

Athletics Day Information

When: Wednesday 15th November

Where: Mt Smart Stadium (enter on O'Rourke Road)

Students, please remember:

- Full PE uniform
- Covered shoes
- Hat
- Sunscreen
- Warm clothing
- Water bottle and a packed lunch – Bring a healthy one!

Students are allowed to wear spikes for 100m, 200m, 400m

We will be travelling to the event on buses at 9.00am and returning by 3.00pm.

A full timetable of the track and field events follows.

Please note: The 800m race will be run separately on Friday 17 November at 8.40am at Ponsonby Intermediate.

Central Zone Day is Wednesday 22nd November at Mt Smart Athletics Track

Information for Parents and Caregivers attending

If you are coming along for the day to support your child, please make sure you are seated in the grandstand area. Sitting along the grass embankment is not permitted as per the Mount Smart Athletics Club rules.

Spectators are not permitted on the track or field at any time for Health and Safety reasons.

If you decide to take your child straight home from the venue, please notify your child's form teacher first.

Track and Field Events Timetable 2023

Track Events			
9:45am	BOYS/GIRLS	1500m	Boys – Year 7
		1500m	Boys – Year 8
		1500m	Girls – Year 7
		1500m	Girls – Year 8
10:00 – 11:45am	GIRLS	100m	Heats
		200m	Heats
		400m	Straight Final (Top 3 times)
12:00 – 1:45pm	BOYS	100m	Heats
		200m	Heats
		400m	Straight Final (Top 3 times)

Field Events								
EVENT	BOYS				GIRLS			
	10:00	10:25	10:50	11:15	12:15	12:40	12:05	1:30
High Jump	Kauri	Rimu	Puriri	Totara	Kauri	Rimu	Puriri	Totara
Long Jump	Totara	Kauri	Rimu	Puriri	Totara	Kauri	Rimu	Puriri
Discus	Puriri	Totara	Kauri	Rimu	Puriri	Totara	Kauri	Rimu
Shot Put	Rimu	Puriri	Totara	Kauri	Rimu	Puriri	Totara	Kauri

Finals		
1:45pm	BOYS and GIRLS	100m
2:00pm	BOYS and GIRLS	200m
2:15pm	YEAR 7 and YEAR 8	Class Relay

- Class relay runners have been selected during P.E. Class trainings. There will only be one race for Year 7 and one for Year 8.
- Year 7 100m heats will be run on the back straight (in order to speed up the day).

Growth Through Learning

We are open to change, treating each challenge as an opportunity to learn. As life long learners we strive to be the best we can be.

Expressing Ourselves

We explore and share our thoughts, talents, feelings and beliefs because these make us who we are. We get the most out of life when we are true to ourselves.

As members of a class, a school and a community, we are part of a whole. We come together from many different cultures to learn from each other.

Making Connections

Showing Respect for Other People

Because we have confidence in who we are, we are able to appreciate and let others be themselves. We care and support each other inside and outside the classroom.

Our Values are GEMS