

Mid Dome Athletics

Date: Wednesday 28 February 2024 at Northern Southland College

Postponement Date: Friday 1 March 2024

Cancellation will be put on Skool Loop, early phone call from Ms O, More FM and Classic Hits from 7.00 am in the morning. Please appreciate how hard it is to make the decisions on marginal days - underfoot conditions are the major considerations.

IF THE DAY IS POSTPONED, WE WILL STILL HAVE A NORMAL SCHOOL DAY.

Time: All children travel with parents but I need to know who they are travelling with. Please fill out the permission slip attached which also confirms your travel arrangements. This must be returned by this Friday, 23rd February.

All children to **arrive at the College by 8.40 am.** Upon arrival everyone needs to check in at the Garston School site (northern boundary, near the long jump. Please pin a safety pin to your child's running top, if you have one, so their score card can be attached. Soon after they will join the other schools for a briefing where they will line up in their age groups (seniors) or colour groups (juniors). The children will participate/compete in their age groups as set at 31st December 2023.

Events begin at 9.00 am. Attached is also a programme for the seniors and junior events.

IMPORTANT:

You are free to take your children home after their events have finished if they are not involved in a senior relay team.

What your child needs:

Uniform:

- The children will be given their uniform on Monday, 26th February which they will wear to the event.
- All children must wear shorts under their track pants.
- Safety pin for colour card (juniors)

Lunch:

- Packed Lunch and Water bottle - lots of little snacks
- Our Lunchtime will be dependent on how the events are running and possibly the weather. Children will be encouraged to snack at appropriate moments throughout the day. Lunch will be short to ensure a prompt finish by 3.00 pm.
- There will be a BBQ running as well as Coffee Car being available.

Other things:

- Sunscreen
- Own wide brimmed sunhat (not school ones)
- Warm clothes (if the day is or could get cold)
- Bag to keep their gear in - the children will carry their bag around with them. Each discipline will have a bag drop area. Please ensure that your child's belongings are clearly named.

Event information:

- A timetable and a map will be on display.
- Parents are encouraged to assist on the day - by walking with the group and helping where needed - your help would be much appreciated. Your assistance would help to keep the day flowing nicely and avoid hold-ups.

Northern Events:

Should your child receive 1st 2nd or 3rd place in finals for the following events, they **may** qualify for **Northern Athletics on Wednesday 13th of March.**

60m	7 - 8 years	100m	7 - 12 years
200m	9 - 12 years	800m	9 - 12 years
1500m	9 - 12 years		
Long Jump	8 - 12 years	High Jump	9 - 12 years
Shot Put	9 - 12 years	Discus	9 - 12 years

Senior Programme

Lumsden Athletics, NSC, 2024

Grade	8 Years	7 Years	10 Year	9 Years
9.10am	Track Order: 1500m, 60m, 100m, 200m, 60m Finals, 100m Finals, 200m Finals, 800m			
11.10am	HIGH JUMP	SHOTPUT	DISCUS	LONG JUMP
11:45-12:15 LUNCH				
12:15pm	LONG JUMP	HIGH JUMP	SHOTPUT	DISCUS
12:50pm	QUOIT	LONG JUMP	HIGH JUMP	SHOTPUT
1:25pm	SHOTPUT	QUOIT	LONG JUMP	HIGH JUMP
2:00 - Relays				
2:30pm End of Day				

Please Note - times are approximate but we will stick to schedule as much as possible

Junior Programme

9.00	WELCOME AND BRIEF OVERVIEW OF MORNINGS EVENTS							
Colour	Yellow Triangles (5 years)		Blue Triangles (5 Years)		Green Rectangles (6 years)		Red Rectangles (6 years)	
Age	Five year olds as @ 31 st December 2023				Six year olds as @ 31 st December 2023			
Sub group	A	B	A	B	A	B	A	B
9.15am	Ball Put	Quoit throw	Hurdles	Gumboot Relay	High Jump	Spud/Spoon Relay	Long-Jump	Sack Race
	Quoit throw	Ball Put	Gumboot Relay	Hurdles	Spud/Spoon Relay	High Jump	Sack Race	Long Jump
9.45am	Long-Jump	Sack Race	Ball Put	Quoit throw	Hurdles	Gumboot Relay	High Jump	Spud/Spoon Relay
	Sack Race	Long-Jump	Quoit throw	Ball Put	Gumboot Relay	Hurdles	Spud/Spoon Relay	High Jump
10.15am	MORNING TEA							
10.45am	High Jump	Spud/Spoon Relay	Long-Jump	Sack Race	Ball Put	Quoit throw	Hurdles	Gumboot Relay
	Spud/Spoon Relay	High Jump	Sack Race	Long-Jump	Quoit throw	Ball Put	Gumboot Relay	Hurdles
11.15am	Hurdles	Gumboot Relay	High Jump	Spud/Spoon Relay	Long-Jump	Sack Race	Ball Put	Quoit throw
	Gumboot Relay	Hurdles	Spud/Spoon Relay	High Jump	Sack Race	Long-Jump	Quoit throw	Ball Put
11:45	LUNCH THEN ONTO SPRINTS When track is free from Senior Programme (60m)/ <u>NO Relays for Juniors</u>							

Permission Slip (fill out section A or B and please return by Friday, 23rd February)

Section A

1. I will transport my own child(ren) to Mid-Dome athletics on Wednesday, 28th February or Friday, 1st March (postponement date) and have a current driver's licence, my vehicle has a current warrant of fitness and registration and that I will ensure any passengers up to the age of 7 will use a standard approved booster seat. **YES / NO**

2. I have already arranged to take these extra children: _____
(names)
and/or can help with transporting others and have _____ (number) of extra, belted seats.

Name: _____ Signed: _____ Date: _____

Section B

I NEED HELP BECAUSE I cannot transport my own child(ren) but I give permission for my child(ren) to travel to Lumsden by private vehicle to take part in the Mid-Dome Athletics and I will also provide a standard approved booster seat for any of my children up to the age of 7.

Name: _____ Signed: _____ Date: _____