

Landsdale Primary School

LONG JUMP, LONG THROW, 400 & 800m CHAMPIONSHIPS

Attached are details of the Long Jump, Long Throw, 400 & 800m Championship to be held on **Monday, August 15, 2016**. A complete list of all competitors is in the newsletter, on the sports notice-board, the Phy Ed website and with classroom teachers. **There will be no list or any letters sent home to individual students.**

The jumps and throws will be held on the school oval commencing at **8.45 am**.

Please ensure all students participating in these events are appropriately attired in their sports uniform. Joggers will need to be worn by all participants in the distance events.

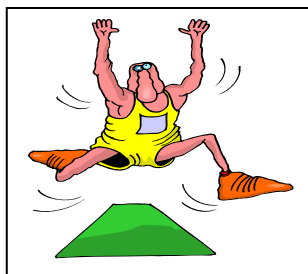
All students are encouraged to enter the distance running events.

If you are able to assist in any way, please let me know as this will help the day finish earlier.

The Long Jump and Long Throw will be run in the following order and times are approximate only depending on weather conditions.

Long Jump

8.45	Year 3 Girls & Boys
9.20	Year 4 Girls & Boys
9.50	Year 5 Girls & Boys
10.20	Year 6 Girls & Boys



Long Throw

8.45	Year 4 Girls & Boys
9.20	Year 3 Girls & Boys
9.50	Year 6 Girls & Boys
10.20	Year 5 Girls Boys

**The girls and boys will jump and throw at the same time, using both pits.*

I expect each year level to take approximately 25 minutes to complete their event. Presentations of ribbons will take place after each year level has completed their event.

The 400m (Year 3 & 4) and 800m (Year 5 & 6) will be run after lunch on the bottom oval in the following order;

1:00pm - 400m

Year 3 Girls & Boys
Year 4 Girls & Boys

2:00pm - 800m

Year 5 Girls & Boys
Year 6 Girls & Boys

**The boys and girls will race separately.*

All students are encouraged to enter the distance running events.

The presentation of ribbons will take place after the conclusion of the 400m races, then following the conclusion of the 800m races.

I expect all the jumps and throws to be completed by 11:00am, with the distance running events to commence immediately after lunch.

Mr. Puccinelli