



BALMACEWEN INTERMEDIATE

Dear Parents/Caregivers,

On Friday 25th October (Week 2 Term 4) the Balmacewen Intermediate School Athletics Day will take place at the Caledonian Sports Ground at Logan Park. It is fantastic to be able to utilise local resources and we find the students rise to the occasion and achieve great results.

The students will need to be **dropped off at the Caledonian by 8.50am** on Friday 25th October, and they will also need to be picked up at the conclusion of the day, at 3pm. The postponement day for our athletics is Wednesday 30th October (Week 3 Term 4).

The students are expected to compete in all of the events throughout the day, and they are competing for house points as well as the opportunity to represent the school at the North Zones and Otago Athletics. A basic timetable of events is included below for spectating purposes.

Programme

Round 1 9.15am – 10.00am **Round 2** 10.00am – 10.45am **Round 3** 10.45am – 11.30am
LUNCH 11.30am – 11.45am **Round 4** 11.45am – 12.30pm **Round 5** 12.30pm – 1.15pm **Round 6** 1.15pm – 2.00pm **Sprint finals** 2.00pm – 2.15pm **Inter house Relays** 2.15pm – 2.30pm
800m (optional) 2.30pm **Finish time** 2.50pm

Timetable

Group1 Gu12	H/jump	Hurdles	L/jump	Lunch	S/put	Sprints	Discus	Sprint Finals	House Relays	800 metres (optional)
Group2 Bu12	Hurdles	L/jump	S/put		Sprints	Discus	H/jump			
Group3 Gu13	L/jump	S/put	Sprints		Discus	H/jump	Hurdles			
Group4 Bu13	S/put	Sprints	Discus		H/jump	Hurdles	L/jump			
Group5 BO13	Sprints	Discus	H/jump		Hurdles	L/jump	S/put			
Group6 GO13	Discus	H/jump	Hurdles		L/jump	S/put	Sprints			

Because the students are running, throwing and jumping continuously throughout the day they will need to have a substantial packed lunch with lots of nutritious food and a large drink, preferably water (**no fizzy**). They will **not** be able to buy food or drink at the grounds and therefore should not be bringing any money with them.

Students must wear the correct school PE uniform on athletics day. If students wish, they may get changed into their house colours when they arrive at the Caledonian but there must be **NO** face paint, vivid or body paint used at the Caledonian or before arrival. Students need to be prepared for a range of weather conditions and so they need to bring a warm top and pair of trackies, as well as a hat and sunscreen.

The Caledonian has an 'all weather' track so the athletics day will go ahead unless there are severe weather conditions. If the sports day is postponed it will be announced on the local radio stations, More FM and Classic Hits, as well as our school Facebook page.

As always we welcome and appreciate the support of all parents, friends and relatives. **We would really appreciate any help on the day from any parents.** This can include a range of tasks from recording, time keeping to picking up a shot or discus. **Please send to Bella (email address below) if you can help on the day.**

Participation and qualification in our school athletics is a prerequisite for qualification to North Zones and Otago Champs.

Kind regards,
Bella James

sport@balmacewen.school.nz