



MERCEDES COLLEGE

COMPASSION LOYALTY JUSTICE INTEGRITY RESPONSIBILITY MUTUAL RESPECT

18 March 2016

Dear Parents / Caregivers

The Year 4-7 Athletics Day will be held on Thursday 14 April at Mercedes College. Commencing at 9:10am, students will rotate through event stations until approximately 2:15pm. All students will compete in 100m, 800m, Long Jump, High Jump, Shot Put, Discus and Novelty Activities. Students also have the option to compete in the 60m Hurdles and 200m events to gain extra points for their house. Upon completion of the rotations, the students will return in house groups to watch the 100m Finals. Due to time constraints a 400m event for selected students will be held in preparation for the Catholic Schools Carnival after our Athletics Day, based on 200m and 800m performances.

Performance standards are used in all Track and Field events to achieve points for each house. Using these standards reduces the time spent measuring in the field events, allowing students to have more attempts. Due to selection requirements for upcoming interschool athletics events, a small proportion of leading performances will be measured. The event is standards based encouraging students to work towards their own personal best performance.

Students and spectators are encouraged to wear a house coloured shirt. Apart from this exception, students are expected to wear their Mercedes College PE Uniform. Please note that hair spray and coloured zinc cream are not permitted. Hats must be worn at all times while waiting for an event or watching (hats may be removed whilst competing). Students will be reminded to reapply sunscreen throughout the day. Please ensure your child applies sunscreen prior to school. Students will need to carry a water bottle with them to all events.

If you are able to offer any assistance with time keeping, raking the sandpit, etc. on the day, it would be much appreciated. Please see either Jeff Wray or a Tracey Cramond at the event if you are able to assist.

Results from this carnival are used to select a representative team that will compete in the Catholic Schools Carnival at SANTOS Stadium Monday 6 June and the City South SAPSASA Carnival Wednesday 24 August at SANTOS Stadium. Age Group Champions and Runner Ups for Athletics will be announced and presented at the conclusion of the Athletics Carnival when the winning house is announced to the students.

	Students born 2006-2004 (9-11yrs old)	Students born 2003-2001 (12-14yrs old)
9:10 – 11:05	100m, 800m, 200m, 60m Hurdles	Long Jump, High Jump, Shot Put, Discus
11:30-1:05	Long Jump, High Jump, Shot Put, Discus	100m, 800m, 200m, 60m Hurdles
1:50 – 3:15	Completion of Rotations 100m Finals Clean Up and Presentation Ceremony	

Yours sincerely

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