

WBOP Primary School Athletics 2017

Date: Wednesday 29th November 2017 (Week 8)
Venue: Gordon Spratt Reserve, off Parton Road, Papamoa
Entries Close: Wednesday 22nd November
Entries to: **Online entries; ENTER NOW**
Entry fee: \$5.00 per competitor (Sport BOP will invoice schools)

Clusters	Colour	Responsible for
East	Red	Discus
Mount	Purple	Cricket Ball Throw
North	Yellow	High Jump
South	Orange	Long Jump
Te Puke	Blue	Track / Relays
West	Green	Soft Shot



- **TEAM MANAGERS** - please ensure that children remain in their assigned areas during the sprints, 800m and relay events. Children may go out onto the field to watch field events but must stay out of the competition areas
- Cluster coloured t-shirts will be given out to competitors on the day & must be worn (Team managers are responsible for t-shirts being returned to the upstairs control office at the end of the day.
- Clusters may enter up to three representatives per event with the exception of the 800m where only two representatives per age group / gender are entered.
- Cluster coordinators - please include the names of competitors on ENTER NOW by Wednesday 23rd November along with the names of the cluster team manager & event organiser (please have a contact mobile phone number and email address for cluster team manager / event organiser).
- Each cluster is responsible for organising an event (check the list above). You must have enough helpers to run the event smoothly. The following equipment is available and will be set-up for you:
 - High jump - landing mats, bar & uprights
 - Discus - Discus
 - Sprints / relays / 800m - track flags, race lists
 - Long jump - rake (please bring colour mat and tape measure)
 - General - fencing tape and standards to zone off or mark distancesAll other equipment will need to be provided by cluster event organisers i.e. long jump colour mat, soft shot, cricket balls, measuring tapes, batons etc
- Soft Shot is an extra event and will be timetabled into the programme at the same time as the high jump event for all year groups (if children qualify for both events they will have to choose which one they will compete in at the WBOP Athletics). Discus and Cricket Ball throw events will remain in the programme (there will be 5 field events). For all throwing events competitors must only take one throw at a time & then wait for all competitors to throw before their next throw (competitors must not have three consecutive throws).
- All events will be run on a championship basis. Each cluster will be responsible for the smooth running of their activity and ensuring that children are aware of event requirements.

- Event organisers will be given code recording sheets, to be completed and handed in at the end of each round (sheets to be taken to the control office upstairs after each event).
- Certificates will be given out for place getters at the end of each round.

Championship Points

Points allocated for placings (individual events): 1st place (5 points), 2nd place (3 points), 3rd place (1 point)

Medals will be provided for the Champion in each year/gender division.

PROGRAMME

08.45	Assemble in allocated cluster areas in the grandstand
	Event Coordinators and Team Managers meeting in the control office
Boys 09.10 - 10.00	Sprint Heats - 60m Year 5 Girls, Boys / Year 6 Girls,
Boys 10.00 - 10.45	Sprint Heats - 100m Year 5 Girls, Boys / Year 6 Girls, Field Events Round 1
10.45 - 11.30	Field Events Round 2
11.30 - 12.15	Sprint Finals & 800m Boys / Girls Final
12.15 - 01.00	Field Events Round 3
01.00 - 01.45	Field Events Round 4
01.45 - 02.15	Relays
02.15	Pack Up / Leave

The first round of the field events will go ahead at the time shown on the programme. If the sprint heats are not completed by 10.00am then field event organisers will need to allow for those children turning up late i.e. move them to last on the list.

- **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.
- If wet the **high jump** continuing will be decided on a round by round basis. This will be decided by Sport BOP and the high jump coordinator. The round will not be rushed through and if cancelled half way through no awards will be given.

SPRINT EVENTS

- All sprint heats and finals will be held on the track directly below the grandstand.
- No spikes or starting blocks allowed.
- The organisation for heats with the 60m and 100m are as follows, please ensure that when registering runners they are entered in the correct cluster placing order on the entry form. Sprinters also need to know which number they are i.e. 1 - 1st at cluster, 2 - 2nd at cluster, 3 - 3rd at cluster.

Heat / Lane	1	2	3	4	5	6
1	Te Puke 3	North 2	East 1	Mount 1	South 2	West 3
2	East 3	Te Puke 2	North 1	South 1	West 2	Mount 3
3	North 3	East 2	Te Puke 1	West 1	Mount 2	South 3

- The fastest 8 times over all heats go through to the finals
- Te Puke Cluster organisers will need to provide starter, judge and marshalls for heats and finals.
- Sprint finishes will be determined by photo finish, it is therefore essential that competitors run in their designated lane.

FIELD EVENTS

ROUND	Year 5 Girls	Year 5 Boys	Year 6 Girls	Year 6 Boys
1 (10.00am)	Discus	High Jump / Soft Shot	CBT	Long Jump
2 (10.45am)	Long Jump	Discus	High Jump / Soft Shot	CBT
3 (12.15pm)	CBT	Long Jump	Discus	High Jump / Soft Shot
4 (1.00pm)	High Jump / Soft Shot	CBT	Long Jump	Discus

MIDDLE DISTANCE EVENT

800 m
gender) Year 5 race (combined Year 5 boys (x2) /girls (x2) 1st, 2nd, 3rd results per
gender)
Year 6 race (combined Year 6 boys (x2) /girls (x2) 1st, 2nd, 3rd results per
gender)
2 x laps of the 400m track (No spikes allowed)

RELAY EVENTS

3 Relays	4 x 100m	Year 5	2 nd & 3 rd fastest Yr 5 boys & girls
	4 x 100m	Year 6	2 nd & 3 rd fastest Yr 6 boys & girls
	4 x 100m Championship		Fastest runner for each year and gender

Runners are only permitted to compete in one relay event! A team will be disqualified if a runner competes in more than one relay event.

HIGH JUMP - SCISSOR JUMP ONLY

- One foot take off
- The head must always be the highest part of the body throughout the jump
- Landing on one leg immediately followed by the other, landing on the bottom is okay as long as the angle between the upper and lower body is not greater than 90 degrees
- A judge will be present at the WBOP event to monitor the correct scissor technique. It is imperative that incorrect jumpers are eliminated at school/cluster level. Children using the incorrect technique will be disqualified.
- High Jump starting heights - Year 5 girls/boys = 1.05m & Year 6 girls/boys = 1.10m

CRICKET BALL

- Over arm throw - Incredi Cricket Ball must be used - junior size
- Throw 3m circle for the cricket ball throw (competitors must enter and leave from the back of the circle)

DISCUS

- 500g discus (Year 5 & 6)
- Contact Kerry Hill (CoachForce Athletics) for Coaching or Professional Development
khill92@hotmail.com

SOFT SHOT

- 1.5kg soft shot (Year 5 & 6)
- Shot must be put from a position close in against the chin / jaw
- Competitors must not lift the shot up or away from the shoulder and 'throw' it CBT style
(this aspect will be strictly enforced)

SPRINT START PROCEDURE GUIDELINES

60m & 100m Sprints

- Assembly Line - Athletes are placed on an Assembly line by marshals
- On Your Marks - All competitors must move forward to the Start Line
- For a STANDING 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
- For a STANDING START the athlete shall assume their full and final start position with both feet in contact with the ground
- 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 Races

- Assembly Line - Athletes are placed on an Assembly line by marshals
- On Your Marks - All competitors then move forward to the Start Line
- A Standing Start is mandatory. The feet MUST be placed in the position from which they will 'PUSH OFF' when the gun goes
- 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.

SPORT BOP TERMS AND CONDITIONS OF ENTRY:

By entering the WBOP Athletics you agree to use your best endeavours to prevent injury or harm to yourself and others whilst participating. In doing so you agree to waive all claims against Sport BOP. You acknowledge that the activities in which you may participate whilst competing or practising have inherent dangers which may cause injury to yourself or others (ranging from minor injuries to more serious injuries) if carried out without due care, with inadequate training or preparation, or without proper supervision. Sport BOP do not accept any liability for failure on your part to take due care to prevent harm to yourself or others whilst attending the competition and exclude all liability for damages (whether exemplary damages or otherwise) howsoever arising. Sport BOP has the unconditional right to use at its discretion any photographic and/or video images taken of any competitors/officials while participating at the athletics, and any information provided by you, in any form of media, art, advertising, trade, visual documentary, promotional material, merchandise or film coverage without any compensation to you or approval by you.