

**SARINA STATE SCHOOL**

**INTERHOUSE ATHLETICS CARNIVAL**



***j0318744***

Tuesday 6th and Wednesday 7th June 2023

**SARINA STATE SCHOOL INTERHOUSE ATHLETICS CARNIVAL**

**Field events**

Tuesday 6th of June 2023

Only students born in 2010 (12 years), 2011 (11 years) 2012 (10 years) and 2013 (9 years) participate in event. Normal school day for all other students.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **9:00am** | **Students assemble on oval under house tents** | | | | | | | |
| **9:15** | **War Cry competition** | | | | | | | |
|  | **Girls Discus**  **Ruth, Belinda** | **Boys Discus**  **Wendy P, Letitia D** | **Girls Shot put**  **Emily B, Kimmy H** | **Boys Shot Put**  **Kelly O ,**  **Matt B** | **Girls High Jump**  **Kate T & Saraya B** | **Boys High Jump**  **Ali R & Rose S** | **Girls Long Jump**  **Amy B & Marg G** | **Boys Long Jump**  **Ashleigh G and Aimee D** |
| **9:15 – 10:15am**  **ROUND 1 OF FIELD EVENTS** | **12 years**  **Born 2011** | **12 yrs**  **Born 2011** | **9 years** | **9 years** | **10 years** | **10 years** | **11 years** | **11 years** |
| **10:15 – 11.15am**  **Round 2 of field events** | **11 years**  **Born 2012** | **11 years**  **Born 2012** | **12 years** | **12 years** | **9 years** | **9 years** | **10 years** | **10 years** |
| 11:15 – 11:45am | **Lunch** | | | | | | | |
| 11:45am – 12:45pm  **Round 3 of field events** | **Girls Discus** | **Boys Discus** | **Girls Shot put** | **Boys Shot Put** | **Girls High Jump** | **Boys High Jump** | **Girls Long Jump** | **Boys Long Jump** |
|  | **10 years**  **Born 2013** | **10 years**  **Born 2013** | **11 years** | **11 years** | **12 years** | **12 years** | **9 years** | **9 years** |
| 12:45pm – 1:15pm | **Lunch** | | | | | |  |  |
|  | **Girls Discus** | **Boys Discus** | **Girls Shot put** | **Boys Shot Put** | **Girls High Jump** | **Boys High Jump** | **Girls Long Jump** | **Boys Long Jump** |
| 1:15pm – 2:15pm  **ROUND 4**  **OF FIELD EVENTS** | **9 years**  **Born 2014** | **9 years**  **Born 2014** | **10 years** | **10 years** | **11 years** | **11 years** | **12 years** | **12 years** |
| **2:20pm** | **War cry competition** | | | | | | | |
| **2:30pm** | **Pack up equipment** | | | | | |  |  |

**Long jump Discus Girls**

**Long jump Boys** **Girls**

**Discus Boys**

**Shot put Girls**

**Shot put Boys**

**High Jump Girls High Jump Boys**

TENTS

**HALL SENIOR PROGRAM MAP**

**SARINA STATE SCHOOL INTERHOUSE ATHLETICS CARNIVAL**

Wednesday 7th June 2023

**Students born in 2014, 2013, 2012, 2011 will participate in full 2 day program. Students born after 2014 will participate in sprint races and tabloid activities on Day 2.**

**8:50 am** Students go to class as per normal routine. Teacher records attendance and gives each student a coloured wristband, clearly identifying their rotation group. Teacher walks students to the oval and directs students to their house tents - – Flinders (Yellow), Sturt (Red) or Hinkler (Green).

**9:00 am** Welcome message by Miss Rice

**9:05 am** War cry competition

**9:10 am**  Athletic activities begin. Refer to Junior and Senior Programs for activities, locations and times.

** Lunch** – All senior students are to assemble under their house tents for lunch , all junior students are to assemble in the hall for lunch.

**2:20 pm**  Students assemble under house tents. 2nd war cry competition.

**2:30 pm** **Presentation** Pack up equipment and tents etc.

**2:55pm** Dismissal

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **9:00am** | **Students assemble on oval under house tents.** | | | |
|  | **Welcome from Miss Rice** | | | |
|  | **War Cry competition** | | | |
| **100m SPRINTS** | **Sprints juniors and senior 100m heats**   |  |  |  | | --- | --- | --- | | **Order of Events:**   1. **Prep Girls** 2. **Prep Boys** 3. **Year 1 girls** 4. **Year 1 Boys** 5. **Year 2 girls** 6. **Year 2 Boys** 7. **2015 girls** 8. **2015 boys** 9. 2014 Girls 10. 2014 Boys | 1. 2013 Girls 2. 2013 Boys 3. 2012 Girls 4. 2012 Boys 5. 2011 Girls 6. 2011 Boys | **Marshals: Jo S, Tara S, Karina M, Ruth C**  **Starter:**  Matt Brigg  **Judges (1st, 2nd, 3rd): Nic O, Ben M, Kimmy H**  **Tent Supervisors: Shileoh M, Hope C, Sandy B, Shirley K, Jody P, Russell L & Chappy**  ***NB – Tent supervisors are responsible for making sure that as soon as students finish their race they collect them from the track and sit them down in their tabloid rotation group (e.g prep girls, prep boys, etc) ready to move straight on to their tabloid rotation after the junior race has finished.***  **Marshals: Saraya B, Belinda P, Katie P**  **Starter:**  Matt Brigg  **Time keepers: Ali Rice, Ashleigh G, Ashlee S, Emily B**  **Judge: Wendy P**  **Tent Supervisors: Letiticia, Amy, Rose** | |  |  |  | | | |  |
| **800M** | **Boys and girls born 2014, 2013,2012 and 2011** |  |  | |
| LUNCH | **10:30am – 11:00am (Seniors lunch only - please see junior program for their lunch times)** |  |  | |
| **200m SPRINTS** | **200m Sprints**   |  |  |  | | --- | --- | --- | | **Order of Events:**   1. 2014 Girls 2. 2014 Boys 3. 2013 Girls 4. 2013 Boys | 1. 2012 Girls 2. 2012 Boys 3. 2011 Girls 4. 2011 Boys | **Marshals: Saraya, Belinda, Katie P**  **Starter:**  Matt Brigg  **Time keepers: Ali Rice, Ashleigh G, Ashlee S, Emily B**  **Judge: Wendy P**  **Tent Supervisors: Letiticia, Amy, Rose** | |  |  | |
|  | **100M SPRINT FINALS - All students are to be assembled under house tents for 100m sprint finals unless they are participating.** | | | |
| LUNCH | **12:45pm – 1:15pm (Seniors Lunch only please see junior program for their lunch times)** | | | |
|  | **200M SPRINT FINALS - All students are to be assembled under house tents for 100m sprint finals unless they are participating.** | | | |
| **1500M** | **Nominated students only born 2014, 2013, 2012 and 2011** | | | |
|  | **Presentation and pack up** | | | |

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**JUNIOR PROGRAM**

Students: prep, year 1, year 2, boys and girls born 2015 2

|  |  |  |
| --- | --- | --- |
|  | **STATION NAME** | **LOCATION OF STATION** |
| 1 | Ball Games | Hall |
| 2 | Relay Races | Oval |
| 3 | Modified Long Jump | Long jump pits 1 & 2 |
| 4 | Modified Shot put | oval |
| 5 | Aiming Activity | oval |
| 6 | Sack Races | Senior Playground |
| 7 | Tug-a-war | Beside Hall |
| 8 | Egg & Spoon Race | Oval |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Prep girls – Jo S & Shileogh M** | **Prep boys – Ang G & Hope C** | **Year 1 girls – Nic O & Sandy** | **Year 1 Boys – Tara S & Ruth C** | **Year 2 girls – Karina M & Marg G** | **Year 2 boys – Jody P & Ben M** | **Girls born 2015 *- Shirley K &Kimmy H*** | **Boys Born 2015 – Russell L & Chappy** |
| 10:00 – 10:25 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 10:25 – 10:50 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 1 |
| 10:50 – 11:20  Lunch |
| 11:20 – 11:45 | 3 | 4 | 5 | 6 | 7 | 8 | 1 | 2 |
| 11:55-12:05 | 4 | 5 | 6 | 7 | 8 | 1 | 2 | 3 |
| 12:05 - 12:30pm | 5 | 6 | 7 | 8 | 1 | 2 | 3 | 4 |
| 12:30pm – 12:50pm |  | | | | | | | |
| 12:50 – 1:15pm | 6 | 7 | 8 | 1 | 2 | 3 | 4 | 5 |
| 1:15pm – 1:40pm | 7 | 8 | 1 | 2 | 3 | 4 | 5 | 6 |
| 1:40pm – 2:05pm | 8 | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

|  |
| --- |
| **Ball Games** - Tunnel ball, overs and unders |
| **Relay Races** – set students up in even no. of teams. Teams race back n forth in relay formation from marker to marker. Students must high five the next runner when they get to them to signal the change over of runners. |
| **Modified Long Jump** – standing long jump.  Line students up in one line in front of sandpit. students stand on mat in front of pit and jump forwards into sand pit. Encourage students to jump off one foot and land on two. |
| **Modified Shot put** –line students up in groups behind hula hoops. Ist throwers stand in the hula hoop others remain seated in their lines.  Step 1.Dirty fingers clean palm. Pick up plastic bocce ball (only fingers should be touching the ball)  Step 2. Dirty neck, Chicken wing – ball should be touching neck and elbow up like a chicken wing.  Step 3. Dip, dip push – Dip you elbow (aka chicken wing) in sauce twice and push ball forward.  Step 4 Collect. Wait for teacher to say collect and go and collect your ball and put it back in the middle of the hula hoop and go to the back of your line. |
| **Aiming Activity – bean bag toss.**  Line students up in groups behind marker. Each marker has 4 bean bags. Ist throwers stand up at the marker and throws one bean bag at a time trying to land one bean bag inside each of the coloured hula hoop. Once student has thrown all four bean bags they collect them return to marker and and sit down at the back of their line. |
| **Sack Races** - line students up in groups behind sacks. Students race down to marker and back jumping in their sack. Once they return to starting line they get out of their sack and go to the end of their line. Once all jumpers are back start the next race. |
| **Tug-a-war** – split students up into even teams. One on each end of the tug a war rope. Students try to pull the ribbon over the skipping rope closest to them. Once one team successfully pulls the ribbon over the skipping rope stop contest and reset. |
| **Egg & Spoon Race** – line students up in even groups behind markers. Each marker has a egg and spoon. Students put the egg on the spoon and race around the marker in front of them and back to their starting marker. Once first racers have finished they sit down at the back of their line. The next students than stand up and prepare to start their egg and spoon race. |

**TABLOID ACTICITY DESCRIPTION**

**Station 1** **Station 1**

**Boys Long Jump Girls Long Jump JUNIOR PROGRAM MAP**

**Station 2**

**Relay Races**

**Station 4 Station 8**

**Modified Shotput Egg n Spoon**

**Station 7** **Station 6**

**Tug o war Sack Races**

**TENNIS COURT**

**HALL Station 1 Station 5**

**Ball Games** **Aiming Activity**

**ROLES & RESPONSIBILITIES**

**Recording table: *Helen W and Lyn B* – Enter event results into recording spreadsheet and give 1st 2nd and 3rd ribbons to placegetters.**

**Race Marshalls: Line students up in groups of no more than 8 according to their age group and gender.**

**e.g 2015 girls 100m sprint - check all girls have the same coloured wristband (so you know they are in the right age group) - arrange girls into even groups you will need to count how many girls there are. So if there are 21 2015 (the year they were born) girls arrange them into 3 heats of 7 competitors. N.B there are 9 lanes on the track.**

**Position students in their lane - only one student per lane (100m and 200m sprints)**

* **2 students per lane (800m and 1500m races)**

**Starter:– Signal to chief timekeeper at the finish line ensure they are ready to go.**

**“take your marks” (students walk up to starting line)**

**“get set” (students stand in starting position)**

**“fire gun” (pull trigger. If there is a false start meaning a student has left before the gun has been fired fire the gun again to signal students to stop and to come back for a restart)**

**Chief Time keeper & First place timer: You will be positioned at the finishing line. Check with all time keepers to make sure they are ready for race to commence. Signal to race starter that time keepers are ready.** **Watch the starter gun for the light to signal race has started. As soon as you see the light start the timer. Watch the race closely hit stop on the timer as soon as the 1st competitor crosses the finishing line.**

**2nd, 3rd and 4th place Time Keepers: Communicate with chief time keeper to make sure you are ready to time the race. Watch the starter gun for the light to signal race has started. As soon as you see the light start the timer. Watch the race closely hit stop on the timer as soon as the 2nd, 3rd or 4th competitor crosses the finishing line.**

**Judges: Video the competitors crossing the finishing line on ipad (this is especially for sprint heats when races are very close) re watch video with chief time keeper to determine placing of competitors if necessary. *N.B Junior judges of races just need to determine the 1st, 2nd and 3rd placegetters and give them their respective ribbon as they have completed their race.***

**Communicate with timekeepers and competitors and write the times and names of the first 4 place getters on the recording sheet and send recording sheet and first 3 place getters with the recording sheet to the recording table.**

**Tent Supervisors: Supervise students under tents. Students who do not wish to compete in any track race should be under their house tent. Once students have finished their race they are to return to their house tent. Make sure students are away from the track and do not cross the track while competitors are racing.**

**Sprint Finalists: Kate T and Emelie A – you will be required to sort through the 100m and 200m heat recording sheets for each age group (2014 – 2011) to find the fastest eight times/students for finals after the sheets are returned to Helen at the recording desk. Helen you will not have to enter anything into the electronic scorecard for the 100m and 200m heat races only the finals (you will just need to hand out ribbons for the heats).**

Benchmarks – Only throws/jumps that land over the benchmark will be measured. These are also the benchmarks required to qualify for Sarina District Athletics Trials. Only students (10-12 years) who qualify in the top 3 and make the benchmark will be eligible to compete at the Sarina District Athletics Trials.

**SHOT PUT**

**Weight Benchmark**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Age** | **9 Yrs** | **10 Yrs** | **11 Yrs** | **12 Yrs** |  | **Age** | **9 yrs** | **10 Yrs** | **11 Yrs** | **12 Yrs** |
| **Boys** | 2 kg | 2 kg | 2 kg | 3 kg |  | **Boys** | 4.0m | 5.0m | 6.0m | 6.0m |
| **Girls** | 2 kg | 2 kg | 2 kg | 3 kg |  | **Girls** | 3.0m | 4.0m | 4.5m | 4.5m |

**DISCUS**

**Weight Benchmark**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Age** | **9 Years** | **10 Yrs** | **11 Yrs** | **12 / 13 Yrs** |  | **Age** | **9 Yrs** | **10 Yrs** | **11 Yrs** | **12 yrs** |
| **Boys** | 500g | 500g | 750g | 750g |  | **Boys** | 6m | 7m | 9m | 9m |
| **Girls** | 500g | 500g | 750g | 750g |  | **Girls** | 5m | 6m | 8m | 8m |

**LONG JUMP**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Age** | **9 Yrs** | **10 Yrs** | **11 Yrs** | **12 Yrs** |
| **Boys** | 2.5m | 2.5m | 3m | 3m |
| **Girls** | 2.0m | 2.0m | 2.5m | 2.5m |

**HIGH JUMP – Starting Heights**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Age** | **9 yrs** | **10 Yrs** | **11 Yrs** | **12 / 13 Yrs** |
| **Boys** | 75cm | 80 cm | 85 cm | 90 cm |
| **Girls** | 70cm | 75 cm | 80 cm | 85 cm |

Increase the bar by 5 cm each time until you only have 6 competitors or fewer, after which increase it by 3cm.