



Southwell Junior Athletics Day **Years 0 - 4 (Heats and Finals)** **Monday 9th November**

Uniform

Students will arrive at school and meet in their classroom as per the normal school routine. Students are to come to school wearing their P.E. shorts and House shirt. They also need to be sun smart and be wearing sunblock and their Southwell wide brimmed hat. Please note that students DO NOT need to bring their school uniform, as they are allowed to wear their P.E. uniform for the entire day and go home in it.

Footwear

Please note the following:

Event/s	Footwear Requirements
Track - (Laned Events) (50m/100m/200m/400m)	Spikes/Shoes/Bare feet
Track (Unlaned Events) 800m/1500m	Shoes/Bare feet. NO SPIKES
Field (Throwing Events) Shot Put/Discus/Cricket Ball Throw	Shoes
Field (High Jump)	Shoes/Bare feet
Field (Long Jump)	Spikes/Shoes/Bare feet

Event Outline

Time	Details
8:20am	Students arrive at school and meet in classrooms as per normal school routine
9:00am	Commencement of Track and Field Rotations (<i>as outlined below</i>)
11:00am	Morning Tea Break
11:20am	Recommencement of Track and Field Rotations (<i>as outlined below</i>)
1:20pm	Conclusion of Junior Athletics Day followed by Lunch Break
1:50pm	Students return to normal timetable for the remainder of the day

Event Schedule

	TRACK	Long Jump	High Jump	Cricket Ball Throw	Soft Shot
9:00am Rotation A	Yr 0/1-2 50m/100m HEATS	Year 4 Girls FINAL	Year 3 Boys FINAL	Year 4 Boys FINAL	Year 3 Girls FINAL
9:40am Rotation B	Year 3 50/100m HEATS	Year 0/1 FINAL	Year 4 Girls FINAL	Year 2 FINAL	Year 4 Boys FINAL
10:20am Rotation C	Year 4 50/100m HEATS	Year 2 FINAL	Year 3 Girls FINAL		Year 3 Boys FINAL
11:00 AM	Morning Tea				
	TRACK	Long Jump	High Jump	Cricket Ball Throw (1)	Cricket Ball Throw (2)
11:20am Rotation D	Year 0/1-2 400m FINAL	Year 3 Boys FINAL	Year 4 Boys FINAL	Year 4 Girls FINAL	Year 3 Girls FINAL
	TRACK	Long Jump	High Jump	Cricket Ball Throw (1)	Soft Shot
12:00pm Rotation E	Year 3 800m FINAL	Year 4 Boys FINAL	Year 2 FINAL	Year 0/1 FINAL	Year 4 Girls FINAL
12:40pm Rotation F	Year 4 800m FINAL	Year 3 Girls FINAL		Year 3 Boys FINAL	
1:20pm	Conclusion of Event followed by Lunch Break				
1:50pm	Students will return to their classes for the remainder of the school day				

**Please note that the times and programme may vary from that listed above in the event of unforeseen circumstances.*

Heats and Finals

All field events will be completed as finals with a winner being established. Track events are either completed as heats or finals as indicated in the Events Schedule. Finalists from the track heats will be competing in their final during the Full School Athletics Day on **Friday 20 November**. Please note that students who do not make an event final for the 50m and 100m races will still compete in the House Points Competition Finals during the Full School Athletics Day. They will earn points for their House towards the French Cup Trophy.

Junior Athletics Day Postponement

In the event that the Junior Athletics Day is postponed, a notification will be sent out via the Southwell School App and a normal school day will commence. *The scheduled postponement day is Tuesday 10 November.*

Southwell School Athletics Day

Our Southwell School Athletics Day will be held on Friday 20 November. *The scheduled postponement day is Monday 23 November.* On this day our Junior School (Years 0-4) will have a fun tabloid sports rotation from 8:45 - 10:00am, and then will join the rest of the school for House and Championship sprints. Additional information including an event schedule, programme and finalists list will be emailed out prior to the event.

Kind Regards,

Paul Norman - Director of Physical Education and Sport