



Dipton School

ATHLETICS LIMEHILLS/DIPTON 2021

- Venue** Limehills School
- Date** ~~Friday 5th March~~ **Tuesday 9th March**
- Time** Assemble 8.50am on the grass in front of Limehills School, **briefing 9.00am** for all ages.
- Cancellation** 7.30 – 8.00am on radio, More FM, Limehills School Facebook page and School App, - then next fine day.
- Transport** The buses will run in the morning only. **No buses in the afternoon.** Parents organise for your children to be picked up at the end of athletics.
- Parking** On Derby Road and the school paddock behind the swimming pool (access via gate by the pool).
- Uniforms** All children are encouraged to wear their House colours (Oreti - Blue; South Hillend - Green; Kauana - Yellow; Otapiri - White). Always carry a change of warm gear to put on before/after competing e.g. Track pants/polar fleece. Don't forget drink bottle/sun block/sunhat. **NO SPIKES PLEASE.**
- Catering** Home and School are running a BBQ with drinks and food available throughout the day and a coffee cart is available. Please bring cash. **Please note - No actual lunch break is scheduled,** children will need to snack while waiting for turns or during breaks.
- Cards** All athletes will be given their card on the day. Please attach a **safety pin** to their top or shorts. The schools **do not** provide the safety pins.
- Swale Shield** Every child, 7 years and older, has their standards score added up and averaged out after the final event. This will determine which House has won the shield. **Remember to hand your card in to a teacher after your last event except those in a 200m final who will hand their cards in after that race.**
- Juniors (5 & 6 year olds)**
Begin at 9:10 with 60m run, followed by a fun rotation in teams, involving several running, jumping and throwing activities. This is held at the front of the school. They finish around lunchtime and then you can either support the senior school or head home. Junior prize giving will be held at the conclusion of activities.
- Relays** This is always a great finale. Each House will provide 1 team of 4 boys and 1 team of 4 girls with ages that add up to 40 or less eg. 4 x 10 year olds or 1 x 12yr, 1 x 11yr, 1 x 10yr and 1 x 7yr. (Not included in Swale Shield calculations). This will be followed by a parent relay and some fun relays if time allows.
- Parent Helpers**
A key to the day is parent helpers. We require parents to assist with co-ordinating the various age groups and assist at the various events. **Please make yourself available at the different events to help.**

We have enclosed a programme with this notice. Good luck to all our athletes.

Andrew, Diane and Staff

LIMEHILLS/DIPTON SENIOR ATHLETICS TIMETABLE 2021

Age as at 1st January 2021 (this is the age your child/ren will compete in)

TIMES	7 year olds	8 year olds	9 year olds	10 year olds	11 year olds	12 year olds
9.00	Briefing for everyone at front of school					
9.15	Junior 60m (5&6 year olds)					
9.45	Quoits		Long Jump	200m Heats 1 st	200m Heats 2 nd	200m Heats 3 rd
10.00	Quoits	60m	Long Jump	High Jump		Shot Put
10.15	60m	Long Jump		High Jump		Shot Put
10.30	60m	Long Jump		Discus	High Jump	Shot Put
10.45			Shot Put	Discus	High Jump	Long Jump
11.00	High Jump		Shot Put	100m	Discus	Long Jump
11.15	High Jump	Soft Shot	200m Heats		Discus	Long Jump
11.30	Long Jump	Soft Shot	Discus			100m
11.45	Long Jump	High Jump	Discus	Shot Put	100m	
12.00	100m	High Jump		Shot Put	Long Jump	Discus
12.15	Soft Shot		100m		Long Jump	Discus
12.30	Soft Shot	100m		Long Jump		High Jump
12.45		Quoits		Long Jump	Shot Put	High Jump
1.15		Quoits	High Jump		Shot Put	
1.30			High Jump	200m Final		200m Final
1.45			200m Final		200m Final	
2.00	RELAYS					