



**HOLY TRINITY**  
**LUTHERAN COLLEGE**

**ALTERNATIVE  
ATHLETICS CARNIVAL**

**JULY 2020**

# PROGRAM

## Yr. 3 and 4

Date	Age group	11:30 - 12 noon	12 noon - 12:30	12:30 - 12:50
Term 3 week 4 - Friday 7 August	Yr. 3 Boys (9 yr. olds)	High Jump (Hall)	Potato Race	Long Jump
	Yr 3 Girls (9 yr. olds)	Long Jump	High Jump (Hall)	Potato Race
	10 Boys	Long Jump	Triple Jump / Sack Race	High Jump (Hall)
	10 Girls	High Jump (Hall)	Triple jump / Sack Race	Long Jump
Term 3 week 5- Friday 14 August	Yr. 3 Boys (9 yr. olds)	Shot Put	Discus	Baton Relay
	Yr. 3 Girls (9 yr. olds)	Discus	Shot Put	Baton Relay
	10 Boys	Shot Put	Vortex	Discus
	10 Girls	Vortex	Discus	Shot Put
Term 3 week 7 - Friday 28 August	Yr. 3 Boys (9 yr. olds)	Sprints	Relays	Hurdles
	Yr. 3 Girls (9 yr. olds)	Sprints	Relays	Hurdles.
	10 Boys	Sprints	Relays	Hurdles
	10 Girls	Sprints	Relays	Hurdles
Term 3 week 8 Friday 4 September	<i>Catch up week if bad weather</i>			

# PROGRAM

## Yr. 5 and 6

Date	Age group	1:45 - 2:15	2:15 - 2:45pm	2:45 - 3:15pm
Term 3 week 5 - Friday 14 August	11 Boys	High Jump (Hall)	Triple Jump / Sack Race	Long Jump
	11 Girls	Long Jump	High Jump (hall)	Triple Jump / Sack Race
	12-13 Boys	Long Jump	Triple Jump / Sack Race	High Jump (Hall)
	12-13 Girls	High Jump (Hall)	Triple jump / Sack Race	Long Jump
Term 3 week 6- Friday 21 August	11 Boys	Shot Put	Discus	Vortex
	11 Girls	Discus	Vortex	Shot Put
	12-13 Boys	Shot Put	Vortex	Discuss
	12-13 Girls	Vortex	Discus	Shot Put
Term 3 week 7 - Friday 28 August	11 Boys	Sprints	Relays	Hurdles
	11 Girls	Sprints	Relays	Hurdles.
	12-13 Boys	Sprints	Relays	Hurdles
	12-13 Girls	Sprints	Relays	Hurdles
Term 3 week 8 Friday 28th August	<i>Catch up week if bad weather</i>			

# GENERAL INFORMATION

## AGE CLASSIFICATION

12 - 13 YEAR OLDS  
11 YEAR OLDS  
10 YEAR OLDS  
9 YEAR OLDS  
8 YEAR OLDS  
7 YEAR OLDS  
5-6 YEAR OLDS

*\* Age group is determined by the age you have turned/ or are turning in the year of competition as of 31 Dec 2020.*

## MEDALS

Medals are awarded to Age Champions for the following age groups:

12-13 Girls  
12-13 Boys  
11 Girls  
11 Boys  
10 Girls  
10 Boys

## POINTS ALLOCATION

Students that throw/ jump over the 3rd standard zone cone/line will be measured and awarded points as below.

All other participants will be awarded scores according to where their throw/jump landed in the standard zone/line area. Except sprints where the 1st, 2nd, 3rd place getters are awarded 10,8,6 points and everyone else receives 1 point.

	1ST	2ND	3RD	4TH	ZONE 3	ZONE 2	ZONE 1
Individual Events	10	8	6	4	3	2	1
Team Events/Relays	12	9	6	-			
Sprints and Hurdles	10	8	6	4	ALL OTHERS RECEIVE 1 POINT		

## Participation

All children will compete in all events, except for relays, high jump and triple jump (in the older age groups where this is a choice) where teams are selected on their sprint/trial times from the start of the year.

For the purpose of this alternative Athletics Day, younger and older age group children will participate with their Year/Grade level group throughout the 3 weeks and points and times etc. will be adjusted to suit their competing age groups once all students, even those in Foundation to Year 2 have competed in their Athletics Days. This may mean that ribbons for these younger age students might not go out until the Foundation to Year 2 have had their Athletics Day.

Championship Hurdles and Championship Sprint finalists are decided through heats done during physical education lessons/trial week.

## Event Distances

Track            100m all 11/12-13 year olds  
                      75m all 8/9/10 year olds  
                      50m all 5/6/7 year olds

Hurdles        60m all age groups

Relays           5/6 year olds 6 x 50m (boys and girls separate)  
                      7 year olds 6 x 50m (boys and girls separate)  
                      8/9 year olds 8 x 75m (boys and girls separate)  
                      10/11 year olds 8 x 75m (boys and girls separate)  
                      12 year olds 4 x 100m (boys and girls separate)

Note: Relays - permitted to bring children from age groups below who are not in relays to fill up team, only if insufficient numbers in age group or present on the day

## Ribbons

Will be awarded to: 1st, 2nd, 3rd place getters. Team games will see every participant receiving a ribbon according to their team position. These will be handed out at the end of the 3rd week.

# GENERAL INFORMATION

HIGH JUMP SETTINGS							
GENDER	AGE	STARTING HEIGHT (m)	First INCREMENT 5cm	Standard zone 1 height	Standard zone 1 height	Standard zone 3 height	Second and beyond INCREMENTS 2/3 cm
GIRLS	12 - 13	90 CM	✓	X	X	X	✓
	11	90 CM	✓	X	X	X	✓
	10	75 CM	✓	X	X	X	✓
	9 (Year 3)		X				X
	8 (Year 2)		X				X
	7 (Year 1)		X				X
	5-6 Year olds (Foundation)		X				X
BOYS	12 - 13	90 CM	✓	X	X	X	✓
	11	90 CM	✓	X	X	X	✓
	10	80 CM	✓	X	X	X	✓
	9 (Year 3)		X				X
	8 (Year 2)		X				X
	7 (Year 1)		X				X
	5-6 Year olds (Foundation)		X				X

<b>THROWING EVENTS</b>				
<b>GENDER</b>	<b>Age</b>	<b>SHOT Weight (Kg)</b>	<b>Vortex/ Beanbag</b>	<b>DISCUS Weight (Kg)</b>
<b>GIRLS</b>	<b>12 - 13</b>	<b>2 KG</b>	<b>Vortex</b>	<b>500 G</b>
	<b>11</b>	<b>2 KG</b>	<b>Vortex</b>	<b>500 G</b>
	<b>10</b>	<b>1 KG</b>	<b>Vortex</b>	<b>350 G</b>
	<b>9</b> (Year 3)	<b>N/A</b>	<b>Vortex</b>	<b>N/A</b>
	<b>8</b> (Year 2)	<b>N/A</b>	<b>Bean Bags</b>	<b>N/A</b>
	<b>7</b> (Year 1)	<b>N/A</b>	<b>Bean Bags</b>	<b>N/A</b>
	<b>5-6 Year olds</b> (Foundation )	<b>N/A</b>	<b>Bean Bags</b>	<b>N/A</b>
<b>BOYS</b>	<b>12 - 13</b>	<b>2KG</b>	<b>Vortex</b>	<b>500 G</b>
	<b>11</b>	<b>2 KG</b>	<b>Vortex</b>	<b>500 G</b>
	<b>10</b>	<b>1 KG</b>	<b>Vortex</b>	<b>350 G</b>
	<b>9</b> (Year 3)	<b>N/A</b>	<b>Vortex</b>	<b>N/A</b>
	<b>8</b> (Year 2)	<b>N/A</b>	<b>Bean Bags</b>	<b>N/A</b>
	<b>7</b> (Year 1)	<b>N/A</b>	<b>Bean Bags</b>	<b>N/A</b>
	<b>5-6 Year olds</b> (Foundation )	<b>N/A</b>	<b>Bean Bags</b>	<b>N/A</b>