

Landsdale Primary School

LONG JUMP, LONG THROW, 400 & 800m CHAMPIONSHIPS

Below are details of the Long Jump, Long Throw, 400 & 800m Championship to be held on **Monday, August 19, 2019**. A complete list of all competitors will be in the newsletter, on the sports notice-board with classroom teachers and sent out on ClassDojo. **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
9.15 Year 4 Girls & Boys
9.45 Year 5 Girls & Boys
10.15 Year 6 Girls & Boys



Long Throw

8.45 Year 4 Girls & Boys
9.15 Year 3 Girls & Boys
9.45 Year 6 Girls & Boys
10.15 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 recess on the bottom oval in the following order;

11:15 am - 400m

Year 3 Girls & Boys
Year 4 Girls & Boys

12:05 pm - 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 10:45am, with the distance running events to commence immediately after recess.

- Please be aware the above running times may vary due to the weather or other unforeseen circumstances, every effort will be made to run each race at the allotted time.
- Parents are welcome to attend but please stay in the spectator area.
- Please ensure that students with asthma bring their medication for the distance running events.
- **Competitors must wear shoes.**

Mr. Puccinelli