



PAPAMOA
COLLEGE

UMS & Senior School ATHLETICS CHAMPIONSHIP 2019

Tuesday 19 February 2019
(postponement day Thursday 21 February)
9.00am start and 3.10pm finish
Papamoa College School Field

Programme for the Day

Junior Athletes: Under 14 years as at 1/1/2019
Intermediate Athletes: Under 16 years as at 1/1/2019
Senior Athletes: Under 19 years as at 1/1/2019

Field Programme:

8.35am Students to attend admin, have attendance taken and receive housekeeping information
8.45am Everyone to meet out on the field for a quick debrief for the days proceedings
8.50am Students head to first field event

Round	Time	Junior Boys	Junior Girls	Intermediate Boys	Intermediate Girls	Senior Athletes
1	9.00am	Long Jump	Shot Put	Javelin	High Jump	Discus
2	10.00am	Discus	Long Jump	Shot Put	Javelin	High Jump
3	10.55am	High Jump	Discus	Long Jump	Shot Put	Javelin
4	11.50pm	Javelin	High Jump	Discus	Long Jump	Shot Put
12.40-1.30pm		LUNCH BREAK				
5	1.35pm	Shot Put	Javelin	High Jump	Discus	Long Jump

Track Programme

Event	Time	Group
100m Sprint Heats	9.10am	All Junior Athletes
	9.30am	All Intermediate Athletes
	9.50am	All Senior Athletes
400m Straight Final <i>Competitive Athletes Only</i>	10.00am	All Intermediate Athletes
	10.20am	All Senior Athletes
300m Straight Final <i>Competitive Athletes Only</i>	10.30am	All Junior Athletes
800m Straight Final <i>Competitive Athletes Only</i>	11.00am	All Junior Athletes
	11.20am	All Intermediate Athletes
	11.30am	All Senior Athletes
200m Straight Final	11.45am	All Junior Athletes
	12.00pm	All Intermediate Athletes
	12.15pm	All Senior Athletes
100m Sprint Finals	1.35pm	All Junior Athletes
	1.55pm	All Intermediate Athletes
	2.15pm	All Senior Athletes

Please note that these are approximate times only. We may need more time for sprint heats and events may be significantly shortened / cancelled due to poor weather conditions.

Parents and Whanau are most welcome to attend and support students during the day.

Participation Points

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

Championship Points

Points allocated for placings:

- 1st = 4 points
- 2nd = 3 points
- 3rd = 2 points

Track Events

3000m*, 1500m*, 800m, 100m, 200m, 300m, 400m, Relays

*Event will not be run on Athletics Day. 1500m will be run at 9.00am on Thursday 22 February and 3000m will be run at 9.00am on Friday 23 February.

- **At all times**, track events take precedence over field events
- Competitors **must** report to their appropriate field event TIC before moving off to the track
- Specific events may be run as straight finals if there are limited entries on Athletics Day

100m, 200m, 300m & 400m 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.

800m Race

- Start Line – Athletes are placed on the Start line by marshals.
- On Your Marks – A Standing Start is mandatory. The feet MUST be placed in the position from which they will 'PUSH OFF' when the gun goes.
- 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.

Sprint Finals Qualification Criteria - 100m

- Fastest 8 times from the heats go through to the finals

Field Events

- All competitors should receive 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 passes the standard will be measured.

Student Attire for Day

Athletics Students are encouraged to dress up in Whanau colours. Please ensure all clothing is appropriate for the sporting events taking place. Spikes are allowed for the Track events and the Long Jump.

Behaviour

Any students causing disturbances will be asked to go back to class for the remainder of the day.

Qualifying Throws / Jumps

Event	Junior Girls	Junior Boys	Intermediate Girls	Intermediate Boys	Senior Girls	Senior Boys
Long Jump	3.6m	4.2m	3.8m	4.7m	3.8m	4.8m
Triple Jump	6.5m	8.5m	6.5m	9.0m	7.0m	9.0m
High Jump <i>Starting Heights</i>	1.20m	1.20m	1.25m	1.25m	1.25m	1.25m
Shot Put	6.5m 3.0kg	8.0m 4.0kg	7.0m 3.0kg	9.5m 5.0kg	7.0m 3.0kg	10.0m 5.0kg
Discus	16.5m 1.0kg	22.0m 1.0kg	18.0m 1.0kg	25.0m 1.25kg	20.0m 1.0kg	27.0m 1.5kg
Javelin	11.0m 500g	21.0m 600g	16.0m 500g	25.0m 700g	18.0m 500g	30.0m 700g

Athletics Field Map

