunch for students, parents, and carers can be pre-ordered on the day, and this is advised.



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| | <ul style="list-style-type: none">• Lake Illawarra athletics will also have a coffee van available on the day.• Cash and Card is accepted.• Hot food available: Plain Pie - \$4.00, Hot Dog - \$3.50, Sausage Roll - \$3.00, Chicken and Gravy Roll \$7.00, |
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