



Rangi Ruru
Girls' School

ATHLETIC SPORTS - 2020

Friday 28th February, at Christ's College
9.00am – 2.30pm
Programme of Events

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| 1. | 9.00 am | 25m Sack Race between Day Girls and Boarders
2 girls from each year level: 9 - 13(10 Day Girls and 10 Boarders) |
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| 2. | 9.10 am | 1500m U14 Championship and Years 7 and 8 |
| 3. | 9.15 am | 1500m U16 Championship |
| 4. | 9.30 am | 1500m U19 Championships and U15 Championships |

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| 5. | 9:45 am | Triple Jump –U14 Championship |
| 6. | 9.45 am | Shot Put – U16 Championship/U19 Championship |
| 7. | 9.45 am | Discus - U14 Championship. |
| 8. | 9.45 am | High Jump – Yr 7 & 8. |
| 9. | 9:45 am | Javelin – U14 and U15 |
| 10. | 10.30 am | High Jump U14 Championship |

CLAN EVENTS:

These events will continue throughout the day.

Make sure that you do each group of activities for maximum Clan points.

9:30-10:30am Events 1-6 11:00am-11:50am Events 7-12

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| 11. | 10:30am | Triple Jump – U19 & U16 Championship |
| 12. | 10.30 am | Discus - U19 Championship. |
| 13. | 10.30 am | Shot Put - U14 Championship |
| 14. | 11.15 am | Long Jump – U15 Championships |

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| 15. | 11.00am | 100m Years 7 & 8 |
| 16. | 11.10 am | 100m U14 |
| 17. | 11.15 am | 100m U15 |
| 18. | 11 30 am | 100m U16 |
| 19. | 11.40 am | 100m U19 |

**Fastest 9 in each grade
to Championship final
next 9 fastest to B Grade
Finals.**

20. 11:50am CLAN 400M

This is a compulsory clan event but is optional for runners competing in THREE or more track events.
3rd and 3rd last in each Clan timed, Shortest total time wins.

Order of competition: Dunvegan, Doune, Balmoral, Braemar, Glamis, Stirling

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| 21. | 12 Noon | Long Jump –U19 & U16 Championship. |
| 22. | 12 Noon | Discus – U15 Championship. |
| 23. | 12 Noon | Shot Put - Years 7 and 8 Championship |

24.	12 Noon	High Jump - U15 Championship.
25.	12 – 12.30 pm	Javelin – U16 and U19

CLAN HAT PARADE

26.	12.30 pm	200m Years 7 and 8 Championship Fastest 3 placed
27.	12.35 pm	200m U14 Championship, Fastest 3 placed
28.	12.40 pm	200m U15 Championship, Fastest 3 placed
29.	12.45 pm	200m U16 Championships Heats, Fastest 3 placed
30.	12.50 pm	200m U19 Championship Heats, Fastest 3 placed

31.	1.00 pm	Shot Put - U15 Championship.
32.	1.00 pm	Discus - U16 Championship.
33.	1.00 pm	Long Jump – Year 7/8 & U14 Championship.
34.	1.00 pm	High Jump – U16 & U19 Championship

35.	1.00 pm	800m – Year 7 and 8 and U15 Championships.
36.	1.10 pm	800m – U14 Championship.
37.	1.20 pm	800m – U19 and U16 Championships.
38.	1.45 pm	Triple Jump – U15 Championships

39.	1.45 pm	100m Years 7 and 8 B Grade Final.
40.	1.48 pm	100m Years 7 and 8 Final.
41.	1.51 pm	100m U14 B Grade Final.
42.	1.54 pm	100m U14 Championship Final.
43.	1.57 pm	100m U15 B Grade Final.
44.	2.00 pm	100m U15 Championship Final.
45.	2.03 pm	100m U16 B Grade Final.
46.	2.06 pm	100m U16 Championship Final.
47.	2.09 pm	100m U19 B Grade Final.
48.	2.12 pm	100m U19 Championship Final.

CLAN RELAYS

49.	2.15 pm	4 x 100m CLAN Relay Years 7 & 8
50.	2.18 pm	4 x 100m CLAN Relay Year 9
51.	2.21 pm	4 x 100m CLAN Relay Year 10
52.	2.24 pm	4 x 100m CLAN Relay Year 11
53.	2.27 pm	4 x 100m CLAN Relay Year 12
54.	2.30 pm	4 x 100m CLAN Relay Year 13

Lanes for Relays:

1.Dunvegan	2. Doune	3. Balmoral	4. Braemar	5. Glamis	6. Stirling
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FINAL RELAY - STAFF VS SPORTS COUNCIL VS SENIOR LEADERS – 8 X 50m (should time allow)

NOTES:

Ages are taken as at 1 January 2020. U14; U15 (Junior), U16 (Intermediate), U19 (Senior)

For Para Athletes age is taken as at 31 December 2019 (U16 and U21).

Para Athletes should undertake their event in the Age Groups as above, with results being recorded separately.

Safety Briefing – in the event of an emergency girls are to meet in the middle of the field in their tutor groups. Visitors to assemble by the High Jump mats.



Rangi Ruru
Girls' School

ATHLETIC SPORTS 2020
GENERAL INSTRUCTIONS
Friday 28th February, 9am-2:30pm
Christs College

1. **CANCELLATIONS** – School will be notified via Rangilife if Athletic Sports are cancelled
BE PREPARED FOR: COLD WEATHER (take a warm woollen top and jacket)
OR HOT WEATHER (slip-slop-slap-slurp...Don't forget your hat, sunscreen and drink bottle).
2. Meet at School for Tutor time AT 8.15am unless you are on the Sports Council or a Clan Leader.
Sports Council and Clan leaders directly to venue at 8am.
Please enter and leave the track from the Botanical Gardens wall gate and NOT the main school gate.
You may wear clan gear or sports uniform. **ABSOLUTELY NO FEATHERS OR TINSEL. THIS IS NOT ALLOWED ON COLLEGE GROUNDS**
3. **ROLL CHECKS** – At least one roll check will be taken during the day! Please report to your tutor inside the track at 12.50pm. Listen for the announcement.
4. **FOOD AND DRINK** - Bring all you need, lots of snacks and drink. If it is a very hot or muggy day you will need plenty of fluid. **WATER** is best so please come prepared with your own drink bottle. Water taps are available to refill your bottles. Bring cash as there may be a bake sale on offer.
5. **FIRST AID** - If you need help report to the teacher in the designated First Aid Area.
6. **EMERGENCY ASSEMBLY POINT** – In the unlikely event of an earthquake or any other emergency, the assembly point will be the middle of the field. Please gather in your Tutor Groups.

CLAN EVENTS

- Events will run during the following times
 - 1st group of activities 9.30am-10.30am (#1-6)
 - 2nd group of activities 11.00am-11.50am (#7-12)
- You may do each activity as many times as you can during the day.
- You will gain a point for your clan each time you complete an activity.
- Your points will contribute to the overall placing of the clans on sports day.
- Make sure that you compete in each group of activities.

CLAN 400m

- Assemble on the inside of the track on the grass area behind your Clan Banner at 11.45 am.
- This is a compulsory Clan event **EXCEPT** for runners 3 or more track events.
- Remember we time 3rd and 3rd last across the line and add these times together. The Clan with the shortest time wins the event.
- Order of Race: Dunvegan, Doune, Balmoral, Braemar, Glamis, Stirling
- After this event is lunchtime or you go to your field event.

NOTES TO ALL COMPETITORS

1. HEATS AND FINALS SHEETS will be on display at the finish line. Please check to see if you are in the 100m finals by 12:45PM. It is your responsibility to ensure you know if you are in a final and turn up on time. See Ms Anderson if you have any queries.
2. Please remember a track (running) event must come first if you have a track and field event on at the same time. Get a friend to tell the field events judges that you will report after your race.
3. Please sit with your clan members when you are not competing. Do not stay on the grass in the centre of the track.
4. Please stay in your lanes on the track at the completion of the 100m, 200m, 800m and relay. The judges will give placegetters a baton which must be taken to the recorders at the finish line. All non-placegetters may then leave the track.
5. Spikes are allowed on the track. You may run in spikes, sports shoes or bare feet.
6. If you have a busy track schedule – go and do your field event, whenever you have time. You may fit it in at any time during the morning. **Note:** High Jump must be done at the scheduled times.
7. MARSHALLING.

- (a) Track events – for all track events, report to Ms Newman and the appropriate Dean 10 minutes before your event.
All track events will be marshalled at the starting point for the event.

Under 19/Under 16
Under 15/Under 14
Years 7 & 8

Ms Bell / Ms Fitzpatrick / Ms Frier
Mr Kimber / Ms Zeitheim
Ms Fail

- (b) Field Events - report to the event 5 minutes before start time.

8. UNDERLINE ALL YOUR EVENTS ON THE PROGRAMME AND MAKE OUT YOUR OWN TIMETABLE (You could write it on your hand or arm!)
9. FIRST AID REQUIREMENTS - at finishing end of stand.
10. GOOD LUCK. Be active, have fun and SUPPORT THE CLAN EVENTS
11. CLAN RELAYS - Meet your Clan Leaders at the 100m start at 2.15 pm.

Lanes for Clan Relays

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| 1. Dunvegan | 2. Doune |
| 3. Balmoral | 4. Braemar |
| 5. Glamis | 6. Stirling |