

Dear Parents and Caregivers,

### **Elim Christian College Senior Athletics Day**

Our annual Senior Athletics Day is coming up on **Wednesday 12<sup>th</sup> February 2020**. This is for students in Year 11 – Year 13.

**Please read information below regarding the day:**

**Date:** Wednesday 12<sup>th</sup> February 2020

*Please note: If there is a postponement, an email will be sent by 7.15am and a notice will be posted on schoology for students.*

#### **Time & Transport:**

All students must arrive directly to Lloyd Elsmore, **no later than 8:40am. DO NOT come directly to school.** The day is scheduled to finish around 2:30pm.

***(Bus students – there will be school vans to take you to Lloyd Elsmore – THIS IS ONLY FOR BUS STUDENTS) Please wait outside the Botany Campus gym if you are a bus student.***

There will be a roll call at the end of the day at 2.30pm. **Students are not to leave before this.**

**If you do pick up your child before the roll has been taken in the afternoon, you must sign them out with Mrs Pottow, at the announcers table.**

Students who catch the bus home will be shuttled back to school from Lloyd Elsmore, in time for the 3:10pm bus pick up.

#### **What to bring/wear:**

- Money (cash) – The interact club will be hosting a bake-sale. Providing baking + cold drinks.
- DRESS IN WHANAU COLOURS – The more the better!
- Wear appropriate sporting clothing and running shoes. Shoes must be worn on the track to prevent injury.
- Hat, sunscreen + LOTS OF WATER
- A warm jacket to wear between events

#### **How it will run (please see attached programme).**

- 1500M, 400M and 800M will be run in the morning. **If you wish to run 1500M please arrive by 8.30am as the first race will start at 8.45am.**
- All students will participate in every field event (Shot Put, Discus, High Jump, Long Jump & 100M)
- You will rotate around in your year groups.
- 200M, 400M, 800M and 1500M are optional events. You will run these in your age groups, not year groups. U16 (Intermediate) and U19 (Senior) (as at 1<sup>st</sup> Jan 2020).

**ALL STUDENTS MUST ATTEND – IT IS A FUN COMPULSORY SCHOOL DAY!**

## **SENIOR ATHLETICS DAY PROGRAMME 2020**

**8.15 – 8.30am**

**Staff / Helpers Briefing**

**8:40 – 8.50am**

**Assemble in Tutor Groups. Roll check.**

### **OPTIONAL TRACK EVENTS**

<b>Time</b>	<b>Grade</b>	<b>Event</b>	<b>Heats/Finals</b>
<b>8.45am</b> 8.55am	Y11-13 Boys & Girls	1500m	Timed Final
<b>9.05am</b> 9.15am	Intermediate Boys (U16) Intermediate Girls (U16) Senior Boys (U19) Senior Boys (U19)	400m 400m 400m 400m	Timed Final Timed Final Timed Final Timed Final
<b>9.25am</b> 9.35am	Intermediate Boys & Girls (U16) Senior Boys & Girls (U19)	800m 800m	Timed Final Timed Final

### **COMPULSORY FIELD EVENT ROTATIONS**

<b>Time</b>	<b>Rotation</b>	<b>Age Group</b>	<b>Field Event</b>
<b>9.45am</b> <b>10.30am</b>	1	Year 11 Boys and Girls Year 12 Boys and Girls Year 13 Boys and Girls	High Jump 100m Long Jump
<b>10.30am</b> <b>11.15am</b>	2	Year 11 Boys and Girls Year 12 Boys and Girls Year 13 Boys and Girls	Shotput Discus 100m
<b>11.15am</b> <b>12.00pm</b>	3	Year 11 Boys and Girls Year 12 Boys and Girls Year 13 Boys and Girls	Long Jump High Jump Shotput
<b>12.00pm</b> <b>12.45pm</b>	4	Year 11 Boys and Girls Year 12 Boys and Girls Year 13 Boys and Girls	100m Shotput Discus
<b>12.45pm</b> <b>1.30pm</b>	5	Year 11 Boys and Girls Year 12 Boys and Girls Year 13 Boys and Girls	Discus Long Jump High Jump

# OPTIONAL 200M HEATS / FINALS 100M & 200M / RELAYS

Time	Grade	Event	Heats/Finals	
<b>1.40pm</b> <b>2.00pm</b>	Intermediate Boys (U16) Intermediate Girls (U16) Senior Boys (U19) Senior Girls (U19)	200m 200m 200m 200m	Heat Heat Heat Heat	Fastest 8 times to final Fastest 8 times to final Fastest 8 times to final Fastest 8 times to final
<b>2.05pm</b> <b>2.15pm</b>	Intermediate Boys (U16) Intermediate Girls (U16) Senior Boys (U19) Senior Girls (U19)	100m 100m 100m 100m	Final Final Final Final	
<b>2.20pm</b> <b>2.30pm</b>	Intermediate Boys (U16) Intermediate Girls (U16) Senior Boys (U19) Senior Boys (U19)	200m 200m 200m 200m	Final Final Final Final	
<b>2:20pm</b> <b>2:30pm</b>	Relays Y11-13 Boys Team (Daniel, Ezekiel, Jeremiah, Joshua) Relays Y11-13 Girls Team (Daniel, Ezekiel, Jeremiah, Joshua)			Final Final

## 2.45 – Roll Call

**Shuttle Bus students back to school**

**Pack up / Go Home**