



## BALMACEWEN INTERMEDIATE

Dear Parents/Caregivers

On Friday 17<sup>th</sup> October (Week 1 Term 4) the Balmacewen Intermediate school athletics day will take place at the Caledonian sports ground at Logan Park. It is fantastic to be able to utilise local resources and we find the students rise to the occasion and achieve great results.

The students will need to be **dropped off at the Caledonian by 8.50am** on Friday 17<sup>th</sup> October and they will also need to be picked up at the conclusion of the day, at approximately 2.55pm. The postponement day is Monday 20<sup>th</sup> October.

The students are expected to compete in all of the events throughout the day, and they are competing for house points as well as the opportunity to represent the school at the North Zone and Otago Athletics. A basic timetable of events is included below for spectating purposes.

### Programme

Round 1	9.15am – 10.00am
Round 2	10.00am – 10.45am
Round 3	10.45am – 11.30am
LUNCH	11.30am – 11.45am
Round 4	11.45am – 12.30pm
Round 5	12.30pm – 1.15pm
Round 6	1.15pm – 2.00pm
Sprint finals	2.00pm – 2.15pm
Inter house Relays	2.15pm – 2.30pm
800m (optional)	2.30pm
Finish time	2.50pm

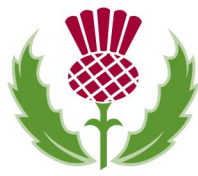
### Timetable

Group1 Gu12	H/jump	Hurdles	L/jump		S/put	Sprints	Discus	Sprint Finals	House Relay s
Group2 Bu12	Hurdles	L/jump	S/put		Sprints	Discus	H/jump		800m (opt)
Group3 Gu13	L/jump	S/put	Sprints		Discus	H/jump	Hurdles		
Group4 Bu13	S/put	Sprints	Discus	Lunch	H/jump	Hurdles	L/jump		
Group5 BO13	Sprints	Discus	H/jump		Hurdles	L/jump	S/put		
Group6 GO13	Discus	H/jump	Hurdles		L/jump	S/put	Sprints		

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Because the students are running, throwing and jumping continuously throughout the day they will need to have a substantial packed lunch with lots of nutritious food and a large drink, preferably water (**no fizzy**). They will **not** be able to buy food or drink at the grounds and therefore should not be bringing any money with them.

The students are able to dress in their house colours. If they are unable to find suitable clothing for competing in (shorts and t-shirt) in their house colours they must wear the correct school PE uniform. Students need to be prepared for a range of weather conditions and so they need to bring a warm top and pair of trackies, as well as a hat and sunscreen. In addition to this the students will need a safety pin for attaching their points card to their top.

The Caledonian has an 'all weather' track and so the athletics day will go ahead unless there are severe weather conditions or very heavy rain. If the sports day is postponed it will be announced on the local radio stations, More FM and Classic Hits.

As always we welcome and appreciate the support of all parents, friends and relatives. But MORE IMPORTANTLY we would appreciate any help on the day from any parents. This can include a range of tasks from recording, time keeping to picking up a shot or discus. Please send an email to your child's teacher if you can help with this.

Kind regards

Lauren Roney and Rachel Smart  
(Sports Coordinators)

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