

Incursion Information for Parents: Secondary Athletics Carnival

Years 7-10

Dear Parents and Carers,

The following details relate to an educational Incursion to **Amaroo Ovals** which is being organised for **Year 7 -10**.

Dates: Friday, 31 May 2024 (Week 5, Term 2)

Time: Students will attend 9am Amcares then be taken down to the ovals for a 9:30am start. They will return to Amcares at 2:40pm.

Purpose of Incursion: The Secondary Athletics Carnival is for students in Year 7-10 to participate in track & field events and novelty games to gain house points.

Activities: Events on the day will include: 100m, 200m, 400m, 800m, Javelin, Shot Put, Discus, Long Jump, Relays and the Amaroo Gift. Events that will be completed either before or after the day in lunch breaks are: 1500m and Triple Jump. Please make sure your child checks the School Sport Google classroom page for further information.

If you would like your child to be nominated for High Jump at the North Regional Carnival please provide Daniel Slegers with a recent result from an athletics meet. Other specialty events such as 3000m, hurdles, hammer throw and pole vault will be run through ACT Athletics. More information will be released when the event teachers are made aware.

Clothing and Equipment:

Students are encouraged to wear their house colours. Students participating competitively will be permitted to wear event appropriate attire (including running spikes and football boots) Football boots will only be permitted for the 100m, 200m & 400m events. We suggest students may want to bring a picnic rug to sit on. **Students should wear weather appropriate clothing and footwear, including a hat and sunscreen.** Students should also bring a water bottle and keep hydrated during the day.

CANTEEN: There will be a sausage sizzle and drinks available on the day. It is advisable to also bring healthy and nutritious food from home.

Group Size: 900 students

Teacher in Charge: Foster Townsend and Daniel Slegers

Additional Adults: HPE and other secondary teaching staff

Cost: No Cost

Incursion Risk Assessment: Available at the front office

Contingency: In the event of a cancellation due to poor weather, we will advise of a new date once known. If postponed, a regular school day will occur.

Behavioural expectations: Students are expected to demonstrate our school PBL Behaviour Expectations of being a Safe, Respectful and Responsible Learner at all times.

Packing list and Additional Information:

Please note that the Athletics Carnival will replace regular classes for this day. There will be no alternative program running on the school grounds as staff will be attending the carnival. Parents will be required to contact the school for any student that are absent on the day. Parents/Carers are reminded that if your child is showing any signs of illness, they are required to stay home.

Mobile phones are not permitted on this incursion in line with the mobile phones for students' policy.

Competition Implement Weights

Boys

Event	17yrs	16yrs	15yrs	14yrs	13yrs	12yrs
Shot Put	5kg	5kg	4kg	4kg	3kg	3kg
Discus	1.5kg	1.5kg	1kg	1kg	1kg	750g
Javelin	700g	700g	700g	700g	600g	NA

Girls

Event	17yrs	16yrs	15yrs	14yrs	13yrs	12yrs
Shot Put	3kg	3kg	3kg	3kg	3kg	3kg
Discus	1kg	1kg	1kg	1kg	1kg	750g
Javelin	500g	500g	500g	500g	400g	NA

Staff accompanying students on Incursions will take all reasonable care while the students are in their charge to protect them from injury and to control and supervise their behaviour and activities.

Parents should be aware that staff members are not responsible for injuries or damage to property which may occur on an Incursion where, in all circumstances, staff have not been negligent. Parents should warn children of the risk to themselves, to others and to property, of impulsive, wilful or disobedient behaviour.

Kind Regards,

Foster Townsend & Daniel Slegers
HPE Teachers