

19/4/2018

Re: Athletics Program for week 2 -Tuesday 30th April, Friday 3rd May

Dear Parents and Caregivers,

Please find below some general information regarding our athletics carnival next week.

House colours are as follows: Rynne – Red; Lynam – Green and; Hughes – Blue. In the spirit of the day, children are welcome to accessorise their sports uniform with their colours. *Students and the houses they belong to can be found on our school's website in the 'Newsletter' section.*

Thanks to our P&F and some very gracious volunteers, the students will be able to have a free sausage on bread for lunch. Please ensure that your child has a water bottle, sufficient food to eat and sunscreen applied. Please ensure that additional food is packed for lunch if one sausage is not enough.

A general overview of Friday's carnival can be found below.

Please note. The following events will be held on Tuesday 30th April (times indicated are a guide only):

- **200m and 800m (9-12yrs only):**9am-12pm at the State School oval.
- **High jump** - 1-3pm on our oval (8-12yrs – that have qualified in the previous week's physical education classes)

Friday 3rd May

2018 - St Patrick's Athletics Carnival – Friday 3rd May (times indicated are a guide only)				
8:30am	Set up			
9:00am	Welcome and Creed reading followed by the National Anthem and March Past <ul style="list-style-type: none"> • Launch of the school's new Vision and Mission 			
9:15am	100m, 80m and 50m sprints – all children. Parent assistance appreciated (time keeping, marshalling)			
10:35am	Morning tea			
10:45am	Commencement of rotations			
	<table border="1"> <thead> <tr> <th>Children aged 8-12yrs</th> <th>Under 8s</th> </tr> </thead> <tbody> <tr> <td> Children will be grouped as follows: <ul style="list-style-type: none"> • *8-9yrs boys and girls • 10yrs boys and girls • *11 and 12yrs boys and girls *Ribbons, house points and age medallions will be awarded to the individual ages within these groupings. <p>Groupings will rotate through (and in the order of): discus, long jump and shotput.</p> <ul style="list-style-type: none"> • Parents are encouraged to assist where possible as their child rotates through the different events. </td> <td> Children will be rotating through some fun activities e.g. three legged race, ball games, long jump, high jump, tug-o-war. These are not for house points. Parents are encouraged to join in with their kids for some fun. <p>Age champion does not apply to these age groups. Medallions are awarded to 8 – 12yrs students only, upon the completion of all events.</p> </td> </tr> </tbody> </table>	Children aged 8-12yrs	Under 8s	Children will be grouped as follows: <ul style="list-style-type: none"> • *8-9yrs boys and girls • 10yrs boys and girls • *11 and 12yrs boys and girls *Ribbons, house points and age medallions will be awarded to the individual ages within these groupings. <p>Groupings will rotate through (and in the order of): discus, long jump and shotput.</p> <ul style="list-style-type: none"> • Parents are encouraged to assist where possible as their child rotates through the different events.
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12:30 – 1:30pm	Lunch			
1:30 – 2:30pm	Relays			
2:30pm	War Cries, presentation of age champions (8-12yrs) and winning house.			

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General field event rules

All students have had weeks of practice and training in the respective events (track and field) during physical education lessons. Students will be reminded of the respective rules for events on the day. These are in accordance with regional standards and expectations.

All queries are to be directed to Tyrone.

Generally:

- Shot put –
 - Girls - 8,9,10, 11,12yrs – 2kg
 - Boys – 8,9,10,11yrs– 2kg; 12yrs – 3kg

 - students have three attempts to shot put their best shot. Only their best is measured upon completion of everyone's attempts. Measured from the front edge (closest to pit) of the kick board to the landing point of the shot. **8yrs students will be awarded house and age champion points however no records exist for this age group. These start at 9yrs. Next level representation (Central downs) for throws are for 10yrs and older.**

- Discus
 - Boys and girls - 8,9,10yrs – 500grams; 11 and 12yrs – 750grams

 - students have three attempts to throw the discus. Only their best is measured upon completion of everyone's attempts. Measured from the front edge (closest to pit) of the circle to the landing point of the shot. **8yrs students will be awarded house and age champion points however no records exist for this age group. These start at 9yrs. Next level representation (Central downs) for throws are for 10yrs and older.**

- Long jump – students have three attempts. All jumps are measured with their best going into placings. Longest jump wins- Measured from the front edge of the board nearest to the pit to the closest point of contact (to board).

- High jump (conducted Tuesday the 30th April: 1-3pm)– students have three attempts at each height (predetermined by the judge and based on the ability of students)
 - A 'balk' is where a child pulls out of a jump and does not make contact with any of the equipment. One balk is allowed, two baulks constitutes a foul. Competition finishes for a student where three fouls at one height are recorded, when a child withdraws **or** when the judge withdraws the student for safety reasons.
 - Some 10-12yrs students have been trained (and cleared) to use the Fosbury Flop technique, all other students will jump with the scissors technique.
 - When the bar falls as a result of contact with the bar or uprights – it's a foul. Clearing the mats before the horizontal bar hits the mats is still a foul (with judge taking wind conditions into consideration).
 - Placings may be decided on a count back.

We are looking forward to good weather, good competition and good fun.

Kind Regards,



Tyrone Maher
Principal

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