

Lower Mataura Valley Zone Athletics Meeting 2019

- Date:** Tuesday 26th February 2019
- Venue:** Menzies College and Wyndham Primary Grounds
- Postponement Date:** Friday 1st March. In case of postponement, notification will be via Radio Southland 4ZA (Classic Hits) Foveaux and Hokonui Gold. The Principal of each school will also be contacted.

Ages are taken at the 31.12.18 (4 year olds will be with the 5 year olds).

- Buses:** Edendale school children will travel to Athletics by bus leaving Edendale School at 8-50am sharp. Should you wish to take your child home at the conclusion of the event, please let an Edendale School teacher know. There will be a bus returning to Edendale at the conclusion of the day.
- Events:** These all start at 9.15am and have a 45 minute time frame. Lunch is at the end of round 4 – 12.15, with the relays taking place towards the end of lunch at 12.45 (relay runners will need to eat before this time); round 5 starts at 1.00pm.
- Car Park:** Weather permitting, the gate at the west end of the Wyndham Primary School Grounds will be open to allow car parking in the school grounds. There is a fence between Wyndham Primary grounds and Menzies; the gates are at each end and in the middle.
- Toilets:** The toilet block at Room 1, 2 and 3 (Wyndham Primary) will be available for pupil use.
- Parent Help:** We require a large number of parent helpers to support this event. Please don't hesitate to come forward and help at events as without parent support we cannot start.
- Certificates:** Will be given to schools to hand out at a later date.
- 800m:** Friday 1st March 2019 (unless postponement date is required)
9 year olds at 11.30am,
10 and 11 year olds at 11.45am.
These are "selected-runners" events, not total participation. Please make sure that children are capable of running the 800m under 3 minutes 30 seconds. Competent 8 year olds can participate as a practice for the following year.
- Sunhats:** All children need to have their sunhats.

Lunch: Children will require their own packed lunch and water bottle. The school will provide nametags.

Uniform: Children are to wear their Edendale School Events shirt with black shorts. These are available from the school office at \$35.00. Children need to have suitable footwear (shoes need to be worn at throwing events) to compete in.

Remember all schools are non-smoking zones.

Junior Programme

9:15-9:30am - The first 15 minutes will be spent getting the children into their groups and making sure there are helpers for each activity.

9:30-10:15am - Five rotations of activities (just under 10 minutes per activity).

10:15-10:30am - Short break for a snack, drink and toilet.

10:30-11:15am - Five rotations of activities (just under 10 minutes per activity).

11:30am onwards - The juniors will join back into Round 4. The teachers that were helping with the junior activities will go and join with their assigned field event. The juniors do not have an event in the last round of the day.

Lower Matura Valley Zone Athletics Programme 2019

Ages at 31st December 2018

Juniors (Ages 4-6) will compete in Athletics based activities for the first 3 rounds in the middle of the track; they will then return to the rotation in round 4.

<u>Round</u>	<u>Age</u>	<u>Event</u>	<u>Time</u>
1	7	HIGH JUMP	9:15am
1	8	SHOT PUT	9:15am
1	9	100M	9:15am
1	10	LONG JUMP	9:15am
2	7	100M	10:00am
2	8	LONG JUMP	10:00am
2	9	DISCUS	10:00am
2	10	200M	10:00am
3	Preschool	60M (open to all preschoolers)	10:45am
3	7	LONG JUMP	10:45am
3	8	100M	10:45am
3	9	HIGH JUMP	10:45am
3	10	DISCUS	10:45am
4	4 & 5	Long Jump	11:30am
4	6	60M	11:30am
4	7	SHOT PUT	11:30am
4	8	DISCUS	11:30am
4	9	200M	11:30am
4	10	HIGH JUMP	11:30am

LUNCH 12.15pm-12.45pm

7/ 8/ 9/10yr RELAY (including LMV staff) 12.45pm

Schools can make a relay team with younger students and mixed gender if they cannot form a girls and boys team with 7, 8, 9, 10 year olds.

5	4 & 5	60M	1.00pm
5	6	LONG JUMP	1:00 pm
5	7	60M	1:00 pm
5	8	HIGH JUMP	1:00 pm
5	9	SHOT PUT	1:00 pm
5	10	100M	1:00 pm
6	6	100M	1.45pm
6	7	DISCUS	1.45pm
6	8	60M	1.45pm
6	9	LONG JUMP	1.45pm
6	10	SHOT PUT	1.45pm
Friday	9Yrs	800m	11.30pm
1st	10 Yrs	800m	11.45pm