



## Columba College Athletics Sports Day

8.30am – 3.00pm

Monday 27 February, 2023

Postponement Day – Tuesday 28 February 2023

Caledonian Sports Track – Logan Park Drive



## COLUMBA COLLEGE 2023 YEARS ZERO TO THIRTEEN ATHLETICS SPORTS

### OFFICIALS

#### MEETING MANAGERS, TRACK and FIELD REFEREES

Ms D. Turnbull and Mrs L. Piebenga

#### JUNIOR SCHOOL RACES

Ms D. Turnbull, Mrs S. Casbolt and Junior School Staff

#### ANNOUNCER

Mrs C. Sinclair

#### CHIEF TIMEKEEPER

Mrs A. Bishop

#### OSSA ENTRIES

Mr S. Tagg

#### TIMEKEEPERS / PLACE TRACKERS

Mrs M. Graamans, Mrs A. Wilson, Mrs G. Beardmore, Ms C. Gardiner, Ms T. Andrews

#### SPRINT TIMER

Mr A. Everett

#### MARSHALL

Mrs A. Wafer

#### STARTER

Mrs L. Piebenga

#### RECORDERS

**Trackside:** Mrs S. Bishop and Ms J. Armstrong-Homan  
**Grandstand Results and House Points:** (Computer) Mr J. Chambers

#### DRONE

Mr B. Duckett

#### HIGH JUMP

Mrs R. Gemmill and Mr J. Scott

#### LONG JUMP/TRIPLE JUMP

Mrs S. Montgomerie and Mr A. Barlow (Pit #1)  
Mr G. Potter and Mr A. Sparrow (Pit #2)

#### DISCUS

Mrs S. Graves and Ms K. Evans

#### SHOT PUT

Ms I. Bercinkas and Ms C. Hillier

#### FRISBEE THROW

Mrs A. Mete

#### HIT WICKETS

Ms J. Lach

#### SOCCER DRIBBLING

Ms I. Ding

#### RUGBY PASS

Mr S. Tagg

#### TURBOJAV

Ms C. Murray

#### INTER-HOUSE FORM EVENTS

House Captains

#### FIRST AID

First Aid Solutions

#### PHOTOGRAPHY

Mr S. Shaw

#### HOSPITALITY (Grandstand)

Ms A. Togneri

#### ABSENCES / GATE SECURITY

Mrs E. Harris

#### BBQ

Prefects "One Human Race Project"

#### JUNIOR SCHOOL TEACHERS

Monitor and Help Junior Students Throughout Tabloid Events

## GENERAL INSTRUCTIONS

1. Where a field and track event clash, please report to the field event and make arrangements with the official, then go back to the track event, compete and return immediately to the field event.
2. The "Fun Events" are available all morning. You earn House points by competing. Bonus Points are available for creativity and innovation.

E.g. Rugby Pass  
Frisbee Throw  
Hit Wickets  
Turbojav Throw  
Soccer Dribbling

3. The Inter-House Relays (8 x 50 and 4 x 100) and the Inter-House Form events will be organized by the Sports Prefects, House Captains and Deputies.

<b>Sports Prefects:</b>	Neve Graamans and Holly McRae
<b>Braemar:</b>	Brenna Lyons
<b>Girton:</b>	Sophie Greenaway
<b>Iona:</b>	Hannah O'Neill
<b>Solway:</b>	Millie Scott

*Contact your House Captains or Sports Prefects if you have any questions.*

## 4. House Points

Heats and Finals	1st = 10	2nd = 6	3rd = 4
Relays	1st = 20	2nd = 15	3rd = 10
New Record	10 points for House – not towards individual Championship		

## Individual Championship Points (Finals only)

1st = 10      2nd = 6      3rd = 4

The events which count for Individual Championships are the finals of all track events and high jump, long jump, discus and shot put.

5. When there are several heats for a track event, the EIGHT girls with the fastest times will compete in the final.
6. Support your friends and House. Try something new, by getting involved and have a fun, happy day!
7. **Best dressed** – Judged and Facilitated by Sports Captains and House Prefects throughout the day!



## PROGRAMME OF EVENTS

- 8.20 am      Staff Report.  
8.30 am      Roll call by form teachers (in front of the grandstand).  
8.40 am      Students to assemble in the center of the ground for a House March Past.

### *Field Events*

#### 9.00 am:

1. Primary Long Jump Under 12
2. Junior High Jump Under 14
3. Senior Shot Put Over 16
4. Senior Discus Under 16

#### 9.20 am:

5. Primary Long Jump 12 & over
6. Junior Shot Put Under 14
7. Intermediate High Jump Under 12
8. Senior Discus Over 16

#### 9.40 am:

9. Junior Long Jump Under 14
10. Intermediate Shot Put Under 15
11. Senior High Jump Under 16
12. Primary Discus 12 & Over

#### 10.00 am:

14. Junior Discus Under 14
15. Intermediate Long Jump Under 15
16. Senior Shot Put Under 16
17. Senior High Jump Over 16

#### 10.20 am:

18. Primary High Jump 12 & Over
19. Intermediate Discus Under 15
20. Senior Long Jump Under 16
21. Primary Shot Put Under 12

#### 10.40 am:

29. Intermediate High Jump Under 15
30. Senior Long Jump Over 16
31. Primary Shot Put 12 & Over
32. Primary Discus Under 12

#### 11.00 am:

33. Triple Jump (OPEN EVENT)

### *Track Events*

#### 9.00 am: (Running down front straight)

1. Heats Senior 100m Over 16
2. Heats Senior 100m Under 16
3. Heats Intermediate 100 m Under 15
4. Heats Junior 100m Under 14
5. Heats Primary 100m 12 & Over
6. Heats Primary 80m Under 12

#### 9.00 am: (Running down back straight)

1. Heats Primary 50m Age 5
2. Heats Primary 50m Age 6
3. Heats Primary 60m Age 7
4. Heats Primary 60m Age 8
5. Heats Primary 60m Age 9
6. Heats Primary 75m Age 10
7. Heats Primary 75m Age 11
8. Final Primary 50m Age 5
9. Final Primary 50m Age 6
10. Final Primary 60m Age 7

#### 9.30 am:

1. Heats Senior 200m Under 16
2. Heats Senior 200m Over 16
3. Heats Intermediate 200m U15
4. Heats Junior 200m Under 14
5. Heats Primary 200m Under 12
6. Heats Primary 200m 12 and Over

#### 10.00 am:

1. Senior 1500m Under 16 + Over 16
2. Junior/Intermediate 1500m U14 + U15

#### 10.20 am:

7. Senior 400m Over 16 (final)
8. Senior 400m Under 16 (final)
9. Intermediate 400m Under 15 (final)
10. Junior 400m Under 14 (final)
11. Primary 400m 12 & Over (final)
12. Primary 400m Under 12 (final)
13. Primary 400m Year 4, 5 and 6 (final)

#### 11.00 am:

22. Senior 800m Over 16 (final)
23. Senior 800m Under 16 (final)
24. Intermediate 800m Under 15 (final)
25. Junior 800m Under 14 (final)
26. Primary 800m Over 12 & Over (final)
27. Primary 800m Under 12 (final)
28. Primary 800m Year 5 and 6 (final)

**Fun Events Year 7-13 between 9.00 am – 10.30 am:**

*Frisbee Throw  
Hit Wickets  
Soccer Dribbling  
Rugby Pass  
Turbojav Throw*

***11.45am CATWALK – Best Dressed***

**12.00pm Inter-House Whole School Relays ALL Year 0-13 (Held @ beginning of Lunch)**

- |            |           |
|------------|-----------|
| 1. Braemar | 3. Iona   |
| 2. Girton  | 4. Solway |

**12.30pm – Photo Competition**

*Creating “DOVES”*

**12.40pm – Dance-Off**

**1.00 pm:** 3000m FINAL (all ages Year 9 – 13 ONLY run together)

**1.15 pm:** Track Events – FINALS

1. Primary 80m Under 12
2. Primary 100m 12 & Over
3. Junior 100m Under 14
4. Intermediate 100m Under 15
5. Senior 100m Under 16
6. Senior 100m Over 16
7. Primary 60m Age 8
8. Primary 60m Age 9
9. Primary 75m Age 10
10. Primary 75m Age 11
11. Primary 200m Under 12
12. Primary 200m Over 12
13. Junior 200m Under 14
14. Intermediate 200m Under 15
15. Senior 200m Under 16
16. Senior 200m Over 16

**Inter-House Relays - 8 x 100m**

1. Year 7 and 8
2. Year 9 and 10
3. Year 11 and 12
4. Year 13

**Lanes House Colours**

- |            |        |
|------------|--------|
| 1. Braemar | Green  |
| 2. Girton  | Red    |
| 3. Iona    | Blue   |
| 4. Solway  | Yellow |

5. Boarders' vs Day Girls (Must have 8 people spread across all year levels 7, 8, 9, 10, 11, 12 and 13)
6. Staff vs Year 13 vs Prefects vs Year 13 (8 people each team – 100m each = 2x laps)

**3.00 pm:** Conclusion of Event - Depart Caledonian

## Columba College Athletics Records as at 1 January 2023

Event	Primary U/12	Primary O/12	Junior U/14	Int U/15	Senior U/16	Senior O/16
<b>80 m</b>	S. Napper 2005 10.37	G. Smith 1993 11.20				
<b>100 m</b>	G. Smith 1992 12.52	M. Flutey 2020 13.57	G. Smith 1994 12.56	S. Taylor 1981 12.8	M. Spence 2013 12.72	S. Napper 2011 12.62
<b>200 m</b>	M. Spence 2009 30.77	L. Ferro 2017 28.29	G. Smith 1994 27.39	L. Ferro 2019 26.97	M. Spence 2013 26.60	P. Tuaine 2007 26.5
<b>400 m</b>	C. Sinclair 2019 1:10.59	C. Sinclair 2020 1:04:38	B. Skerten 2007 1:03.50	S. Aitken 2005 1:02.17	E. Duncan 2014 1:00.77	M. Spence 2015 59.56
<b>800 m</b>	L. Rhodes 2020 2:44.73	C. Lund 2018 2:42.74	G. Henderson 2000 2:31.92	L. Rhodes 2022 2:29.96	R. Turner 2019 2:30.14	S. English 2013 2:23.31
<b>1500 m</b>	L. Rhodes 2020 5:37.37	L. Rhodes 2021 5:07.58	L. Rhodes 2022 5:10.00	C. Lund 2020 4:58.00	H. English 2013 4:58.57	S. English 2013 4:55.22
<b>3000 m</b>			C. Lund 2019 11:20.00	C. Lund 2020 11:05.57	H. English 2013 10:51.72	S. English 2013 10:39.46
<b>Hurdles</b>			C. Metua 2014 Nationals 12.82	K. Malcolm 80m 1998 12.5	M. Spence 80m 2013 12.26	M. Spence 100m 2014 15.14
<b>Long Jump</b>	S. Aitken 2002 4.54 m	N. Currie 1996 4.23 m	K. Malcolm 1997 4.76 m	S. Aitken 2005 5.02 m	K. Malcolm 1999 5.29 m	P. Forrester 1960 5.50 m
<b>High Jump</b>	E. Hayden 2007 1.32	C. Black 1996 1.37 m	M. Hopkins 1989 1.48 m	G. Paterson 1999 1.54 m	K. Malcolm 1999 1.56 m	J. McAuslan 2017 SI 1.65m
<b>Discus</b>	B. Spark 2011 21.60	C. Sinclair 2020 22.26m	A. Duff 2020 34.19m	A. Duff 2021 SISS 38.58 m	F. Paterson 1999 28.45 m	D. Stanton 1974 28.43 m
<b>Shot Put</b>	N. Paterson 2015 7.94m	A. Duff 2019 8.19m	A. Duff 2020 9.69 m	A. Duff 2021 11.76m	F. Paterson 1999 10.42 m	B. Fowle 1977 10.60 m
<b>4 x 100 m Relay</b>			2014 (Nationals) 51.04 Wanganui M. Breen E. Duncan M. Moore C. Metua	2012 (Sth Is) 51.65 A. Cowie K. Guildford P. Pegg M. Spence	2011 National Wgton) 52.37 P. Pegg M. Spence A. Cowie C. Wood	2014 Nationals Wanganui) 49.61 R. Coers L. Cunningham L. Saville M. Spence
<b>4 x 400 m Relay</b>			2014 (Nationals) M. Breen I. Beconsall-Ryan C. Metua F. Schultz 4:21.46			2015 (Nationals) 3:58.69 R. Coers L. Cunningham E. Duncan M. Spence
<b>Triple Jump</b>			N. Ireland 2006 9.27m	S. Aitken 2005 9.66m	K. Malcolm 1999 11.10m	K. Malcolm 2000 11.61 m

<b>Javelin</b>			A. Duff 2020 21.36m	A.Duff 2021 29.86m	L. Shirley 2014 27.02	S. Smith 2019 Nationals 31.74
<b>300m Hurdles Open</b>					M. Spence 2013	M. Spence 2015 SI Meet 43.49
<b>Hammer Throw</b>			C. Wheeler 30.70m Nationals 2015	K. Wheeler 34.80m	K. Wheeler 39.44 Nationals	K. Wheeler 2015 Nationals 41.87
<b>Steeple Chase</b>			C. Lund 2019 Nationals 7:40.75			C. Cahill 2014 SI Meet 7:31.82

**Columba College Primary North Zone/Otago Records as at 1 January 2023**

<b>Event</b>	<b>Primary U/12</b>	<b>Intermediate U/13</b>	<b>Junior O/13</b>
<b>Long Jump</b>		Charli Sinclair 2019 4.11m	Caitlin Butson 2019 4.44m
<b>High Jump</b>	Delilah Brown 2020 1.25m	Rhiarna Webster 2019 1.33m	Kayla Smith 2019 1.25m
<b>Discus</b>	Alexa Duff 2018 - North Zone 28.19m	Alexa Duff 2019 32.12m	Alexa Duff 2019 32.80m
<b>Shot Put</b>	Ciara Paterson 2019 9.31m	Alexa Duff 2019 8.54m	Alexa Duff 2019 9.40m
<b>800m</b>			Charli Sinclair 2020 2.37:41