

SOUTHERN GRAMPIANS SCHOOLS' SPORTS ASSOCIATION
38th ANNUAL ATHLETICS SPORTS
PEDRINA PARK, NORTH BOUNDARY ROAD, HAMILTON
Wednesday March 29th 2023

Please bring this program to the Sports Day as there will be no other copies available

Arrival Time: No later than 9:15. First event starts promptly at 9:30 am

- ❖ All students compete in age level based on their age as at [31/12/2023](#)

Distance

800m Events (9,10, 11 and 12/13 years) – boys and girls run concurrently

Not compulsory – students nominated by the schools

ROTATIONS:

Event	Rotation 1	Rotation 2	Rotation 3	Rotation 4	Rotation 5
High Jump	12/13	BREAK	9	10	11
Sprints	11	12/13	BREAK	9	10
Discus	10	11	12/13	BREAK	9
Shotput	9	10	11	12/13	BREAK
Long Jump	BREAK	9	10	11	12/13

200m (9,10,11,12/13 years) – everyone to participate.

LUNCH

Hurdles (9, 10, 11 and 12/13 years) – students nominated by their schools.

Inclusive Relays- any student who would like to participate.

RELAY Teams of 4, same gender, 4x100 metres
9 Year Boys & 9 Year Girls – 4 x 100m up and back relay
10 Year Boys & 10 Year Girls – 4 x 100m up and back relay
11 Year Boys and 11 Year Girls – 4 x 100 up and back relay
12/13 Year Boys & 12/13 Year Girls – 4 x 100 up and back relay

PLEASE NOTE:

Selection for Relay Teams for Division in Warrnambool will be made from the Top 4 100m Runners for each Age group. Teams can be comprised of students from different schools. The team will be a representation of the SGSSA.

All students return to their respective school.

Announcements and Clean Up

DISMISSAL

SPECIFICATIONS:

Hurdles:	9/10/11 years: 80m (9 x 60cm hurdles) 12+ years: 80m (9 x 68cm hurdles)	Sprints:	All age groups: 100m All age groups: 200m
Shot Put:	9/10/11 years: 2kg 12+ years: 3kg	Discus:	9/10 years: 500g 11/12+ years: 750g
Long Dist:	9/10/11/12+ years: 800m		

2023 RESPONSIBILITIES:

School	Morning Rotation Student Group Carers	Event
Cavendish:		Long Jump
St. Joseph's:	11 years Girls	Discus
Tarrington:	12+ years Boys and Girls	Sprints
Dunkeld:	9 years Boys and Girls	High Jump
Macarthur:		Shot Put
Branxholme:	10 years Boys and Girls	
Penshurst:	11 years Boys	

Schools to provide two people for their rotation – One Teacher to supervise the Age groups rotating and teacher or volunteers to run the event the are responsible for.

1. Folders containing information including event specifications, sheets for marshalling and recording of results, ribbons and pins will be available on the day.
2. Each school must organise their own assistants, judges and equipment as required.
3. All events require 1st, 2nd and 3rd place recorded. Event coordinators to distribute the ribbons at the end of each event.
5. **Ties:** In the event of a tie for first place, the points are to be Equal First and 3rd place. Tie for 2nd place results in no 3rd place.
6. The results sheets are to be returned to the scorer at the conclusion of each age group event. The scorer will deal with points allocations for individuals.

FIRST AID: Schools responsible for their own First Aid.

Competing Schools	Uniforms
Cavendish	Navy
Dunkeld	Mid (Royal) Blue
Macarthur	Green and White
St. Joseph's Penshurst	Light Blue/Dark Blue
Tarrington Lutheran School	Gold and Navy
Branxholme	Red and Navy
Penshurst	Navy Blue

Champion Athlete: This is determined by the total number of points gained by the individual boy and girl in each age group. In the event of a tie, all involved will be awarded a medallion.

Note: For all events, both individual and team, placegetters are awarded 3 points for 1st place, 2 points for second place and 1 point for 3rd place.