



Secondary Athletics Day

Thursday 17th April 2025

Information Booklet



An **Inclusive Learning Community**

General Overview

- Students should all come to school in proper House PE Kit including house shirt, trainers and shorts or tracksuit – not jeans! – Advisory teachers, please remind them in homeroom on the days leading up to the day.
- Please remind students (and yourselves!) to **bring a water bottle, a hat and sunscreen**. (No devices required on the day – Will be confiscated)
- There are water stations situated close to the track/field for student and teacher spectators. But no cups - students need to bring a bottle.
- Parents are welcome, please encourage the students to invite them.
- Students in Grades 6 – 10 have selected events to compete in on the day. It is their job to make sure that they turn up for each event (noticeboard and announcement will be made)
- All races are finals and will be based entirely on time, not place in the race.
- All field events will run throughout the morning.
- Please see Ben or Phil for any clarifications after reading this booklet.

Important things to note...

- Only students competing in that particular event should be at that station. There are large tents for students to watch the races and support their house.
- No student should be just wandering around school or across the track unless given permission by a teacher. Ask them to stay in spectator area (inside the track)
- Teachers, please wear your house shirt and model sun-smart behaviour.

Points

Position	Individual	Relay
1st	8	16
2nd	6	12
3rd	4	8
4th - 5th	2	4
6th - 8th	1	2

Schedule

For field events, students must complete their event within the scheduled time.

8.00	ATTENDANCE in Block 1 Lesson (go to normal block 1)				
8.10	House Gathering: Meet on the Field for Relays				
8.20	6X200M Relay (1 Boys/1Girls team per house with at least one representative from G6,7,8,9,10) x2				
8.30	100m	800m	400m	200m	
Grade 9-11					
9.45	100m	800m	400m	200m	
Grade 6					
11.00	100m	800m	400m	200m	
Grade 7+8					
12:30	Lunch – Secondary EAT 12:30-13:00				
13.00 – 13:45	All Athletes go to the Track for the Relays 8x50m Mixed per Grade Level 4X100m Single Gender per Grade Level				
14:15	Community Grade Level House Events Grade 6 (Four Square) Green Gym Grade 7+8 (House Cooperation Relays) Blue Gym Grade 9+10 (Tug 'o' War) Grass Quad				
14:30	Closing Ceremony (PAC)				

Event Schedule			
	Gr 6	Gr 7 & 8	Gr 9, 10 & 11
	Block 1 Classroom (attendance)		
8.10	Meet on the Field to warm up/introduce the sports day.		
8.25	6X200M Relay (1 Boys/1Girls team per house with a representative from G6,7,8,9,10)		
8.30 - 09.45	Long Jump/Triple Jump/High Jump	Shot Put , HBT or Javelin	Track Events
09:45 - 11.00	Track Events	Long Jump and/Triple Jump/High Jump	Shot Put or Javelin
11.00 - 12.30	Shot Put, HBT or Javelin	Track Events	Long Jump and/Triple Jump/High Jump
12:30 - 13.00	Lunch – MS/US EAT 12:30-13:00		
13:00-13:45	All Athletes go to the Track for the Relays 8x50m Mixed per Grade Level 4X100m Single Gender per Grade Level		
13:45-14:30	Community Grade Level House Events Grade 6 (Four Square) Green Gym Grade 7+8 (House Cooperation Relays) Blue Gym Grade 9+10 (Tug 'o' War) Grass Quad		
14:30-15:00	Closing Ceremony (PAC)		

Job Allocations and Descriptions

- Teachers who are listed in bold are the lead person for that event. Please check your name is there only once
(except relay exchange zone judges who will also have another role)
- There is a lunch-break for everyone at 12:30 – 13:00.
- There is no morning break, the events run straight through to lunch and again after lunch.
(fresh fruit will be available)
- Field Event Breaks - Each field event should have 2 helpers. This should enable you to rotate for breaks as necessary.**
- Track Event Breaks -** Timekeepers should be able to take a break according to the schedule but please be flexible. We need to have 8 timekeepers available at any one time.

Job	Staff Member
High Jump	Matt Burton , Shakeel Baksh, Sarah Boucher (ALL)
Long Jump/Triple Jump (Boys)	Jose Ibanez , Curt Farnham, Chris Brain (1 LANE)
Long Jump/Triple Jump (Girls)	Jade Bennett , Scott Corbett, Natalia Merino (1 LANE)
Shot Put	1) Corey Zocchi , Daniel Jones, Mike McHugh (BOYS) 2) Iryna Klyuk , Sunny Wang, Carole Fisher (GIRLS)
Javelin Throw/Softball Throw	1) Ken Brady , Shane Wu, Adam Harrold (BOYS) 2) Tanya Farrol , Lisa Wang, Angel Chen (GIRLS)
Time-Keepers Team	Sandy Kuan, JaeYong, Cheryl Moen, Triona Ryan, Anthony Lee, Caroline de Kock, Amit Roy, Alexia Latschenko, Shiqi Burton, Andrew Friedle
Cheerleaders/Support/Student supervisor	Ruben Joyner, Stephen Toole, Angela Fox, Annie Philip (results collecting)
Starter	Niels Loos
Start Marshalls	Andy Romero/Anna Yuen
Finish Marshall	Lead Time - Keeper Phil Farrol – Place Judge – Anita Claasen + Diane Keller
Results/Scorers	Vicki Hong and Shanshan
Relay exchange zone judges/Marshalling	Ben Dutton, Carolina Arzuza, Corey Zocchi
Photographer	Eleven Hu/Cynthia Liu/ Wicky Chen
Video	Video Review Team (Grade 11) + Danny Griffith
Announcer/Results checker	Michael Chesterman + Chen Wang + Sam Brown (results collecting)
Student Volunteer & Field Events Coordinator	Ben Dutton, Carolina Arzuza
Logistics/operating system	Ben Dutton
Referee/Event Manager	Ben Dutton/Phil Farrol
Student Helpers	Alex S – Results collecting Grade 11

TRACK EVENT JOBS

STARTER – Close liaison is required with start marshal and Head Timekeepers (please read the job role below) – Whilst the start marshals are organising heats and lanes you need to hold up a red board so that Head Timekeeper is aware that the set up process is still in progress. When given the OK from start marshal, change to the white marker, when this is reciprocated by Head Timekeeper, you have the all-clear to start the race.

START MARSHALLS –

- The students will already be allocated into heats and lanes but you need to physically organize them and check them before the start of each race.
- You will also remind the rules to the students for each race e.g. how many laps, etc. Make sure you are aware of start areas for each race and the schedule.
- When you are satisfied with the lane positions, one of the marshalls inform the STARTER to indicate the race may start.

HEAD TIMEKEEPER:

- Organise all time-keepers in your team and make sure that they are ready for the start.
- Ensure all results are CORRECT and adjustments made where it is clear that positions and times do not match.
- Show a WHITE marker when all timers are ready to indicate to the starter that the race may start.
- Also agree with the timekeepers, finishing times and positions and liaise with the Track Results Coordinator.

TIME-KEEPERS –

- Time according to your lane/PERSON (800m).
- Focus is important in order to be accurate (press the button when your athlete crosses the line)
- Start your watch on the arm movement (stop watch)
- Runners need to stay in their lane upon finishing (100m, 200m, 400m)
- Please be aware of the position each runner finishes in order to assist the Timing/Place Marshall when it is unclear.

TRACK RESULTS RECORDER –

- This person will assist at the finish of the races ensuring that all results are recorded as accurately as possible.
- They record and collates all race sheets in conjunction with the Finish Marshall and the Head Timekeeper.
- The results will be picked up at regular intervals by the runners for the scorers.

SCORERS/RESULTS –

- Collect and collate the result sheets via the runners.
- You will be given instructions for the points scoring system as well as a score sheet template on the day.

RELAY EXCHANGE ZONE JUDGES –

- Stand at your allocated exchange zone, check all runners are present and know which lane they are running in. Wave to starter when ready.
- Watch exchange to make sure runners change the baton in the exchange zone, stay in their lane, and do not impede other teams.
- Exchange zone is marked by 2 yellow lines, they must exchange the baton after the first one and before the second one.

FIELD EVENT JOBS

Throws

SHOT PUT

- It must be a put/push (not a throw). The hand must come straight out from neck.
- Thrower must not step or walk out of the front of the circle after their go (you can warn them the first time)
- **Use 1 numbered flat marker** for each student (ONLY move if they improve their distance)
- Best of 3 attempts. Measure/record the best attempt (each athlete) and the 1st - 8th placings (from the final place of the marker – Do NOT move into a 'straight line')
- To measure, place the end (0cm) of the tape at the rear point where the shot landed. Person on the other end pulls it tight through the centre of the circle and records distance at the point where it crosses the front line of the circle
- Shot put weights:
- **GIRLS: G6 2kg training shot (Orange) G7-8: 2kg (Orange) G9-12: 3 kg.**
- **BOYS: G6: 2kg training shot (Black) G7-8: 3kg (Orange) G9-12: 4kg**

Suggested Roles

- 1 Person checks the throwing point
- 1 Person is the line manager (organizes the order of the throwers)
- 1 Person places the marker for a correct throw (moves forward if it increases ONLY)
- All measure the throws using the markers and tape measure.

NB: Safety is important, please be vigilant on not letting students out of the registration tent when not throwing and on students walking across the throwing area. There should be no one just walking around – this area will be cordoned off with tape.

Thank you for all your support, have a great Athletics Day!

JAVELIN/Kneeling Softball throw

- Thrower must not put foot **OVER** the line (on line is ok) – no distance marked for this attempt
- To measure, place the end (0cm) of the tape at the point where the javelin/softball first touched the ground (should land tip/front end first or flat – NOT tail end/back)
- Person on the other end pulls it tight through the centre of the throw line and records distance at this point. **Measure direct to the numbered marker (best throw attempt)**
- **Use 1 numbered marker** for each student (only move if they improve their distance)
- Best of 3 throws. Record/measure the best attempt (each student) and the 1st - 8th placings. **(Depending on numbers/time a student might throw 3 times in a row)**
- Javelin Weights:
- **GIRLS: Gr6-7: 500G (Red plastic javelin), Gr8 500g (Proper Javelin) Gr9-12: 600G (Proper Javelin)**
- **BOYS: Gr6-7: 600G (Purple plastic javelin), Gr8 600g (Proper Javelin) Gr 9-12 700G(Proper Javelin)**
- **Suggested Roles**
- 1 Person checks the throwing point
- 1 Person is the line manager (organizes the order of the throwers)
- 1 Person places the marker for a correct throw (moves forward if it increases ONLY)
- All measure the throws using the markers and tape measure.

NB: Safety is important, please be vigilant about not letting students out of the area behind the throwers when not throwing and with students walking across the throwing area. There should be no one just walking around – this area will be cordoned off with tape.

Thank you for all your support, have a great Athletics Day!

Jumps

HIGH JUMP

The students get 2 attempts at each height - **please record each attempt on the recording sheet - this is important for count-back**. The bar should be increased in 5cm increments. Have the next jumper waiting ready to go. In order to get through in the allotted time, you need to move them through quickly.

The rules for High Jump:

- Jumper must clear the bar without making it fall; if the bar falls whilst the jumper is on the mat, it is a failed attempt. If it falls after they have left the mat it counts as a successful jump
- Jumper may use any style but must take off with one foot only.
- They cannot come off the mat under the bar, they must go off side or back.
- Highlight the 1st - 8th Places
- **Starting heights are:**
- Girls: G6- 1.00m, Gr7- 1.05m, Gr8-1.10m, Gr9 - 1.15m, Gr10 - 1.20m
- Boys: G6- 1.05m, Gr7-1.10m, Gr8-1.15m, Gr9 - 1.20m, Gr10 - 1.25m,
- **Suggested Roles**
- 1 Person records the jumps
- 1 Person is the line manager (organizes the order of the jumpers)
- 2 people replace the bar/ensure the mat is safely together.

Thank you for all your support, have a great Athletics Day!

TRIPLE JUMP/3 Step Triple Jump (Grade 7/8) or Double Foot Triple Jump (Grade 6)

Each student gets 3 jumps.

Record each jump and highlight their best jump and the 1st - 8th placings.

- Students can choose which line to jump from and this is the line that you must measure from.
- If any part of the student's take-off foot is TOUCHING jump line then THIS IS OK, if it is completely over the jump line then it is a no-jump.
- Students must do a hop (take-off from one foot and land on same foot), followed by a step (take off the landing foot from the hop and land on the other foot) and a jump (take off the landing foot from the step and land on 2 feet). They must land in the sand for the jump to count.
- Grade 6-8 Will be on the Grass for their Triple jump attempts.
- To measure, IDENTIFY the farthest back point in the sand/on the Grass where the body/feet touched and measure using the tape on the side. If they do not reach the sand, do not measure - it is a foul jump.

Suggested Roles

- 1 Person records the jumps/checks the take-off point
- 1 Person is the line manager (organizes the order of the jumpers)
- 1 Person measures the jump using the tape measure on the side
- 1 Person rakes the pit

Thank you for all your support, have a great Athletics Day!

LONG JUMP

Each student gets **3 jumps (Depending on numbers this might need to be 2 jumps)** Record each jump and highlight their best jump **and the** 1st - 8th placings.

- There is a RED line at the take-off point. Measure USING the tape at the SIDE of the Sand Pit (no need to move the tape) of the line if the foot touches or takes off behind **(closest to the sand pit)**
- If any part of the student's take-off foot is TOUCHING jump line then THIS IS OK, if it is completely over the jump line then it is a no-jump.
- To measure, IDENTIFY the farthest back point in the sand where the body/feet touched and measure using the tape on the side.

Suggested Roles

- 1 Person records the jumps/checks the take-off point
- 1 Person is the line manager (organizes the order of the jumpers)
- 1 Person measures the jump using the tape measure on the side
- 1 Person rakes the pit

Thank you for all your support, have a great Athletics Day!