



CAMBRIDGE HIGH SCHOOL ATHLETICS DAY 2026

Wednesday 11th February

ON ATHLETICS DAY:

- There will be form class at 8:40am, you need to get marked off and make your way to your house area on the bank as quickly as possible. The day will commence with a house parade at 8.50am.
- Have a go at events – you will earn house points for each one you compete in. Extra points are given for top placing students and breaking records.
- This year there will be house event rotations throughout the day (see event timetable).
- Bring something for lunch, a water bottle, hat and sunscreen.
- You can wear your PE shirt and shorts to school as well as appropriate house coloured athletic clothing. This is to be worn when competing.
- Bring only the clothes you need to compete in. Leave anything extra at home.
Competitors may compete with bare feet, trainers or running spikes. But we recommend students wear footwear due to the rough nature of some parts of the field.
- A programme of events will be displayed in the sports office window.

POST ATHLETICS DAY EVENTS:

Additional Athletics Day events will be held on the following days:

- Monday 16th February - Discus
- Tuesday 17th February - Shot
- Friday 27th February - 3000m

Events are held at interval (Boys) and Lunch (Girls).

- Shot and Discus are competitive events only and will not be for house points. These events are for those who wish to trial for inter-schools and would like to get points towards the individual school athletics champion competition.
- 3000m event is open to all, and competitors are eligible for house points. It will be held during form time and interval. All students competing should sign in at form time and then come to the back field as soon as possible.
- Those who wish to do Javelin, Triple Jump, 400m, 1500m, Hurdles or Steeplechase at inter-schools should email sport@camhigh.school.nz to express their interest.

AGE GROUPS:

Make sure you are competing in the correct age group as follows:

- Junior: U15 on 31st December 2026 (born 2012 and earlier)
- Intermediate: U17 on 31st December 2026 (born 2010 or 2011)
- Senior: U20 on 31st December 2026 (born 2009 and later)