Guidelines for St Rose Annual Sport Award

Swimming, Athletics and Cross-Country

16 Points Medal Winner at Nationals
14 Points Represents NSW at Nationals
10 Points Represents Polding at NSW PSSA Championships
8 Points Represents Broken Bay at Polding Carnival
7 Points Represents Northern Beaches at Broken Bay Carnival (>2 events)
6 Points Represents Northern Beaches at Broken Bay Swimming or Athletics Carnival (2 or less events) or at Broken Bay Cross Country
4 Points Member of the school team and competes in 3 or more events at Northern Beaches Swimming or Athletics Carnival
3 Points Member of a school team and competes in 1 or 2 events at Northern Beaches Swimming, Athletics or Cross Country Carnival

St Rose Swimming/Athletics Relay Team

8 Points Member of St Rose relay team representing Polding at NSWPSSA (single event)
6 Points Member of St Rose relay team representing Broken Bay at Polding (single event)
4 Points Member of St Rose relay team representing Northern Beaches at Broken Bay (single event)
2 points Member of St Rose relay team at Northern Beaches Carnival (single event)

Winter/Summer Representative Sports - Netball, Softball, Hockey, Tennis, Basketball, League, Touch, Union, Soccer, Cricket, AFL etc.
(Student has gained selection in team on individual achievement)
14 Points represents NSW at Nationals
10 Points represents Polding at PSSA Championships
8 Points represents Broken Bay at Polding Carnival

Gala Days and Other Sport Competitions

1 Point member of a Pool A St Rose Gala Day team
1 Point member of a St Rose team in other sport competitions (non-compulsory) e.g. NSWCPS Netball, Rugby 7’s, Milo Cup, Tennis GD, Hockey GD, Basketball GD