## **Important Information for Students**

On Thursday 25 February you are involved in the RHS Sports Day!!!! It is a fantastic day held at RHS where students can compete against each other and compete for Hapu/lwi points. Students can enter into as many events as they like and we encourage you to try every activity. There are competitive and non-competitive options at every station, you will need to make that decision on the day.

Every student who enters a competitive event will earn a point for their Hapu/lwi. Points will also be awarded to students who place 1st (10pts) 2nd (8pts) 3rd (6pts) or 4th (4pts) for their age group in a competitive event. We will also be giving out additional points each to Hapu/lwi for a range of reasons such as best dressed, fairplay, and team spirit. The non-competitive events will be based around fun games between Hapu/lwi and these will earn points based on results.

For Sports Day you will be competing in your age and gender group. You will need to remain with this group for the entire day:

## **Intermediate (Years 7 and 8)**

## Secondary School (Years 9 to 13)

- Year 7 Boys	- Secondary Junior Girls - under 14 years at 1 January 2021 (born 2007/2008)
- Year 7 Girls	- Secondary Junior Boys - under 14 years at 1 January 2021 (born 2007/2008)
- Year 8 Boys	- Secondary Intermediate Girls - under 16 years at 1 January 2021 (born 2005 / 2006)
- Year 8 Girls	- Secondary Intermediate Boys - under 16 years at 1 January 2021 (born 2005 / 2006)
	- Secondary Senior Girls - under 19 years at 1 January 2021 (born 2002 / 2003 / 2004)
	- Secondary Senior Boys - under 19 years at 1 January 2021 (born 2002 / 2003 / 2004)

Students need to be in your Hapu / whānau groups by 8:45am for a roll check. At 8.50am you will move out onto the fields to start the events at 9.15am. Please leave any valuable items, including your device, at home as you will not need them for the day.

Any student Year 9 and above wishing to compete in the 800m race, this will be run at 8.20am on Thursday morning. Please make your way to the Senior High School fields.

## 1500m and 3000m races will be run at lunchtimes on the week beginning Monday 1 March. These will be communicated via the student notices.

Students may not leave the school during the day and if they are to be picked up early they will need to sign out with the school office. Students will remain on the fields for the duration of the day, except to use the bathroom or to refill water bottles.

COMPETITIVE	TRACK 100M/200M	TRACK 800M	HIGH JUMP 1	HIGH JUMP 2	LONG JUMP	DISCUS 1	DISCUS 2	SHOT PUT 1	SHOT PUT 2	JAVELIN	CRICKET BALL THROW	
NON-COMPETITIVE	PARTICIPATION RACES		TUG-O-WAR		FUN RELAYS	GUMBOOT THROW		TARGET BALL		VORTEX / FRISBEE TOSS		
9.15am-10.00am	YEAR 7 GIRLS / BOYS		SEC INT GIRLS	SEC INT BOYS	SEC JUN GIRLS	YEAR 8 GIRLS	YEAR 8 BOYS	SEC SEN GIRLS	SEC SEN BOYS	SEC JUN BOYS		
10.05am-10.50am	YEAR 8 GIRLS / BOYS		SEN JUN GIRLS	SEC JUN BOYS	SEC INT GIRLS	SEC SEN GIRLS	SEC SEN BOYS	YEAR 7 GIRLS		SEC INT BOYS	YEAR 7 BOYS	
10.50am-11.10am	MORNING BREAK											
11.10am-11.55am	SEC JUN GIRLS / BOYS		YEAR 8 GIRLS	YEAR 8 BOYS	SEC SEN GIRLS	SEC INT GIRLS	SEC INT BOYS		YEAR 7 BOYS	SEC SEN BOYS	YEAR 7 GIRLS	
12.00pm-12.45pm	SEC INT GIRLS / BOYS		SEC SEN GIRLS	SEC SEN BOYS	SEC JUN BOYS	YEAR 7 GIRLS	YEAR 7 BOYS	YEAR 8 GIRLS	YEAR 8 BOYS	SEC JUN GIRLS		
12.45pm-1.05pm	LUNCH BREAK											
1.05pm-1.50pm	SEC SEN GIRLS / BOYS	YEAR 7/8 BOYS	YEAR 7 GIRLS		SEC INT BOYS			SEN JUN GIRLS	SEC JUN BOYS	SEC INT GIRLS	YEAR 8 GIRLS	
1.55pm-2.40pm		YEAR 7/8 GIRLS	YEAR 7 BOYS		SEC SEN BOYS	SEN JUN GIRLS	SEC JUN BOYS	SEC INT GIRLS	SEC INT BOYS	SEC SEN GIRLS	YEAR 8 BOYS	
2.45pm-3.10pm	100M FINALS FOR ALL AGE / GENDER GROUPS COMMUNITY RELAYS (IF TIME ALLOWS)											