

# La Salle College 2014 Inter-House Athletics Carnivals



## Parent and Student Information

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### 1. Dates

**Junior (Years 7-9):** Friday 13<sup>th</sup> June

**Senior (Years 10-12):** Thursday 26<sup>th</sup> June

### 2. Venue

Ern Clarke Athletics Centre  
181 Wharf St, Cannington

### 3. Time

10:00am – 2:00pm

### 4. Timetable of events

	Track	Field – Boys	Field - Girls
10:00	800m	Javelin Long Jump	Discus Shot put
10:30	200m		
11:00	100m		
11:30			
12:00	400m	Discus Shot put	Javelin Long Jump
12:30			
13:00			
13:30	Relays		
14:00			

### 5. Format

Students are encouraged to participate in as many events as they wish.

#### Track events

##### Divisions

Where possible, in short distances (100m, 200m, 400m), A-D division races will be conducted, and competitors may be pre-selected for this. After this, races will be filled with the aim of having a representative from each House in each race. *Due to time restrictions, 1500m events will be held in week 7(year 7-9)and week 10 at school.*

##### Points/Age Champions

A competitor that races in a lower division will not be disadvantaged as overall rankings will be used to determine points and for Age Champion calculations.

##### Order

The track program always takes preference over the field program. Under 13s always go first. Students can place their names at a field event and then move to the track event. Once completed they head back to the field event.

##### Relays

Relay teams will be selected based upon 100m events (pending availability), and data collected during PE classes. The final call on the relay teams is up to the HCO.

## **Field events**

### **Divisions**

Competitors are free to access field event sites at any time during the 90 minute window for their gender. Competitors will be permitted three (3) attempts. Competitors do not need to be pre-selected. *Due to time restrictions, high jump events will be held in week 6-10 at school.*

### **Points/Age Champions**

Overall rankings will be used to determine points and for Age Champion calculations.

## **6. Student Organisation**

### **Arrival time**

Students will attend morning PCG as normal, and will return to school in time for normal departure.

### **Uniform**

Students should attend school at the normal time wearing:

- College PE uniform
- College tracksuit optional but advisable
- House shirt

Please also note that:

- Red jumpers are not permitted (tracksuits only if weather is cool)
- Tracksuit pants may be worn for throwing events only
- Spikes may be loaned from the PE department
- A change of clothes and towel in the event of wet weather is also advisable

### **Food**

Students should bring their own food and drink. A sausage sizzle run by the SRC will be available

### **Transport**

Will be by Midland Bus.

## **7. Age Champions**

Age champions will be calculated from competitor's best six (6) events from a possible ten. Champion and runner up medallions are awarded to each age group and gender.

## **8. Champion House Announcement**

Results from both carnivals will be used to calculate an overall Champion House, and division champions. These will be announced at College assembly. Age champions will also be announced at this time.

## **9. Wet Weather**

A poor forecast may necessitate the postponement of the carnival. A decision prior to the day will be communicated to students, and via email. In this event, school will operate as per a normal Friday (JNR) and Thursday (SNR) timetable.

## **10. Parents and Spectators**

Parents and spectators are most welcome. The best vantage point is usually past the finish line on the other side of the House marquees. A fold up chair is recommended.