



17 October 2019

SCHOOL ATHLETIC SPORTS

Friday 8 November 2019

8.50am – 2.30pm

Postponement Monday 11 November

For the Athletic Sports, students are expected to wear the regulation St Joseph's School sports uniform as listed below –

Powder Blue Monogrammed Polo Shirt

Navy shorts

Blue sun hat

Please ensure that your child takes along warm clothing and a substantial lunch and drink, sunscreen, plus any relevant medication that they may require e.g. Asthma Inhalers.

IMPORTANT - NO food or liquids other than water are permitted inside the fence surrounding the track.

- All students will be dropped and picked up from Aorangi Stadium
- Upon arrival your child is to sit in the grandstand with their age group
- Students are NOT to leave the grounds during the day and **ALL** students are to be seated in the grandstand throughout morning tea and lunch (parents and spectators are welcome to join them).

Room 1 - 3 Athletics Programme 9.00am - 1.00pm

Room 1 - 3 students are split into House teams and will be rotating around 4 adapted athletic activities, finishing with Running Relays and then Sprints on the track in age groups.

At this stage the Room 1, 2 and 3 students can go home as their athletics programme is finished.

Forms will be sent home closer to date.

Room 1 - 3 Junior Timetable

9.00	Assemble in House Teams/Watch 800m
9.30	1st Rotation
10.10	2nd Rotation
10.30	Break
10.50	3rd Rotation
11.10	4th Rotation
11.30	All together House Team Running Relays
12.00	Lunch
12.30	U5, U6 & U7 Age Group Sprints

Room 4 - 8 Athletics Programme

9.05 - 9.20	800m Races					
	Discus	Softball Throw	Shot Put	Long Jump	Sprints	High Jump
9.30 - 10.00	U8	12+	U12	U11	U10	U9
10.00 - 10.30	U9	U8	12+	U12	U11	U10
10.30 - 11.00	U10	U9	U8	12+	U12	U11
Break 20 mins						
11.30 - 12.00	U11	U10	U9	U8	12+	U12
12.00 - 12.30	U12	U11	U10	U9	U8	12+
Lunch						
1.00 - 1.30	12+	U12	U11	U10	U9	U8
1.30 Relays						

We will need helpers for some events. Forms will be sent home closer to the date.

At the conclusion of the events, students are to return to the grandstand and sit in their house group. The results of the day will be announced.

Students must then **REPORT TO THEIR TEACHER** when their parent/caregiver arrives to pick them up and **ONLY THEN** will they be allowed to leave.

Ali Talbot
SPORTS CONVENOR