



BALMACEWEN INTERMEDIATE

Dear Parents/Caregivers,

On Friday 25th September (Week 10 Term 3) the Balmacewen Intermediate School Athletics Day will take place at the Caledonian Sports Ground at Logan Park. Depending on what covid level the country is at will determine the following:

Level 1: Athletics day will go ahead, with spectators allowed.

Level 2: A decision will be made whether we can go ahead adhering to Covid 19 guidelines.

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 September, and they will also need to be picked up at the conclusion of the day, at 3pm. 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

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|------------------------|---------|---------|---------|--------------|---------|---------|---------|------------------|-----------------|-----------------------------|
| 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 needs to be cancelled on this day it will be announced on the school school Facebook page and teachers will send an email out by 7:30am.

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

Kind regards,
Bella James

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