

# St Mary's Senior Athletic Sports

## Wednesday 24th February 2021

This year's Senior Athletic Sports (years 3 - 6) will be held on Wednesday the 24th February (Thursday the 25th February if it is postponed) from 8.50am through to the end of the day. Please ensure your child is at school before 8.50am so we can start the day on time.

Cancellations will be on the school Facebook page and the school app on the morning of the 24th February. On Friday the 26th February (if it's fine) we will be running the 200m, 800m and 1500m races at St Peter's at 9.30am as well as the senior relays. Please note that the 800m and 1500m races are for 9 and 10 year olds only and they are optional.

*On Athletics Day you will need the following:*

- Your St Mary's PE gear, polar fleece, track pants, sports shoes, sunscreen and a sunhat.
- Please put sunscreen on before you come to school.
- A drink bottle and a big, healthy lunch as it is a big day and you will use HEAPS of energy.
- Plenty of guts and determination to do your absolute best!

This year's sports will be run the same as last year with the running heats during the morning alongside the field events, and the finals after lunch.

	Discus	High Jump	Long Jump	Shot Put	Running
	Mrs Popenhagen	Miss Sutherland	Miss Bond	Mrs Thacker	Miss Hood and Mrs Hansen
9.00 - 9.45am	7 years	8 years	9 years	10 year girls	10 year boys
9.45 - 10.30am	10 year boys	7 years	8 years	9 years	10 year girls
10.30 - 11.15am	10 year girls	10 year boys	7 years	8 years	9 years
11.15 - 12.00pm	9 years	10 year girls	10 year boys	7 years	8 years
12.00 - 12.45pm	8 years	9 years	10 year girls	10 year boys	7 years

Children can eat their morning tea and lunch while they are waiting on their run, jump or throw. There will be a lunch break from 12.45 - 1.15pm. The Junior School will join us for the afternoon.

Final 1 - 60m Sprint	Final 2 - 100m Sprint
7 Girls	10 Boys
7 Boys	10 Girls
8 Girls	9 Boys
8 Boys	9 Girls
	8 Boys
	8 Girls
	7 Boys
	7 Girls

## **Expectations for Students**

1. Show faith - 'put your whole confidence in God' - try your best at every event.
2. Show love - 'we belong to God, all in us is His' - be a good sports person and encourage others to do their best too. Show respect for the teachers and parents running the events.
3. Show hope - 'good today, better tomorrow' - have a good go at every event, even if the last one didn't go as well as you'd like.

## **Notes for Parents**

### ***Training***

Our teachers are dedicated to teaching your child, to the best of their ability however, we are not professional athletics coaches. If you have super skills in this area and are keen to come along and support our teaching of athletics, you are more than welcome. Feel free to get in touch with me - [mallory.hood@stmarys.school.nz](mailto:mallory.hood@stmarys.school.nz)

If you think your child is gifted in athletics and you would like professional training, please get in touch with the Gore Athletics Club.

### ***Athletics Day***

Athletics Day is a super busy and demanding day for our staff, parent helpers and students. We work hard to ensure the day runs smoothly and that placings etc are accurate, but we are human - please keep this in mind. We are always grateful for parent helpers so if you feel like your expertise would add value to an event, feel free to get involved and help with the running of it.

Parents are asked to stay off the track and out of the way of the event controllers during running events please. Our running events are judged by the SprintTimer App which gives us consistent results and is also used at Eastern Athletics.

Please note: It is possible that a child may come 1<sup>st</sup> in a running heat and not be in a final. This is because the top 6 for the finals are taken from times across all the age group heats.

Kids who have qualified for Eastern will be notified ASAP. Once again, 1st place doesn't necessarily mean they have qualified for Eastern, they also have to have met the Eastern standard (e.g. time, distance or height) and not all age groups are eligible to represent us at all events.

Thank you for your support, we look forward to a great day!

Mallory Hood

Deputy Principal and Sports Coordinator ©