



House and Athletics Day 2024

Wednesday 28th 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 at the back of the field as quickly as possible. The day will commence with a house parade at 8.55am.
- 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 events throughout the day (see event timetable). For these events you participate with everyone from your house.
- Note, the 100m heats will take place during the first set of house events, if you are running those heats, go to the 100m start and then go to the house event after you have completed your 100m heat.
- 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.

AGE GROUPS

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

Junior:	U14 on 1st January 2024
Intermediate:	U16 on 1st January 2024
Senior:	16 and above on 1st January 2024

If born on 1st January, you compete in the younger age grade (e.g. if you turn 14 on 1st January 2024 you are a junior).
