



Southern Zone Athletics Day 2016

Please read the information below carefully

Venue: Surrey Park, Invercargill

Date: Monday 14 March

Uniform: Myross Bush School polo top, shorts and school hat

All children MUST be at school by 8:15am

The Southern Zone Athletics Day is a huge tradition within the Zone. It is an annually run event for the **WHOLE SCHOOL** held before the Southland Primary School Athletics Day. On this day, all children compete against each other in their age groups (**as at 31st Dec 2015**). **7 year olds and up can then qualify for the Southland Athletics in certain events.**

The Schools in our Zone are Tisbury, Woodlands, Gorge Road, Tokanui, Rimu, Ascot and Half Moon Bay, with over 800 children competing!

Gear Children will need: safety pin, a well packed lunch (or money to buy from the BBQ), drink bottle, sunscreen, school hat and appropriate clothing for variable weather.

Athletics Day Transport

Please note the Main Bus run in the morning will run 15 min earlier. There will be **NO BAINFIELD ROAD RUN**. All children must be at school by 8:15am.

No buses will be coming home. ALL children must be picked up by parents from Surrey Park.

5 and 6 year olds must be picked up at Surrey Park at 12:30.

7-11 year old finish time is approx 2 - 2.30pm

The \$1 bus charge has been subsidised.

Please note if your child is running the 800m they need to be at Surrey Park by 8.25am.

Junior Rotation 2016

	9.45	10.10	10.35	11.00	11.15	11.40	12.05
A	1 Throwing (Shot)	2 Jumping (High)	3 Running (Relays)	Morning tea for all 15 minutes	4 Jumping (Long)	5 Throwing (Discus)	6 Running
B	2 Jumping (High)	3 Running (Relays)	4 Jumping (Long)		5 Throwing (Discus)	6 Running	1 Throwing (Shot)
C	3 Running (Relays)	4 Jumping (Long)	5 Throwing (Discus)		6 Running	1 Throwing (Shot)	2 Jumping (High)
D	4 Jumping (Long)	5 Throwing (Discus)	6 Running		1 Throwing (Shot)	2 Jumping (High)	3 Running (Relays)
E	5 Throwing (Discus)	6 Running	1 Throwing (Shot)		2 Jumping (High)	3 Running (Relays)	4 Jumping (Long)
F	6 Running	1 Throwing (Shot)	2 Jumping (High)		3 Running (Relays)	4 Jumping (Long)	5 Throwing (Discus)

Middle Rotation 2016

	8:30	9:00	9:45	10:30	11:15	12:00	12:45	1:30
7 Year Girls	800m 9-12 year olds	Relays 7, 8, 9, 10, 11, 12 year olds	100m	LJ	60m	Sh	HJ	D
8 Year Girls			HJ	100m	Sh	60m	D	LJ
7 Year Boys			D	60m	HJ	LJ	100m	SH
8 year Boys			LJ	Sh	100m	D	60	HJ

Senior Rotation 2016

	8:30	9:00	9:45	10:30	11:45	12:15	12:45	1:30
9 year old girls	800m 9-12	Relays	D	HJ	100m	SP	LJ	200m
9 year old boys			SP	LJ	100m	D	HJ	200m
11 year old boys/girls			100m	SP	LJ	200m	D	HJ

12 year old boys/girls	year olds	7, 8, 9, 10, 11, 12 year olds	100m	D	HJ	200m	SP	LJ
10 year old girls			HJ	100m	SP	LJ	200m	D
10 year old boys			LJ	100m	D	HJ	200m	SP

