

1/9/2020

Re: Athletics Program Thursday 3rd September

Dear Families,

Please find below some general information regarding our athletics carnival this 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.

Given the current Covid 19 climate, students will be responsible for their own morning tea and lunch. Please ensure that your child has a water bottle, sufficient food to eat and sunscreen applied.

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

2020 St Patrick's Athletics Carnival – Thursday 3rd September (times indicated are a guide only)					
8:30am	Set up				
9:00am	Welcome and Creed reading followed by the National Anthem and March Past				
9:15am	100m, 80m, 60m 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. 	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>
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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 Tyronne.

Generally:

- Shot put –
 - Girls – 8 (1.5kg) 9,10, 11yrs- 2kg; 12yrs – 3kg
 - Boys – 8 (1.5kg) 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).

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

Kind Regards,



**Tyronne Maher
Principal**

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