

# DISTRICT SPORTS - TRACK and FIELD EVENTS

at KNOLE ACADEMY on Wednesday 19th June 2019 at **5pm**

Dear Colleague,

24 April 2019

The event will take place on grass at Knole Academy and any decision to postpone through bad weather will be made by midday on the day. Car parking will be in the 3 car parks but there will be access problems so it would be very helpful if all attending could make arrangements to share transport. Please ask your team members to leave home in plenty of time to ensure that they arrive at The Knole Academy in time for a prompt start at **5.00 pm** - **there will be traffic delays**. The event will end at approximately 7.30pm and any offers of help to clear up afterwards would be greatly appreciated.

It is doubtful that we will be able to provide roped pens so please ensure that your children stay in their school group behind the rope at the front. Each team should bring a school banner to hang on the rope or with posts.

**Presentations.** At the end of the event a local sporting personality will present a shield to the winning schools in each group. An envelope of certificates will be presented to every school.

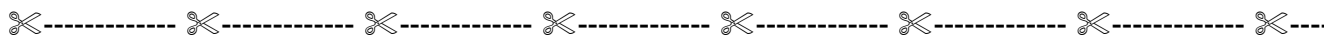
**Helpers.** The event requires a large number of helpers and officials and it will therefore be necessary for each participating school to name two helpers (more if possible) and the organisers will allocate jobs and notify schools before the event. (If there is a particular job a volunteer would like to do, please indicate on the slip).

A programme of events is attached together with a list of rules for competitors and rules for the team games. We will contact schools again nearer the date with a list of officials and final arrangements.

**Please complete and return the slip below by Wednesday 1<sup>st</sup> May.**

Yours sincerely,

*CStrange*



**District Sports – Track and Field Events at Knole Academy on Wednesday 19<sup>th</sup> June 2019 at 5.00pm**

\_\_\_\_\_ School would like to participate in the District Sports

Number of Key Stage 2 children on roll: \_\_\_\_\_

Names of volunteer helpers: \_\_\_\_\_



**Please return to, Knole Academy, Bradbourne Vale Road, Sevenoaks, Kent, TN133LE**



**email : [cstrange@knoleacademy.org](mailto:cstrange@knoleacademy.org)**

DISTRICT SPORTS - Wednesday 19<sup>th</sup> June 2019 at 5.00pm

## PROGRAMME OF EVENTS

1. Year 6 Boys' Sprint – 90m

2. Year 6 Girls' Sprint – 90m

### FIELD EVENTS

3. Year 3 Team Race – **Obstacle Relay.**

**Standing Long Jump** (boy or girl any age)

4. Year 5 Boys' Sprint – 80m

5. Year 5 Girls' Sprint – 80m

6. Year 4 Team Race – **Tunnel Ball**  
(boy or girl any age)

**Training Turbo Javelin** (boy or girl any age)

7. Year 3 Boys' Sprint – 60m

8. Year 3 Girls' Sprint – 60m

9. Year 5 Team Race – **Firemen's Chain**

**Chest Push** (boy or girl any age)

10. Year 4 Boys' Sprint – 70m

11. Year 4 Girls' Sprint – 70m

12. Year 6 Team Race – **Scotch Handball**

**Speed Bounce** (boy or girl any age)

13. Years 3 + 4 Relay – 60m

14. Years 5 + 6 Relay – 80m

**All events consist of three races:- Group A schools followed by Group B and then Group C schools**

## DISTRICT SPORTS FIELD EVENTS

- ➔ **1 representative per event from each school**
- ➔ **Competitors in the field events may not take part in track events except for the relay events 13 and 14.**

**Standing Long Jump**  
Chest Push

**Javelin**  
Speed Bounce

### **Standing Long Jump**

- **Both feet together – No run up, just an arm swing.**
- **Measure from line to heel.**
- **Falling back makes it a no-jump.**

### **Chest Push**

- **Standing with both feet on ground one foot in front of another**
- **Holding ball in both hands at chest height**
- **Push ball forward**
- **Measure where ball first hits the ground in 25cm graduations.**

### **Training Turbo Javelin**

**Javelin must be held with point facing forward**

**Use an over arm throwing action**

**Javelin must land nose first, otherwise it's a foul throw.**

### **Speed Bounce**

- **Both feet on one side of bounce mat**
- **Side to side with both feet together**
- **If squash wedge completely then do not count**
- **20 seconds timing**

**DISTRICT SPORTS 2019**  
**Wednesday 19<sup>th</sup> June at 5.00pm**

## **INFORMATION FOR COMPETITORS**

1. Competitors may enter no more than two events
2. **Field events.** Competitors in the field events may not take part in track events except for the relay events. (*See separate sheet for details of field events*)
3. Competitors **will be collected** from their team pen by a marshal.
4. The starter will say: "To your marks, Get Set, **Whistle!**" There will be a second **whistle** for a false start.
5. Competitors finishing **1st, 2nd and 3rd** will be given a place card. They must take this to the Recorder's Table near the Finish Line. (For Team events, only one team member should report to the Recorder).
6. All competitors must be identifiable to the judges by their school name and/or the colour shirts chosen for the school.
7. **Team Games** (3 boys and 3 girls) Please ensure that children in team games are clear about the rules. The rules are unambiguous but some problems still seem to arise.  
All competitors for team games should go to the marshalling area and they will be taken to the starting point from there.
8. **Relay teams** should know the order of running. (8 children - 2 boys and 2 girls from each age group)
  - i. Numbers **1, 3, 5** and **7** should go to the Start/Finish end of the track.
  - ii. Numbers **2, 4, 6** and **8** should go to the 100m end of the track.
9. Children must run within their age/year group except where schools have difficulty finding enough children in a particular age group. In these circumstances children may be placed in a year group above their age, i.e. a child in Year 3 can race for Year 4.
10. Competitors must run in plimsolls or trainers. **(NO SPIKES, NO BARE FEET)**
11. The Judge's decision is final.