

Timaru Rural Schools Athletic Sports

Tuesday 20th November 2018 (p.p. Tuesday 27th November)



15th November 2018

Dear Parents, Caregivers and Whanau

On Tuesday 20th November we are participating in the Rural Schools Athletics Sports at the Aorangi All Weather Track on Morgans Road (behind the stadium and netball courts). If it is wet, the postponement day is Tuesday 27th November. Postponements will be put on the school facebook page as well as on The Hits and The Breeze radio stations.

Senior Students (Year 4 up) need to be dropped at the Stadium at the All Weather Track by 9am. They will sit with the TCS teachers and await instructions. They need to be collected, by parents, from the track at 2pm.

Junior Students (Years 1-3) need to be dropped off to the teachers at the Cricket Oval next to the All Weather Track by 9am. They need to be collected, by parents, from the Cricket Oval at 12:30pm or they will be taken to the All Weather Track and supervised until 2pm, which is the latest time they can be collected.

When picking up your child, please ensure you tell Mrs Hamilton so she can mark your child's name off the master list. This is a very important Health and Safety practice; please ensure it is the *parent* who speaks directly to Mrs Hamilton.

This year the Junior Athletics Programme has been re-vamped to give more variety for our children. The activities have been developed by our own Year 9 and 10 students and they will be running the activities on the day too. The activities are all based around the Run, Jump, Throw skills of an athletics programme.

All students will need to take the following on the day:

- Navy shorts and school top for Years 1-4
- School sports uniform for Years 5-8
- Sunhat
- Sunscreen
- Bottle of water
- Packed lunch
- Warm clothing to wear in the event it turns cold
- Jacket

Please do not send along lollies, flavoured water or fizzy drinks.

Parents, family and friends are very welcome to join us for part or all of the day. If you need to contact the teachers at the athletics sports on the day, you can phone 0277512722.

Kind regards,
Timaru Christian School Teaching Team.

Athletics 2018 - Aorangi All Weather Track

Senior Timetable of Events

NB: Please note that times of events are a guide only and may run ahead of schedule.

9.15am	Welcome and Programme Outline				
9.25-9.45	800m - Ov 11 Boys & Ov 11 Girls U11 Boys & U11 Girls				
9.45- 10.00	Organisation of age groups				
10.00- 10.35	Circuit 1				
10.35- 11.10	2				
11.10- 11.45	3				
11.45- 12.15	LUNCH 200m heats / final				
12.15- 12.50	Circuit 4				
12.50- 1.25	Circuit 5				
1.30	Relays : Shuttle Circular				
2.00 Approx	Finish				
	High Jump	Long Jump	Sprints	Softball Throw	Shot Put
Circuit 1	U9	U10	U11-100m	U12	12 & over
2	12 & over	U9	U10-100m	U11	U12
3	U12	12 & over	U9-70m	U10	U11
4	U11	U12	12+ -100m	U9	U10
5	U10	U11	U12-100m	12& over	U9

Junior Timetable of Events

	Jumping Eggs (Jump)	Three-Legged Race / Sprints (Run)	Caught in the Square (Throw)	Lily Pad (Jump)	Relays (Run)	Cone Catch (Throw)	Hacky Sack Toss (Throwing)	Paper, Scissors, Rock (Run)
9:15am	Welcome – get into groups (by number)							
9:25am	1	2	3	4	5	6	7	8
9:40am	Move to next station							
9:45am	8	1	2	3	4	5	6	7
10:00am	Move to next station							
10:05am	7	8	1	2	3	4	5	6
10:20am	Move to next station							
10:25am	6	7	8	1	2	3	4	5
10:40am	Morning Tea							
11:00am	Reassemble – sent to next activity							
11:10am	5	6	7	8	1	2	3	4
11:25am	Move to next station							
11:30am	4	5	6	7	8	1	2	3
11:45pm	Move to next station							
11:50pm	3	4	5	6	7	8	1	2
12:05pm	Move to next station							
12:10pm	2	3	4	5	6	7	8	1
12:25pm	Finish – chn sent home with parents/go with school to main stadium							

