

PARRAMATTA DISTRICT ATHLETICS CARNIVAL

Location:	1st Winston Hills Scout Hall, 1B Edison Parade, Winston Hills
Date/Time:	Thursday 10 April 2025 from 6:30pm to 9:30pm
Uniform:	Full uniform for opening parade/ Founder's Day service
Registration:	PL only, with completed registration form (5 bonus points for registration forms submitted to anthony.macarthur@nsw.scouts.com.au by 6:00pm 4 April)

Scoring:

- 1 point per individual participant registered
- 4 points per patrol registered
- 10 points for a win (but see scoring for chariot and 5-legged races)
- 6 points for a second (but see scoring for chariot and 5-legged races)
- 2 points for a third (but see scoring for chariot and 5-legged races)
- Tug-o-war will also have tugs leading to the final tug, and the winner of each 'tug-o-war' other than the final will be awarded 2 points.

General rules/notes:

1. Patrols should be made up of natural members only – outsiders/ring-ins will incur a penalty of 2 points per race per outsider/ring-in.
2. All events are patrol events, and only 4 patrol members are to participate per event. If you have more than 4 members in your patrol, you should cycle them across the events – there are sufficient events that everyone should be able to have a good go.
3. There will be an award for best overall Group performance, and the Patrol shield for best Patrol.
4. Some of the races require equipment that is to be brought by each Patrol, as follows:
 - 1x pool noodle fashioned into an acceptable javelin (no hard or sharp edges). Most likely will require a dowel or similar for rigidity;
 - Some eggs and a dessert spoon;
 - Hessian coffee or potato sacks
 - 3 (or more) medium (1.5-2m) construction poles for chariot;
 - Min. 4 lashing ropes (minimum of 3 lashings for chariot and 4 needed for 5-legged race)
 - 1x large or extra-large T-shirt for the T-shirt relay
 - 1x 2L mild container
 - Water bomb balloons
 - Sponges
 - 1x bucket

Programme:

6:30pm Registration (PLs only)

6:45pm Opening parade

7:00pm Events commence:

- blindfold pool noodle javelin
- chariot race
- egg & spoon/ coffee sack relay
- T-shirt relay
- 5-legged race
- sponge relay

Should time allow, one or more of the following

- tug-o-war
- water balloon toss

9:30pm Closing parade and awards

Rules:

Blindfold pool noodle javelin

- Patrols are to bring a pool noodle fashioned into a javelin (that is, it may be made before the carnival). The noodle most likely will need a piece of wooden dowelling or similar to provide it with some rigidity
- Importantly, the javelin must not have any sharp or hard points, edges or corners, or it will not be allowed to be used
- Three members of a 4-person Patrol are to direct the thrower, who is blindfolded, by sound alone (no touching allowed) to ensure they head in the correct direction and do not overstep the throw line

Chariot Race

- 4 Patrol members are to first construct a chariot, which must include at least 3 lashings and three construction poles. The lashings must be recognizable Scout knots
- The nominated rider is then carried around a designated course by the other 3 patrol members
- When the Patrol crosses the finishing line, they are to assemble in a straight line with the PL holding the placard in the air, and the Patrol is to wait there until their knots have been inspected
- 4 points will be allocated for correct knotwork, regardless of placing (that is, all patrols can score here) and 6 points for winning the race, 4 for second place and 2 for third place

Egg&Spoon/Coffee Sack /Coffee Sack/Egg&Spoon Relay

- 2 Patrol members line up on either side of the field. On the start side you have a Patrol member with an egg and spoon, and a Patrol member with nothing, and on the other side you have a patrol member standing in a coffee/potato sack and a patrol member with nothing
- How it works:
 - 1st leg - when the whistle sounds the 1st Scout with the egg and spoon sets off and, on reaching the other end, tags the member with the potato sack
 - 2nd leg – the next Scout sets off back to the start line. On reaching that side, the Scout gets out of the sack, hands it to the next Scout.
 - 3rd leg – the next Scout then hops off to the opposite side of the field. On reaching the opposite side, the Scout tags the last Scout who has not yet run a leg, and who should be ready holding the egg and spoon (which should have been handed to them by the first runner)
 - 4th leg – the last Scout sets off back to the start line with the egg and spoon
- On reaching the other side the last runner raises the Patrol registration number in the air. The first Patrol to achieve this will be declared the winner

T-Shirt Race

- Each patrol needs to bring a large or extra-large T-shirt
- Patrols of 4 Scouts line up in single file
- The T-shirt is given to the first scout in each line, who should be the PL
- When the whistle sounds, the 1st Scout puts the T-shirt on and then holds both hands with the next Scout in line, facing the Scout
- One of the other Patrol members pull the T-shirt from one Scout to the next
- The new T-shirt wearer then turns and holds hands with the next Scout, and to the next, and then the T-shirt is to be worked back to the 1st Scout (PL)
- Each Patrol will need a judge, and the judge should make sure the T-shirt is pulled all the way down on each Scout before being pulled back up, and that no short-cuts are taken in the heat of competition
- When the T-shirt is back on the PL on the front of the line, the Patrol is to assemble in a straight line with the PL holding the placard in the air. The first Patrol to achieve this will be declared the winner.

5-Legged Race

- The 4 patrol members line up side by side on one side of the field
- When the whistle sounds, the Scouts are to then round lash adjoining legs to end up with 5 'legs' (two single outside legs and three inner double legs) and set off along the designated course
- When the Patrol crosses the finishing line, the PL is to raise their number placard in the air, and the patrol is to wait there until their knots have been inspected
- 2 points will be allocated for correct knotwork, regardless of placing (that is, all patrols can score here) and 8 points for winning the race, 5 for second place and 2 for third place

Sponge Relay

- The patrol of 4 lines up at the start line on one side of the field with a bucket of water and a sponge, with a 2L milk container placed on the other side of the field
- When the whistle sounds, a first Patrol member soaks a sponge and then runs across the field and transfers as much water as they can from the sponge into the container, and then runs back to the start line and tags a second patrol member, who does the same, and so on (Scouts 1, 2, 3 then 4, and then again) until the container is full
- Once the container is full, the last Scout runs back to the start line, the Patrol is to assemble in a straight line with the PL holding the placard in the air
- The first Patrol to achieve this will be declared the winner

Tug-O-War

- Two patrols of 4 required, one at either end of a rope, with a centerline marked on the rope, sitting over the centre mark. There are additional marks 1.5 metres either side of the centre mark
- The Patrols lift the rope, and apply gentle pressure and arrange the centre marker of the centre line
- When the whistle sounds, the Patrols then 'go for it', pulling as hard as they can. The aim is for a Patrol to pull the rope centre marker over the 1.5m marker on their side. If this is achieved, that Patrol will be declared the winner and will proceed to the next tug, and so on until there are only 2 Patrols, who go on to the final tug

Water Balloon Toss

- 2 Patrol members either side of 2m gap, pass the water balloon to other side when told, take 1 step back and repeat – the Patrol that lasts the longest (ie. gets furthest apart without breaking their balloon) wins

PATROL REGISTRATION FORM

Patrol Name	
Unit Name	

Role	Scout Name	Natural Patrol member
PL		Yes / No
APL		Yes / No
Scout 3		Yes / No
Scout 4		Yes / No
Scout 5		Yes / No
Scout 6		Yes / No
Scout 7		Yes / No
Scout 8		Yes / No

Patrol Placard No (issued at event):