



Southwell Senior Athletics Day

Years 5 - 8 (Heats)

Friday 25th November 2022

Uniform

Students will arrive at school and meet in their classroom as per the normal school routine. Students are to come to school wearing their P.E. shorts and House shirt. They also need to be sun smart and be wearing sunblock and their Southwell wide brimmed hat. Please note that students DO NOT need to bring their school uniform, as they are allowed to wear their P.E. uniform for the entire day and go home in it.

Footwear

Please note the following:

Event/s	Footwear Requirements
Track - (Laned Events) (50m/100m/200m/400m)	Spikes/Shoes/Bare feet
Track (Unlaned Events) 800m/1500m	Shoes/Bare feet. NO SPIKES
Field (Throwing Events) Shot Put/Discus/Cricket Ball Throw	Shoes
Field (High Jump)	Shoes/Bare feet
Field (Long Jump)	Spikes/Shoes/Bare feet

Event Outline

Time	Details
8:20am	Students arrive at school and meet in classrooms for roll call. Students are then to move to Track & Field Events
8:40am	Commencement of Track and Field Rotations (<i>as outlined below</i>)
10:50am	Morning Tea Break
11:10am	Recommencement of Track and Field Rotations (<i>as outlined below</i>)
12:40pm	Lunch Break
1:15pm	Recommencement of Track and Field Rotations (<i>as outlined below</i>)
3:30pm	Conclusion of Senior Athletics Heats Day

Event Schedule

Rotation	Track	LJ 1	LJ 2	HJ 1	HJ 2	DIS 1	DIS 2	SP 1	SP 2	CBT 1	CBT 2
8:40am A	100m/200m Year 5	6G CDL**	6G SWY	6B CDL	6B SWY	8B CDL	8B SWY	7G CDL	7G SWY	7B CDL	7B SWY
9:25am B	100m Year 7	6B CDL	6B SWY	5B	5G	8G CDL	8G SWY	8B CDL	8B SWY	6G CDL	6G SWY
10:10am C	75m Hurdles Year 8	7G CDL	7G SWY	7B CDL	7B SWY	6G CDL	6G SWY	6B CDL	6B SWY	5B	5G
MORNING TEA 10:50-11:10am											
11:10am D	75m Hurdles Year 7	8G CDL	8G SWY	6G CDL	6G SWY	6B CDL	6B SWY	5B	5G	8B CDL	8B SWY
11:55am E	75m Hurdles Year 6	7B CDL	7B SWY	8B CDL	8B SWY	5B Quoits	5G Quoits	8G CDL	8G SWY	7G CDL	7G SWY
LUNCH 12:40-1:10pm											
1:15pm F	100m/200m Year 6	5B	5G	8G CDL	8G SWY	7G CDL	7G SWY	7B CDL	7B SWY		
2:00pm G	100/200m Year 8			7G CDL	7G SWY	7B CDL	7B SWY	6G CDL	6G SWY	6B CDL	6B SWY
2:45pm H	200m Year 7	8B CDL	8B SWY							8G CDL	8G SWY
HOMETIME 3:30pm											

Please note that the times and programme may vary from that listed above in the event of unforeseen circumstances.

** KEY: For example 7G CDL stands for Year 7 Girls Canterbury, Durham and Lincoln.

800m Event

Finals for the **800m** will be run on **Friday 25 November** in the lunchtime break (12:40pm) and this is open to those who ran the heats last week and have made the final. This race is run in individual Year Groups, with placings being awarded.

1500m Event

The **1500m Straight Final** will be run on **Thursday 24 November** at lunchtime (12.50pm). This event is open to any Year 6-8 student who has made the final of the 800m. Lists of these students have been sent to homeroom teachers. Qualifying students will be informed and will have the choice of whether they race the 1500m. This race is run in individual Year Groups, with placings being awarded. It is no longer an Open event as in previous years.

Kind Regards,

Becki Ross
Head of Sport and PE