



2023 Inner West PSSA



Athletics Qualifying Information

SCHOOLS MAY ENTER THE FOLLOWING NUMBER OF COMPETITORS IN EVENTS:

100m Age Races	Schools with <u>up to 500</u> students may enter TWO* competitors. Schools with <u>more than 500</u> students may enter THREE* competitors. *Schools may enter an additional competitor, provided all competitors meet the qualifying times stated.
200m Races	TWO* competitors per event. A third competitor may be entered, if all competitors meet the qualifying times stated.
800m Races	ONE* competitor per event. Up to two additional competitors may be entered, if all competitors meet the qualifying times stated.
1500m Races	Schools are invited to submit times for consideration in the 1500m event. Names of students and times to be submitted to the Inner West Zone Athletics Convener for each event. Submitted times need to be attained in the 2023 calendar year and ratified by the Sports Coordinator/Executive from each school.
Relays	ONE team per event.
Field Events	ONE competitor per event. An additional competitor may be entered, if they meet the qualifying standards stated.

Ball Games

Ball Games competitors **must not** be involved in any other event at the 2023 Inner West PSSA Athletics Carnival.

Captain Ball

Captain Ball teams shall consist of 10 players comprising 5 boys and 5 girls. All team members **must** be turning 11, 12 or 13 years of age in the year of the 2023 Inner West PSSA Athletics Carnival.

Tunnel Ball

Tunnel Ball teams shall consist of 10 players comprising 5 boys and 5 girls. All team members **must** be turning 8, 9 or 10 years of age in the year of the 2023 Inner West PSSA Athletics Carnival.

Qualifying Standards

100m	8 Yrs	9 Yrs	10 Yrs	11 Yrs	12 Yrs
Boys	17.44	16.86	16.30	15.84	15.37
Girls	18.32	17.36	17.47	16.30	15.72

	BOYS			GIRLS		
	Jnr	11 Yrs	Snr	Jnr	11 Yrs	Snr
200m	35.60	33.49	34.17	37.01	35.45	36.44
800m	3:16.15	3:02.15	3:01.96	3:41.95	3:12.61	3:24.71
High Jump	1.10	1.20	1.25	1.05	1.15	1.20
Long Jump	2.73	3.05	3.46	2.60	3.11	2.75
Shot Put	5.62	6.18	7.24	5.07	3.86	5.63
Discus	13.11	11.54	16.02	12.42	11.10	11.75