



Year 7 /8 ATHLETICS Day  
Tuesday 12 Nov 2024

**PAPAMOA COLLEGE**  
**Year 7 & 8 Athletics Championships 2024**

Date: Tuesday 12th November 2024  
Time: 9.05am start and 3.00pm finish  
Venue: Papamoa College School Field

Athletics Day 2024  
Year 7 and 8 Programme

| Time:  | Round | Year 7 Boys A                   | Year 7 Boys B | Year 8 Boys A | Year 8 Boys B | Year 7 Girls A | Year 7 Girls B | Year 8 Girls A | Year 8 Girls B |
|--|-------|---------------------------------|---------------|---------------|---------------|----------------|----------------|----------------|----------------|
|  |       | Tainui                          | Mataatua      | Tainui        | Mataatua      | Tainui         | Mataatua       | Tainui         | Mataatua       |
|  |       | Te Arawa                        | Tākitimu      | Te Arawa      | Tākitimu      | Te Arawa       | Tākitimu       | Te Arawa       | Tākitimu       |
| 9:00 a.m.  | 1     | 100                             | 100           | Shot Put      | High Jump     | 100            | 100            | Long Jump      | Discus         |
| 9:35 a.m.  | 2     | Shot Put                        | High Jump     | 100           | 100           | Long Jump      | Discus         | 100            | 100            |
| 10:10 a.m  | 3     | 200                             | 200           | High Jump     | Shot Put      | 200            | 200            | Discus         | Long Jump      |
| 10:45 a.m  | 4     | High Jump                       | Shot Put      | 200           | 200           | Discus         | Long Jump      | 200            | 200            |
| 11:20 a.m  | 5     | 300                             | 300           | Discus        | Long Jump     | 300            | 300            | High Jump      | Shot Put       |
| 11:55 a.m  | 6     | Discus                          | Long Jump     | 300           | 300           | High Jump      | Shot Put       | 300            | 300            |
| Lunch Break: 12:30 p.m. – 1:00 p.m. ( Students to stay out on the field) |       |                                 |               |               |               |                |                |                |                |
| 1:00 p.m   | 7     | Long Jump                       | Discus        | Fun Track     | Fun Track     | Shot Put       | High Jump      | Fun Track      | Fun Track      |
| 1:35 p.m   | 8     | Fun Track                       | Fun Track     | Long Jump     | Discus        | Fun Track      | Fun Track      | Shot Put       | High Jump      |
| 2:10 p.m - 3:00 p.m  | 9/10  | 100 Meter Finals                |               |               |               |                |                |                |                |
|  |       | Waka Relays                     |               |               |               |                |                |                |                |
|  |       | Students Depart School as usual |               |               |               |                |                |                |                |

\*\*\*'FUN TACK - Head to start of 100-meter tack

A light morning tea will be supplied to staff out on the field.

### **Student Attire for Day**

Students are encouraged to come dressed in Mana Waka Colours or PE Shorts and PE T-Shirt along with a hat of their choice.

### **Participation Points**

All students participating will receive 1 point for their waka for each event they participate in.

### **Championship Points**

Points allocated for placings: 1<sup>st</sup> = 3 points, 2<sup>nd</sup> = 2 points, 3<sup>rd</sup> = 1 points. These points will count towards the awards for Year 7 Girls Champion, Year 7 Boys Champion, Year 8 Girls Champion and Year 8 Boys Champion.

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### **Inter-School Athletics Championship**

Students who are successful in receiving a place in the Papamoa College Athletics may be invited to attend the BOP Championships held on the 15th of November, these students will receive a notice in the days following the Papamoa College Athletics. Please be aware that not all Papamoa College place getters will be invited to attend the event as the qualifying distances/heights are at a higher level.

### **LMS Athletics - Adapted Events \_ TBC**

Learning Support will be running adapted events eg Boccia, beanbag toss, and wheelchair races for any student that wishes to be involved. These will be run separately to our time timetabled events and are targeted at students who physically are not able to participate in tridation athletics events.

### **Disputes**

See Director of Sport, Lauren Engebretsen, immediately for a prompt resolution.

End of the day Staff and student helpers pack down your station and bring it back to the control centre

## **Track Programme**

### Track Events

Track events on the day will be 100m, 200m, 300m and Relays

800m & 1500m events will not be run on LMS Athletics Day,

800m will be run on Thursday 7th November

1500m will be run on Friday 8th November

Students to meet on the field changed and ready to go at the start of block 1.

- 200m and 300m events will all be timed finals, 100m will have heats and finals. Top 8 times from each age group will qualify for finals. Students wanting to be competitive in each group will need to be asked to race first.
- Track events take priority over field events. Students will have the opportunity to go back later and complete a field event if they missed it.

### 100m, 200m & 300m Sprints

- Start Line – Athletes are placed on the Start line by marshals.
- On Your Marks – For a STANDING/CROUCH START the athlete must address the starting line in a running position (i.e. one foot forward)
- Set – This is called when all competitors are STILL in 'ON YOUR MARKS' position.
- Gun – this will be fired when ALL the field is STILL
- Break – the first false start will be called on the field and the athlete(s) responsible shall be warned. Any athlete(s) making further false starts shall be disqualified.
- All competitive students are to race first, then non competitive students can race in quick succession after that to gain whanau points

### Field Events

- There will be two stations at each event for each group which comes through, competitive and noncompetitive
- We will endeavour to get all competitors 3 throws / jumps. TIC will use discretion as some groups will be larger than others. If there are a very high number of students participating in a given event- throws / jumps will be limited to a maximum of 2.
- Qualifying throws/ jumps – Only jumps/throws that pass the standard will be measured.

### Relays

#### Waka Relays

- 4x Year 7 Waka relay teams (x2 Y7 Girls and x2 Y7 Boys from each Waka)
- 4x Year 8 Waka relay teams (x2 Y8 Girls and x2 Y8 Boys from each Waka)
- 4x Championship Waka (Fastest Y7 Girl and Boy and Y8 Girls and Boy) Students can do both the year level and Champ reply)

## Papamoa College Qualifying Throws / Jumps

| Event                                | Year 7 Girls   | Year 7 Boys    | Year 8 Girls   | Year 8 Boys    |
|--------------------------------------|----------------|----------------|----------------|----------------|
| Long Jump                            | 3.3m           | 3.7m           | 3.5m           | 3.8m           |
| High Jump<br><i>Starting Heights</i> | 1.15m          | 1.15m          | 1.15m          | 1.25m          |
| Shot Put                             | 6.5m<br>3kg    | 6.5m<br>3kg    | 7.0m<br>3kg    | 7.0m<br>3kg    |
| Discus                               | 14.0m<br>1.0kg | 16.0m<br>1.0kg | 14.0m<br>1.0kg | 20.0m<br>1.0kg |

*Please note that these qualifying distances/heights are for the Papamoa College event. The Inter-School Event has higher qualifying standards.*

## Athletics Field Map

