

# ATHLETICS WEST

## 2022 School Information Pack

#PERTH  
SPORTS  
LIFE

# ATHLETICS WEST | SCHOOL ATHLETICS

## School Athletics

Athletics West are pleased to share our School Information Pack, a resource designed to provide schools with an overview of our events and programs for students.

The Kumon Little Athletics Program for Schools (LAPS) offers a free athletics session for schools, whilst our new teacher PD provides an upskilling session for staff ahead of the school carnival season.

We have an exciting calendar of events returning this year from cross country to track & field, providing students the opportunity to compete against their peers and represent their school with pride at the highest level of school-age competition in the State.

We have a range of marketing materials available for schools for these events, so if you are interested in social media tiles, newsletter feature templates, flyers or brochures please email [admin@athleticswest.com.au](mailto:admin@athleticswest.com.au).

If you have any queries, please do not hesitate to contact the Athletics West team.

Athletics West

## Seeking a coach for school training?

Athletics West can assist schools in finding suitable coaches, by promoting paid coaching opportunities to our accredited coach network through our Coach E-News. If you have a position you would like to share, please send the details through to [admin@athleticswest.com.au](mailto:admin@athleticswest.com.au).



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# ATHLETICS WEST | SCHOOL ATHLETICS

## Key Dates

Event	Venue	Date
Secondary Champion Schools Cross Country (School Sport WA Event)	UWA Sports Park, Mt Claremont	Friday 20th May 2022
Athletics West Winter Competitions	Various locations	Starting Term 2, dates TBC
WA Cross Country Championships	TBC	Term 3, date TBC
Primary Champion Schools Cross Country (School Sport WA Event)	UWA Sports Park, Mt Claremont	Friday 12th August 2022
WA Nitro Schools Challenge	Ern Clark Athletics Centre, Cannington	Term 3, date TBC
Australian All Schools Championships	Ern Clark Athletics Centre, Cannington	Term 4, date TBC

# CROSS COUNTRY CHAMPIONSHIPS

## WA State Cross Country Championships

The 2022 WA State Cross Country Championships features races for the U14 - U20, Open + Masters age groups. The age groups for this event are conducted under Athletics Australia (AA) rules and differ to Little Athletics Australia (LAA) rules.

Age Group	Women	Men	Eligible Top Age
Under 14	3000m	3000m	Born in 2009
Under 15	4000m	4000m	Born in 2008
Under 16	4000m	4000m	Born in 2007
Under 17	4000m	6000m	Born in 2006
Under 18	4000m	6000m	Born in 2005
Under 20	6000m	8000m	Born in 2003
Open	10000m	10000m	Open age
Under 15 Para	3000m	3000m	Born in 2008/2009
Under 17 Para	3000m	3000m	Born in 2006/2007
Under 20 Para	3000m	3000m	Born in 2003/2004/2005
Open Para	3000m	3000m	Open Age







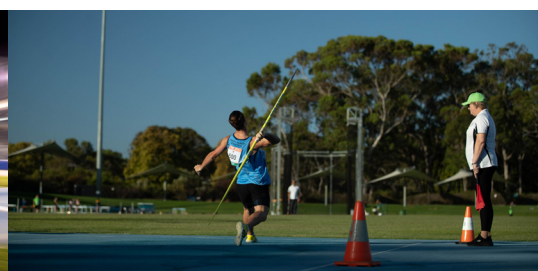
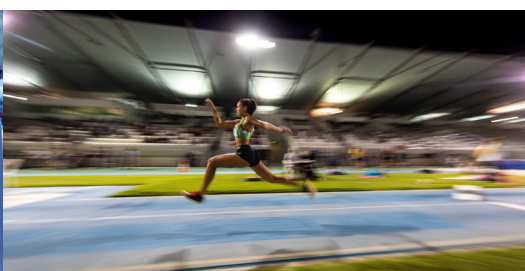
## WA Nitro Schools Challenge powered by Go For 2&5

The 2022 WA Nitro Schools Challenge powered by Go For 2&5 provides schools throughout Western Australia with the opportunity to enter teams of students in an exciting new athletics format. These teams will get to prepare for upcoming interschool carnivals in a championship event, and can qualify for the National Nitro Schools Challenge Final to compete against the best school teams in Australia.

Schools can enter capped teams in three divisions;

1. Junior – Students turning 13 or 14 years (maximum 7 competitors)
2. Intermediate – Students turning 13 to 16 years (maximum 11 competitors)
3. Senior – Students turning 13 to 18 years (maximum of 11 competitors)

The Nitro Schools Challenge powered by Go For 2&5 has conventional track events such as short sprints and hurdles and distance events up to 1000m, team relays such as the 2 x 800m and Swedish relay, as well as field events with bonus points for accuracy on offer, such as the javelin and shot put. Teams also have the opportunity to score double points in a nominated “powerplay” event. A full list of the team sizes, events, bonus points, and the qualification process for the National Coles Nitro Schools Challenge Final will be available in the supplemental materials, as well as online at [www.athleticswest.com.au](http://www.athleticswest.com.au).



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# 2022 WA ALL SCHOOLS CHAMPIONSHIPS

POWERED BY Go for 2&5<sup>®</sup>  
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## WA All Schools Championships powered by Go For 2&5

The 2022 WA All Schools Championships powered by Go For 2&5 are the peak school athletics championships in WA, taking place in term 4. The event gives students the opportunity to compete against the best school-aged athletes in the state in the Under 14, Under 16, Under 18, and Para categories, and is the WA State Team selection meet for the Australian All Schools Championships.

The event is not restricted to Athletics West members, meaning any school-aged athlete can represent their school in any event. Athletics West encourage school sports departments to promote participation to all students interested in athletics competition, and where possible, to provide competition tops to allow students to proudly represent their school colours.

Details on registering for the event will be released during term 3. Late entries will be permitted for events that are not full. Medal ceremonies are conducted for each event, with the top three athletes for each year of birth receiving an invitation to join the WA State Team for the Australian All Schools Championships.

Full details will be available online at [www.athleticswest.com.au](http://www.athleticswest.com.au).



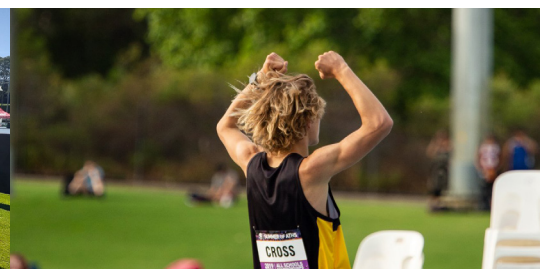


## Australian All Schools Championships & Nitro Schools Challenge Final

The Australian All Schools Championships and the National Nitro Schools Challenge Final are the peak school athletics championships in Australia, held in December. The best school-aged athletes from around the country compete to claim the title of National Champion, with the 3-day meet immediately followed by the crowning of the National Champion schools teams in the Nitro Schools Final.

Students participating in the All Schools Championships nominate and travel with the WA State Team, whereas school teams who qualify for the Nitro Schools Final travel with, and represent, their school. The event is live-streamed around the country, and worldwide, giving students and schools an opportunity to compete on a global stage. In recent years, schools like Corpus Christi College and Darling Range Sports College, and athletes like Kayla Van Der Linden, Cooper Jenkins, and Jade Patching have been able to showcase themselves and their schools to a huge audience, as well as their peers in WA.

Selection for both National Championship events is predicated on placing at the state-based competitions, and Athletics West highly recommend schools and students nominate for the state events as soon as possible.



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# PROGRAMS FOR SCHOOLS

## Kumon Little Athletics Program for Schools

Through the Kumon Little Athletics Program for Schools (LAPS), Athletics West delivers an introductory level athletics program that provides a high-quality experience to every participant. Students involved will develop running, jumping, and throwing skills through participating in fun, fast paced activities with a nationally accredited athletics coach.

Schools can book a free session of athletics at their school with one of our accredited coaches. Please note that the Kumon LAPS program is a separate program to Sporting Schools and does not require you to apply for any funding

## Professional Development for Teachers

In 2022 we are also pleased to be offering schools the opportunity to book two hours of athletics professional development for staff. The 2-hour professional development session run by an experienced Athletics Australia Accredited Coach at your school will feature:

- How to introduce athletics events to school-aged students
- Drills, exercises, and session ideas to promote skill development for the athletics events of your choice
- Points of technique, cues, and common errors for the athletics events of your choice
- The opportunity to observe the presenter coaching in action during the LAPS visit
- Opportunities to ask questions and have a go at the different events and receive feedback.
- Where to find additional session ideas and available coaching courses.

The cost of the professional development session is \$200 +GST.