



PAPAMOA  
COLLEGE

# **UMS & Senior School ATHLETICS CHAMPIONSHIP 2021**

Thursday 25th February  
(postponement day Wednesday 3rd March)  
9.00am start and 3.10pm finish  
Papamoa College School Field

# Programme for the Day

*Junior Athletes: 14 Years old and under as at 1/1/2021 (12/13/14Yr)*

*Intermediate Athletes: 16 years and under as at 1/1/2021 (15/16yrs)*

*Senior Athletes: 19 years and under as at 1/1/2020 (17/18yrs)*

## Field Programme:

- 8.40 am** Students attend admin as normal and have their attendance taken, admin teachers then bring your class out to the field for a quick briefing by the start-finish line.
- 8.50 am** Briefing
- 9:00 am** Students & Staff head to the first event for the day.

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		<b>LUNCH BREAK</b>				
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	10.00am	All Intermediate Athletes
	10.20am	All Senior Athletes
300m Straight Final	10.30am	All Junior Athletes
800m Straight Final	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

Relays	2:30pm	Mixed 2 boys 2 girls Whanau Relay teams ( JNR/INT/SNR)
--------	--------	--

**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:

- 1<sup>st</sup> = 4 points
- 2<sup>nd</sup> = 3 points
- 3<sup>rd</sup> = 2 points

### Track Events

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

\*Event will not be run on Athletics Day. 1500m & 3000m will be run during admin on Monday 1st and 2nd March( check daily notices)

- **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

- Student will be split into competitive (timed) and non competitive races (whanau points)
- 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, these will only run if there is time at the end of the day, if not we will use heat times to determine the 1st,2nd and 3rd place getters.

### 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.

## BOPSS Qualifying Throws / Jumps

Event	Junior Girls	Junior Boys	Intermediate Girls	Intermediate Boys	Senior Girls	Senior Boys
Long Jump	3.55m	4.20m	3.80m	4.70m	3.85m	4.80m
High Jump <i>Starting Heights</i>	1.02m	1.35m	1.25m	1.50m	1.30m	1.50m
Shot Put	7.5m 3.0kg	9.0m 4.0kg	8.0m 3.0kg	9.85m 5.0kg	8.0m 3.0kg	10.0m 5.0kg
Discus	16.5m 1.0kg	24.0m 1.0kg	17.50m 1.0kg	24.0m 1.25kg	19.0m 1.0kg	25.0m 1.5kg
Javelin	10.0m 500g	21.0m 600g	16.0m 500g	25.0m 700g	19.50m 500g	30.0m 700g

Average distances thrown/Jumped at BOP Champs for the past 3 year attached

## Athletics Field Map

