



# Riverbanks College

## SPORTS DAY 2025

### THURSDAY MARCH 6TH





# SPORTS DAY RECORDS

## Riverbanks College B-12 Sports Day Records Boys

Event	Year 7	Year 8	Year 9	Year 10
100m 9.58	Jye Dickson - 14.01 - 2023	<b>Jye Dickson - 12.78</b> - 2024	Jake Eastley - 12.42 - 2023	<b>Tony Marrone - 12.14</b> - 2024
200m 19.19	<b>Ryder Bunker - 28.78</b> - 2024	<b>Jye Dickson - 26.91</b> - 2024	<b>Tyler Stacey - 27.27</b> - 2024	<b>Tony Marrone - 25.95</b> - 2024
400m 43.03	Tyler Stacey - 1:15.41 - 2022	<b>Jye Dickson -</b> <b>1:04.42 - 2024</b>	<b>Tyler Stacey -</b> <b>1:07.71 - 2024</b>	<b>Tony Marrone -</b> <b>1:04.02 - 2024</b>
800m 1.40.91	<u>Tadhg Sandberg -</u> <u>2:53.81 - 2023</u>	<b>Jye Dickson -</b> <b>2:38.90 - 2024</b>	<b>Tyler Stacey -</b> <b>2:38.47 - 2024</b>	<b>Naod Tsehaye -</b> <b>2:36.47 - 2024</b>
1500m 3.26.00	<b>Callum Freundt -</b> <b>6:12.00 - 2024</b>	<b>Jye Dickson -</b> <b>5:25.00 - 2024</b>	<b>Jordan Knight -</b> <b>5:42.00 - 2024</b>	<b>Naod Tsehaye -</b> <b>5:25.00 - 2024</b>
Javelin 98.48	<b>Zachery Freundt -</b> <b>22.21 - 2024</b>	Kai Skuse - 21.55 - 2023	<u>Seumus Bollen -</u> <u>26.10 - 2023</u>	<b>Levi Mumford - 22.30</b> - 2024
Discus 74.08	Blake Leighton - 22.12 - 2022	<u>Blayke Leighton -</u> <u>30.17 - 2023</u>	<b>Blayke Leighton -</b> <b>29.20 - 2024</b>	<b>Jai Evans - 27.45</b> - 2024
Shot Put 23.56	<b>Archie Matthews -</b> <b>8.60 - 2024</b>	<b>Jett Petz - 10.80</b> - 2024	Michael Daly - 10.91 - 2023	<b>Bryan Alford - 9.20</b> - 2024
Long Jump 8.95	Jett Petz - 4.52 - 2023	<u>Blayke Leighton -</u> <u>4.45 - 2023</u>	Michael Daly - 4.70 - 2023	<b>Michael Daly - 4.68</b> - 2024
Triple Jump 18.29	Blake Leighton - 9.40 - 2022	Kai Skuse - 9.85 - 2023	<b>Blayke Leighton -</b> <b>9.15 - 2024</b>	<b>Michael Daly - 9.54</b> - 2024
High Jump 2.45	Jack Jones - 1.47 - 2023	Hartley Bailey - 1.57 - 2023	Michael Daly - 1.57 - 2023	<b>Michael Daly - 1.69</b> - 2024
Hurdles 12.80	Jack Jones - 16.93 - 2023	<u>Blayke Leighton - 15.80</u> - 2023	Zack Ellis - 16.52 - 2023	<b>Oliver Dodd - 18.75</b> - 2024

## Riverbanks College B-12 Sports Day Records Girls

Event	Year 7	Year 8	Year 9	Year 10
100m 10.49	Bella Braddock - 14.90 - 2023	Chloe Heath & Sinead Cain - 14.17 - 2023	<b>Chloe Heath - 13.74</b> - 2024	<b>Kiera Herbst - 14.01</b> - 2024
200m 21.34	<b>Taylor Richards</b> - <b>32.25 - 2024</b>	Bella Francis - 32.50 - 2022	<b>Chloe Heath - 29.53</b> - 2024	<b>Kiera Herbst - 31.08</b> - 2024
400m 47.60	<u>Aanika Kumar</u> <u>1:22.51 - 2022</u>	Chloe Heath - 1:17.47 - 2023	<b>Madeline McDonald -</b> <b>1:39.44 - 2024</b>	<b>Kiera Herbst - 1:26.28</b> - 2024
800m 1.53.28	<b>Mariah Johnson</b> - <b>3:13:64 - 2024</b>	<u>Aanika Kumar -</u> <u>3:15.73 - 2023</u>	<u>Aanika Kumar -</u> <u>3:06.22 - 2024</u>	<u>Marlee Welch - 4:42.81</u> - 2024
1500m 3.49.11	<b>Ellia Jones -</b> <b>7:22.00 - 2024</b>	<b>Shae Buckfield -</b> <b>6:32.00 - 2024</b>	<u>Aanika Kumar -</u> <u>6:59.00 - 2024</u>	
Javelin 72.28	Dakota Gardner - 11.99 - 2022	Chloe Heath - 19.64 - 2023	<u>Scarlet Heitmann -</u> <u>21.90 - 2023</u>	<b>Scarlet Heitmann - 19.10</b> - 2024
Discus 76.80	<b>Taylor Richards</b> - <b>15.30 - 2024</b>	Chloe Heath - 17.59 - 2023	<b>Chloe Heath - 20.19</b> - 2024	<b>Scarlet Heitmann - 19.96</b> - 2024
Shot Put 22.63	<u>Skye Schugmann</u> - <b>6.21 - 2024</b>	Chloe Heath - 8.27 - 2023	<u>Scarlet Heitmann -</u> <u>7.69 - 2023</u>	<b>Scarlet Heitmann - 9.28</b> - 2024
Long Jump 7.52	<u>Aanika Kumar -</u> <u>3.50 - 2022</u>	Chloe Heath - 3.84 - 2023	<b>Chloe Heath - 4.19</b> - 2024	<b>Scarlet Heitmann - 3.48</b> - 2024
Triple Jump 15.74	<b>Taylor Richards</b> - <b>7.71 - 2024</b>	Chloe Heath - 8.99 - 2023	<u>Scarlet Heitmann -</u> <u>9.17 - 2023</u>	
High Jump 2.09	Andee Richards - 1.45 - 2023	<b>Andee Richards -</b> <b>1.28 - 2024</b>	<b>Dakota Gardener -</b> <b>1.36 - 2024</b>	<b>Scarlet Heitmann - 1.27</b> - 2024
Hurdles 12.12	<u>Annaliese Biacci -</u> <u>16.60 - 2023</u>	<b>Scarlette Saxon - 17.55</b> - 2024	<u>Scarlet Heitmann - 15.73</u> - 2023	<b>Aleyah MacIntyre - 31.31</b> - 2024



# COLLEGE CAPTAINS



MARLEE W

ROYA S

SCARLET H

CHARLEE G-H

# PRIMARY RIVER CAPTAINS



BIAR M



ADELE B



AYVA T



VEDIKA N



TYLER F



HARLEEN S



EDWARD P



PIPER J



MADELINE F



ROSIE C



LUCA M



CARLOS B



# COLLEGE CAPTAINS



## SECONDARY RIVER CAPTAINS



MADDISON L



BROOKLYN W



MICHAEL D



SOPHIE Z



ANUREET K



COLBY K



ZOE D



AMITY M



SAMA A



ANNA S



ROYAS S





Riverbanks 2025 Track Schedule				
Event Order	Time	Year Level	GENDER	Track Event
1	9:10	Seniors	Boys	800m
2	9:15	Seniors	Girls	800m
3	9:22	10	Girls	800m
4	9:30	10	Boys	800m
5	9:38	9	Girls	800m
6	9:45	9	Boys	800m
7	9:52	8	Girls	800m
8	10:00	8	Boys	800m
9	10:10	7	Girls	800m
10	10:15	7	Boys	800m
11	10:25	Seniors	Girls	200m (Heat #1)
12	10:27	Seniors	Girls	200m (Heat #2)
13	10:29	Seniors	Boys	200m (Heat #1)
14	10:31	Seniors	Boys	200m (Heat #2)
15	10:33	10	Girls	200m (Heat #1)
16	10:35	10	Girls	200m (Heat #2)
17	10:37	10	Boys	200m (Heat #1)
18	10:39	10	Boys	200m (Heat #2)
19	10:41	9	Girls	200m (Heat #1)
20	10:43	9	Girls	200m (Heat #2)
21	10:45	9	Boys	200m (Heat #1)
22	10:47	9	Boys	200m (Heat #2)
23	10:49	8	Girls	200m (Heat #1)
24	10:51	8	Girls	200m (Heat #2)
25	10:53	8	Boys	200m (Heat #1)
26	10:55	8	Boys	200m (Heat #2)
27	10:57	7	Girls	200m (Heat #1)
28	10:59	7	Girls	200m (Heat #2)
29	11:01	7	Boys	200m (Heat #1)
30	11:03	7	Boys	200m (Heat #2)
31	11:10	Seniors	Boys	400m (Final)
32	11:14	Seniors	Girls	400m (Final)
33	11:18	10	Girls	400m (Div 1)
34	11:22	10	Girls	400m (Div 2)
35	11:26	10	Boys	400m (Div 1)
36	11:30	10	Boys	400m (Div 2)
37	11:34	9	Girls	400m (Div 1)
38	11:38	9	Girls	400m (Div 2)
39	11:42	9	Boys	400m (Div 1)
40	11:46	9	Boys	400m (Div 2)
41	11:50	8	Girls	400m (Div 1)
42	11:54	8	Girls	400m (Div 2)
43	11:58	8	Boys	400m (Div 1)
44	12:02	8	Boys	400m (Div 2)
45	12:06	7	Girls	400m (Div 1)
46	12:10	7	Girls	400m (Div 2)
47	12:14	7	Boys	400m (Div 1)
48	12:18	7	Boys	400m (Div 2)
49	11:45	Seniors	Boys	100m (Heat #1)
50	11:47	Seniors	Boys	100m (Heat #2)
51	11:49	Seniors	Girls	100m (Heat #1)
52	11:51	Seniors	Girls	100m (Heat #2)
53	11:53	10	Girls	100m (Heat #1)
54	11:55	10	Girls	100m (Heat #2)

55	11:57	10	Girls	100m (Heat #3)
56	11:59	10	Boys	100m (Heat #1)
57	12:01	10	Boys	100m (Heat #2)
58	12:03	10	Boys	100m (Heat #3)
59	12:05	9	Girls	100m (Heat #1)
60	12:07	9	Girls	100m (Heat #2)
61	12:09	9	Girls	100m (Heat #3)
62	12:11	9	Boys	100m (Heat #1)
63	12:13	9	Boys	100m (Heat #2)
64	12:15	9	Boys	100m (Heat #3)
65	12:17	8	Girls	100m (Heat #1)
66	12:19	8	Girls	100m (Heat #2)
67	12:21	8	Girls	100m (Heat #3)
68	12:23	8	Boys	100m (Heat #1)
69	12:25	8	Boys	100m (Heat #2)
70	12:27	8	Boys	100m (Heat #3)
71	12:29	7	Girls	100m (Heat #1)
72	12:31	7	Girls	100m (Heat #2)
73	12:33	7	Girls	100m (Heat #3)
74	12:35	7	Boys	100m (Heat #1)
75	12:37	7	Boys	100m (Heat #2)
76	12:39	7	Boys	100m (Heat #3)
77	12:41	7	Boys	100m Final
78	12:43	7	Girls	100m Final
79	12:45	8	Boys	100m Final
80	12:47	8	Girls	100m Final
81	12:49	9	Boys	100m Final
82	12:51	9	Girls	100m Final
83	12:53	10	Boys	100m Final
84	12:55	10	Girls	100m Final
85	12:57	Seniors	Boys	100m Final
86	12:59	Seniors	Girls	100m Final
87	1:05	7	Boys	4 x 100m Relay
88	1:09	7	Girls	4 x 100m Relay
89	1:14	8	Girls	4 x 100m Relay
90	1:18	8	Boys	4 x 100m Relay
91	1:22	9	Girls	4 x 100m Relay
92	1:26	9	Boys	4 x 100m Relay
93	1:30	10	Girls	4 x 100m Relay
94	1:34	10	Boys	4 x 100m Relay
95	1:38	Seniors	Mixed	4 x 100m Relay
96	1:46	Staff vs Students Relay	Staff/Students	4x 100m Relay
97	1:50	100m Gift Run	Riverbanks Gift	Qualifying Students



# SPORTS DAY PROGRAM 2025

Riverbanks 2025 Field Schedule				
Event Order	Time	Year Level	Gender	Event
<b>1</b>	<b>9:10</b>	<b>Year 7 Novelty Events</b>		
2	9:10	8	Boys	Shot Put 2
3	9:10	8	Girls	Shot Put 1
4	9:10	9	Boys	High Jump (Pit 1)
5	9:10	9	Girls	High Jump (Pit 2)
6	9:10	10	Boys	Discus 2
7	9:10	10	Girls	Discus 1
8	9:10	Seniors	Boys	Long Jump 2
9	9:10	Seniors	Girls	Long Jump 1
<b>10</b>	<b>10:00</b>	<b>Year 8 Novelty Events</b>		
11	10:00	Seniors	Boys	Shot Put 2
12	10:00	Seniors	Girls	Shot Put 1
13	10:00	7	Boys	High Jump (Pit 1)
14	10:00	7	Girls	High Jump (Pit 2)
15	10:00	9	Boys	Discus 2
16	10:00	9	Girls	Discus 1
17	10:00	10	Boys	Long Jump 2
18	10:00	10	Girls	Long Jump 1
<b>19</b>	<b>10:45</b>	<b>Year 9 Novelty Events</b>		
20	10:45	10	Boys	Shot Put 2
21	10:45	10	Girls	Shot Put 1
22	10:45	Seniors	Boys	High Jump (Pit 1)
23	10:45	Seniors	Girls	High Jump (Pit 2)
24	10:45	7	Boys	Discus 2
25	10:45	7	Girls	Discus 1
26	10:45	8	Boys	Long Jump 2
27	10:45	8	Girls	Long Jump 1
<b>28</b>	<b>10:30</b>	<b>Year 10 Novelty Events</b>		
29	11:30	7	Boys	Shot Put 2
30	11:30	7	Girls	Shot Put 1
31	11:30	8	Boys	High Jump (Pit 1)
32	11:30	8	Girls	High Jump (Pit 2)
33	11:30	Seniors	Boys	Discus 2
34	11:30	Seniors	Girls	Discus 1
35	11:30	9	Boys	Long Jump 2
36	11:30	9	Girls	Long Jump 1
<b>37</b>	<b>12:15</b>	<b>Seniors Novelty Events</b>		
38	12:15	9	Boys	Shot Put 2
39	12:15	9	Girls	Shot Put 1
40	12:15	10	Boys	High Jump (Pit 1)
41	12:15	10	Girls	High Jump (Pit 2)
42	12:15	8	Boys	Discus 2
43	12:15	8	Girls	Discus 1
44	12:15	7	Boys	Long Jump 2
45	12:15	7	Girls	Long Jump 1

Riverbanks 2025 Gathering Schedule				
	Time	Year Level	Gender	Event
<b>1</b>	8:35	ALL	ALL	<b>Thrive Class Rolls</b>
<b>2</b>	8:50	ALL	ALL	<b>Welcome / House Chants</b>
<b>3</b>	13:55	ALL	ALL	<b>Yard Clean Up</b>
<b>4</b>	14:05	Presentations	ALL	<b>Best Dressed/Secondary Shield/Values Shield</b>
<b>5</b>	14:10	Return to Thrive / 2:15pm Dismissal	ALL	





# SCHOOL RULES FOR SPORTS DAY

- 1.** IT IS A NORMAL SCHOOL DAY BEGINNING AT 8:35AM. STUDENTS ARE EXPECTED TO ATTEND REGARDLESS OF WHETHER THEY ARE COMPETING. IF ABSENT, A NOTE EXPLAINING THIS ABSENCE IS REQUIRED.
- 2.** IT IS A CASUAL CLOTHES DAY. STUDENTS SHOULD TRY AND WEAR CLOTHES IN HOUSE TEAM COLOURS. SENSIBLE ATTIRE IS REQUIRED.
- 3.** LUNCH PASSES WILL NOT BE ISSUED. STUDENTS ARE EXPECTED TO REMAIN AT SCHOOL ALL DAY. STUDENTS WILL BE DISMISSED AT APPROXIMATELY 2:15PM.
- 4.** STUDENTS AND STAFF ARE ADVISED TO REMAIN HYDRATED AND BE SUN-SMART ON THE DAY. HATS ARE ADVISED WHEN NOT COMPETING AND SUNSCREEN SHOULD BE REAPPLIED THROUGHOUT THE DAY AND SHADE SHELTERS WILL BE AVAILABLE.

## RESTRICTIONS

STUDENTS MAY ENTER AS MANY EVENTS AS THEY WISH. ALL INDIVIDUAL EVENTS COUNT FOR YEAR LEVEL TROPHIES, EXCLUDING NOVELTIES AND RELAYS. NOVELTY EVENTS INCLUDE: TUG OF WAR, CORNER SPRY, SPOKE RELAY, OBSTACLE RUN, EGG AND SPOON RACE, AND CHARLIE CHAPLIN.

## COMPETITORS

2 COMPETITORS FROM EACH RIVER ARE REQUIRED FOR EACH TRACK EVENT (D1,D2,D3) AND UP TO 4 COMPETITORS ARE ALLOWED FOR EACH FIELD EVENT. 1500M WILL BE LIMITED TO 6 COMPETITORS FROM EACH RIVER.



Turrrens River

Murray River

Para River

Light River

Sturt River

Gawler River





# ADVICE FOR COMPETITORS

1. WHEN COMPETING IN TRACK EVENTS. COMPETITORS SHOULD STAY IN THEIR LANES AFTER FINISHING. A JUDGE WILL COME AND GIVE THE COMPETITOR HIS/HER POSITION AND HAND OUT PLACE CARDS.
2. FOR TRACK EVENTS, COMPETITORS ARE TO REPORT TO THE MARSHALLING AREA AT LEAST 5 MINUTES BEFORE THEIR EVENT. IF IN 2 EVENTS AT ONCE. COMPETITORS MUST EXCUSE THEMSELVES FROM THE FIELD EVENT AND COMPETE IN THE TRACK EVENT, AND THEN RETURN TO THE FIELD EVENT STRAIGHT AFTER.
3. COMPETITORS SHOULD REPORT DIRECT TO THE FIELD EVENT AREA AT LEAST 5 MINUTES BEFORE THE SCHEDULED START TIME.
4. COMPETITORS SHOULD NOT EAT OR DRINK TOO MUCH RIGHT BEFORE COMPETING.
5. TRY TO COMPLETE ALL EVENTS AND GIVE YOUR PERSONAL BEST EFFORT.
6. THE COMMANDS FROM THE STARTER WILL BE 'ON YOUR MARKS' COMPETITORS SHOULD MOVE FORWARD TO SETTLE INTO THEIR START POSITION. THEN THE STARTER WILL SAY 'SET' COMPETITORS WILL THEN LEAN FORWARD REMAINING STILL AND BALANCED BEHIND THE START LINE. ONLY THEN WILL THE STARTER FIRE THE GUN. IF A COMPETITOR BREAKS TWICE, THEY ARE DISQUALIFIED.

## POINT RULES

<b>Position</b>	<b>1<sup>st</sup></b>	<b>2<sup>nd</sup></b>	<b>3<sup>rd</sup></b>	<b>4<sup>th</sup></b>	<b>5<sup>th</sup></b>	<b>6<sup>th</sup></b>	<b>7<sup>th</sup></b>	<b>8<sup>th</sup></b>	<b>9-16<sup>th</sup></b>
<b>Points</b>	16	14	12	10	8	6	4	2	1

### Points for Relays

<b>Position</b>	<b>1<sup>st</sup></b>	<b>2<sup>nd</sup></b>	<b>3<sup>rd</sup></b>	<b>4<sup>th</sup></b>	<b>5<sup>th</sup></b>	<b>6<sup>th</sup></b>
<b>Points</b>	32	24	16	8	4	2

### Points for Novelty Events

<b>Position</b>	<b>1<sup>st</sup></b>	<b>2<sup>nd</sup></b>	<b>3<sup>rd</sup></b>	<b>4<sup>th</sup></b>	<b>5<sup>th</sup></b>	<b>6<sup>th</sup></b>
<b>Points</b>	16	12	8	4	2	1

### Points for House Chant

<b>Position</b>	<b>1<sup>st</sup></b>	<b>2<sup>nd</sup></b>	<b>3<sup>rd</sup></b>	<b>4<sup>th</sup></b>	<b>5<sup>th</sup></b>	<b>6<sup>th</sup></b>
<b>Points</b>	100	80	60	40	20	10

- IF TWO OR MORE COMPETITORS TIE FOR A PLACE, THEN THEY WILL SHARE THE POINTS, BUT COMPETITORS FINISHING BEHIND ARE RELEGATED DOWN THE CORRESPONDING NUMBER OF POSITIONS.
- ANY COMPETITORS WHO DO NOT FINISH STILL RECEIVE THE LOWEST NUMBER OF POINTS, PROVIDING THE CHIEF JUDGE IS SATISFIED THEY HAVE MADE A CONCERTED EFFORT.
- ANY COMPETITOR/TEAM WHO IS DISQUALIFIED RECEIVES NO POINTS.



# EXPLANATION OF EVENTS

## TRACK EVENTS

### 100M

A SPRINT RACE ALONG THE MIDDLE OF THE OVAL. COMPETITORS MUST STAY IN THEIR LANES AND NOT INTERFERE WITH FELLOW COMPETITORS. AT THE START, ANY PART OF THE BODY THAT IS GROUNDED MUST BE BEHIND THE LINE.

### 200M

A SPRINT RACE STARTING ON THE CURVE OF THE BACK STRAIGHT. THERE IS A STAGGERED START. THE SAME RULES APPLY AS THE 100M RACE.

### 400M

A LONG DISTANCE SPRINT. COMPLETING ONE FULL LAP OF THE OVAL. THERE IS A STAGGERED START. THE SAME RULES APPLY AS THE 100M RACE.

### 800M

A MIDDLE DISTANCE RUN. COMPETITORS MUST COMPLETE TWO FULL LAPS OF THE OVAL. COMPETITORS DO NOT RUN IN LANES. THE START IS ON A CURVED LINE ACROSS THE TRACK.

### 1500M

AN ENDURANCE RUN. THIS IS RUN PRIOR TO SPORTS DAY AND INVOLVES COMPLETING 4 AND A BIT LAPS OF THE SCHOOL OVAL. COMPETITORS START ON A CURVED LINE.

## HURDLES

THIS IS ALONG THE 100M TRACK AT SCHOOL AND DONE PRIOR TO SPORTS DAY. COMPETITORS MUST STAY IN THEIR LANE AS PER THE 100M RACE. COMPETITORS CAN KNOCK OVER ANY NUMBER OF HURDLES WITHOUT PENALTY, HOWEVER IT WILL SLOW THEM DOWN. COMPETITORS WILL ONLY BE DISQUALIFIED IF THEY LEAVE THEIR LANE.

## FIELD EVENTS

### LONG JUMP

COMPETITORS MUST JUMP OFF OF ONE FOOT. THE JUMPING FOOT IS ALLOWED TO HIT THE TAKE-OFF BOARD, BUT NOT GO OVER THE EDGE NEAREST THE SAND PIT. THE DISTANCE IS MEASURED FROM THIS EDGE TO THE POINT THAT IS CLOSEST TO THE TAKE-OFF BOARD. A COMPETITOR HAS 3 JUMPS – FOUL JUMPS ARE INCLUDED IN THIS TOTAL. TO SAVE TIME ONLY MEASURE THE BEST JUMP.

### TRIPLE JUMP

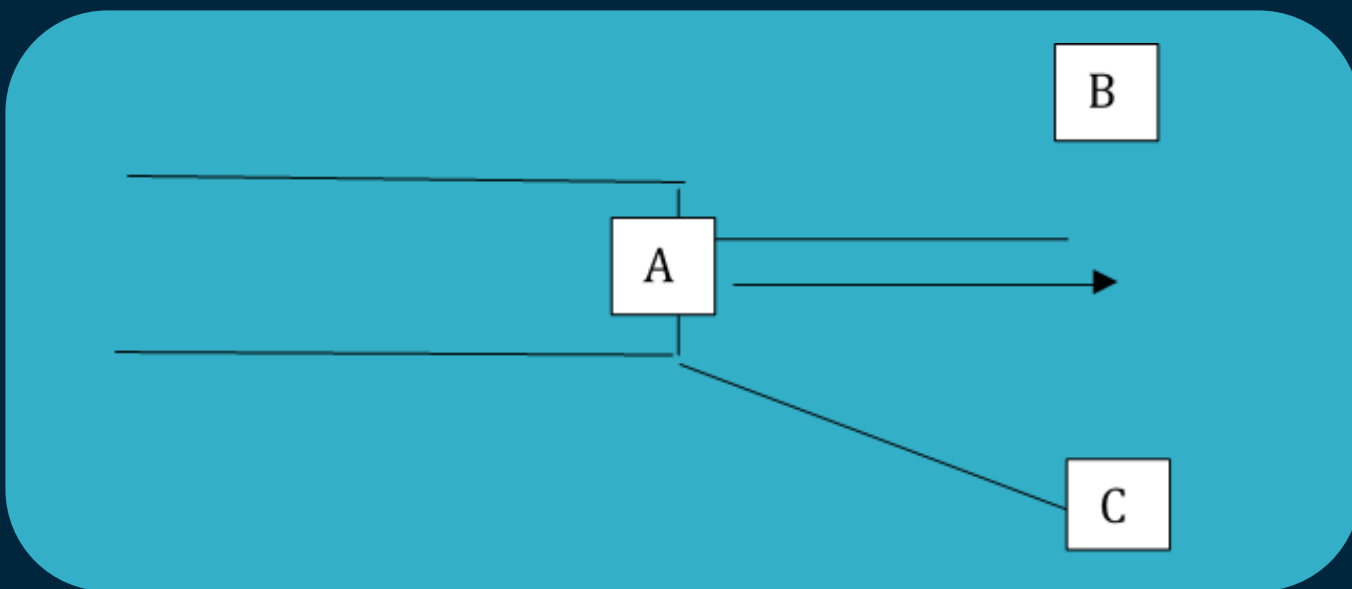
THE RULE FOR THIS EVENT IS THE SAME AS LONG JUMP. THE PHRASE 'HOP, STEP, JUMP' MORE ACCURATELY DESCRIBES THE TECHNIQUE REQUIRED. ON THE HOP THE COMPETITOR MUST LAND ON THE SAME FOOT. THEN THEY ARE TO STEP ONTO THE OTHER FOOT. FINALLY, THE LANDING IS USUALLY WITH BOTH FEET. TO SAVE TIME ONLY MEASURE THE BEST JUMP.



# EXPLANATION OF EVENTS CONT.

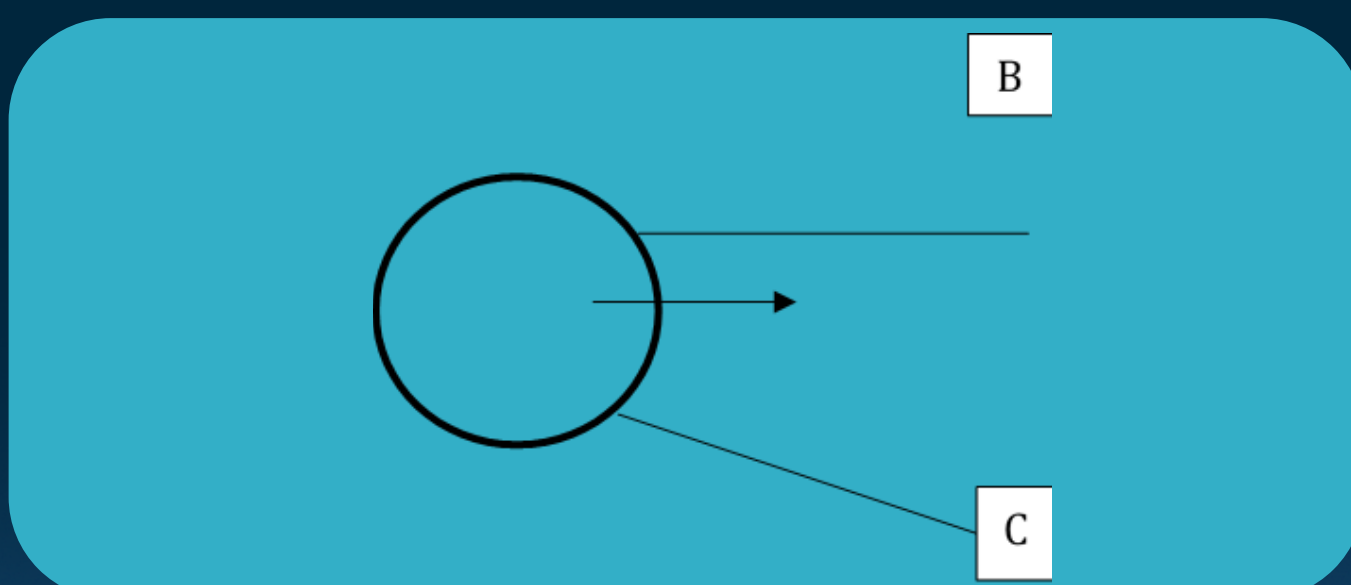
## JAVELIN

THIS EVENT IS DONE PRIOR TO SPORTS DAY AT SCHOOL. THE COMPETITOR RUNS ALONG THE RUNWAY, AND MUST THROW THE JAVELIN BEFORE LINE A. THE COMPETITOR IS NOT ALLOWED TO GROUND ANY PART OF THEIR BODY OVER THE LINE, EVEN ONCE THE JAVELIN IS THROWN. THE JAVELIN MUST LAND BETWEEN THE V SHAPED LINES B AND C. THE JAVELIN DOES NOT HAVE TO STICK INTO THE GROUND; HOWEVER, THE TIP DOES NEED TO HIT THE GROUND FIRST AND LEAVE A MARK. IF THE COMPETITOR DOES STEP OVER THE LINE, THROW OUTSIDE THE V OR THE BACK OF THE JAVELIN HITS THE GROUND FIRST THE THROW IS CONSIDERED A FOUL. COMPETITORS WILL HAVE 3 THROWS AND THE DISTANCE IS MEASURED FROM LINE A TO THE MARK THE JAVELIN LEAVES.



## DISCUS

THE DISCUS MUST BE THROWN FROM THE RING. THE THROWER IS ALLOWED TO CONTACT THE INSIDE OF THE RING, BUT NO PART OF THE BODY IS ALLOWED TO BE GROUNDED OUTSIDE THE RING, EVEN ONCE THE DISCUS IS THROWN. AFTER THE THROW, THE COMPETITOR MUST LEAVE VIA THE BACK PART OF THE RING. THE DISCUS MUST LAND WITHIN THE LINES MARKED B AND C. IT DOES NOT MATTER IF THE DISCUS ROLLS OUT OF THE AREA IT IS MEASURED FROM WHERE IT FIRST LANDS. IF THE COMPETITOR BREAKS ANY OF THESE RULES IT IS DEEMED A FOUL. EACH COMPETITOR GETS 3 THROWS. TO SAVE TIME DON'T MEASURE EVERY THROW JUST PUT THE MARKER WITH NUMBER OUT THERE AND MEASURE THEIR BEST THROW.



**Years 7 - senior = 1kg discus**



# EXPLANATION OF EVENTS CONT.

## SHOT PUT

THE SHOT MUST BE PUSHED FROM INSIDE THE RING. THE COMPETITOR MUST TUCK THE SHOT INTO THEIR CHIN AND NOT THROW THE SHOT AS THIS WILL BE DEEMED A FOUL IF THEY DO. THE COMPETITOR IS ALLOWED TO CONTACT THE GROUND ANYWHERE INSIDE THE RING, BUT NO PART OF THEIR BODY CAN CONTACT THE GROUND IN FRONT OF THE RING. THE SHOT MUST LAND BETWEEN THE V LINES (B & C ABOVE). THIS DISTANCE IS MEASURED FROM WHERE THE SHOT FIRST LANDS TO THE FRONT OF THE RING. EACH COMPETITOR HAS 3 THROWS. TO SAVE TIME DON'T MEASURE EVERY THROW JUST PUT THE MARKER WITH NUMBER OUT THERE AND MEASURE THEIR BEST THROW.



**Boys: Year 7-9s = 3kg**

**Boys: 10 & senior = 4kg**

**Girls: Years 7-Seniors = 3kg**

## HIGH JUMP

THE HIGH JUMPER MUST TAKE OFF FROM ONE FOOT. THEY ARE ALLOWED TO CONTACT THE BAR, BUT NOT THE SUPPORTS. AS LONG AS THE HIGH JUMPER IS OFF THE MAT BY THE TIME THE BAR FALLS OFF THE JUMP IS CONSIDERED LEGAL. THE COMPETITOR CAN ABORT THEIR RUN UP PART WAY IN AND HAVE THE ATTEMPT NOT COUNTED, BUT IF THE COMPETITOR GOES UNDER THE BAR AND ONTO THE MAT IT IS COUNTED AS AN ATTEMPT. A COMPETITOR HAS 3 ATTEMPTS AT EACH HEIGHT. IF THEY FAIL 3 ATTEMPTS AT ONE HEIGHT, THEY ARE ELIMINATED. THE HEIGHT MEASURED, IS FROM THE LOWEST POINT ON THE BAR TO THE GROUND. IF 2 COMPETITORS DROP OUT AT THE SAME HEIGHT IT FIRST GOES ON HOW MANY ATTEMPTS, THEY TOOK ON THE PREVIOUS HEIGHT WITH THE COMPETITOR MAKING IT OVER IN LESS ATTEMPTS WINNING ON COUNT BACK.

## RELAY 4 X 100

THE BATON MUST CHANGE HANDS WITHIN THE CHANGEOVER AREA OF 20M. IF RUNNER DROPS THE BATON THAT TEAM IS NOT AUTOMATICALLY DISQUALIFIED PROVIDING THE PERSON WHO DROPS THE BATON PICKS IT UP AND THAT IT REMAINS IN THEIR LANE. ALL RUNNERS MUST REMAIN IN THEIR LANE EVEN ONCE THE BATON HAS BEEN PASSED UNTIL THE RELAY CHANGE JUDGE ALLOWS YOU TO MOVE OUT OF THEM. ANY COMPETITORS THAT FAIL TO DO THESE THINGS WILL BE DISQUALIFIED. THE AIM OF THE RELAY IS TO HAVE THE BATON TRAVEL AS QUICKLY AS POSSIBLE AROUND THE 400M TRACK





# NOVELTY EVENT RULES

## TUG OF WAR

HEATS AND FINALS WILL BE HELD NEAR THE 100M TRACK ON SPORTS DAY. EACH YEAR LEVEL GROUP TO PROVIDE A TEAM OF TEN PEOPLE. FINALS WILL BE BEST OF THREE.

## EGG & SPOON

RACE 3 PEOPLE AT EITHER END OF THE NOVELTY RELAY LINES. CARRY AN 'EGG' IN A SPOON TO THE OTHER END. ONE HAND ONLY ON THE SPOON. DROP AN EGG, STOP, PICK IT UP WITH THE SPOON AND CARRY ON.

## OBSTACLE RUN

TEAM LINES UP AT ONE END OF THE RELAY NOVELTY LINES. EACH PERSON MUST GO OVER THE FIRST HURDLE (ANY WAY YOU CAN!), UNDER THE NEXT HURDLE AND AROUND THE POST AT THE END. DO THE SAME ON THE WAY BACK, THEN THE NEXT PERSON GOES.

## CORNER SPRY

EACH PLAYER RECEIVES THE BALL FROM AND RETURNS IT TO THE LEADER WHO IS AT THE 'FRONT'. THE LAST PERSON IN LINE RUNS TO REPLACE THE LEADER. THE WHOLE TEAM MOVES AROUND ONE SPACE UNTIL THE LEADER IS BACK AT THE FRONT.

## SPOKE RELAY

THE TEAM LINES UP ON THE MARKINGS PROVIDED IN A CROSS/SPOKE FORMATION, ALL FACING INTO THE CENTRE. THE PERSON AT THE FRONT OF EACH LINE ROLLS THE BALL THROUGH ALL THEIR TEAM MEMBER'S LEGS. THE LAST PERSON IN THE LINE PICKS UP THE BALL AND RUNS IN A CLOCKWISE DIRECTION AROUND THE BACK OF ALL THE OTHER TEAMS. AFTER RETURNING TO THEIR TEAM, THEY NEED TO RUN AROUND THE BACK OF THEIR TEAM TO THE FRONT OF THE LINE AND EVERYONE SHUFFLES BACK A POSITION AND THE BALL IS ROLLED AGAIN. THIS IS REPEATED UNTIL THE LAST PERSON TO RUN GETS BACK TO WHERE THEY STARTED. THE FIRST TEAM ALL SITTING DOWN ONCE EVERYONE HAS COMPLETED THEIR TURN WINS.

## CHARLIE CHAPLIN

A RELAY FOR SIX PEOPLE. EACH PERSON BALANCES A PLASTIC DOME CONE ON THEIR HEADS, HAS A STICK IN THEIR HAND AND A FOAM BALL BETWEEN THEIR KNEES. YOU MUST 'WADDLE' DOWN TO THE OTHER END AS QUICKLY AS POSSIBLE. IF THE BALL DROPS OUT OR THE CONE FALLS OFF, YOU MUST REPLACE THE ITEM BEFORE CONTINUING.

# FOOD AND DRINKS

## RORYS CANTEEN

VARIETY OF LUNCH GOODS, DRINKS, ICY TREATS, COFFEE



## LIONS CLUB

SAUSAGES IN BREAD & SOFT DRINKS



## MAXINES BAKED POTATOES

VARIETY OF FLAVOURS & DRINKS



## GELISTA GELATO

A GREAT ICE-CREAM TREAT TO COOL DOWN





# SPORTS DAY MAP

