



# SUNSHINE BEACH HIGH – SPORT NEWSLETTER

Term 3 Week 2 YEAR 2017

## SUNSHINE BEACH HIGH SCHOOL SPORT

### School Athletics 2017

#### Wednesday 19<sup>th</sup> July - PRE CARNIVAL EVENT - ALL 3000m - JUNIOR LUNCH/ SENIOR 4

1.10 14-15 Yrs 3000m (NB there is no 12 & 13 Yrs event )

1.40 16 & Over 3000m

#### THURSDAY 20<sup>th</sup> July PRE CARNIVAL EVENTS Day 16 & Open events - S1,P1; 14 & 15 Yrs - P2 & 3 JL ; 12 & 13 Yrs - JL & P4

Track Events 200m & 1500m (no 12 Yrs 1500m event)

Field Events Girls – Triple Jump, Javelin, Discus;

Boys – High Jump, Long Jump, Shot Put

#### Friday 21<sup>st</sup> July - Whole School Carnival - All staff & Students (8.20am Start for SENIORS)

HOUSE SPIRIT MARCH (students dressed in HOUSE Colours)

Track Events 100 Heats , 100m Finals & New Gift Sprint; 400, 800m and Relays

Field Events Girls - High Jump, Long Jump, Shot Put;

Boys - Triple Jump, Javelin, Discus

Novelty Events Tug O War, 3 Legged Race, Ball Games, Plank Walk.

**HIGH JUMP – Fosbury Flop Technique** – all students who wish to use the Fosbury Flop Technique at the school, district and regional carnival must collect a permission form (providing evidence of skills and ability using the technique) and return it prior to the carnival. Students otherwise will be required to use the scissors technique only.

Students need to compete in their age according to year of birth for all track & field events.

**12 Yrs Born 2005**

**13 Yrs Born 2004**

**14 Yrs Born 2003**

**15 Yrs Born 2002**

**16 Yrs Born 2001**

**17 & Over Born 2000, 1999, 1998,**

Sunshine Beach also selects a team of athletes to represent the school at the **North District Athletics Carnival on the 8<sup>th</sup> & 9<sup>th</sup> August at Sunshine Coast University Athletics Oval**. The top 4 in 100m and the top 2 in all other events will be automatically selected in the school team (unless an absent competitor has already submitted a time/distance). Students who place 3<sup>rd</sup> in their event may be invited to attend the carnival as a reserve for one or multiple events.

**12 year old students (Born 2005)** – While we will be allowing you to compete ‘most events’ at our carnival, the only events that you will progress through to districts are:- 100m, 200m, 800m, Shot Put, High Jump, Long Jump and Relays. (not 400m; 1500m; 3000m and Javelin).

**Nominations for Events not-conducted at the District Carnival** – Students wishing to nominate for events that are not held at the District Carnival are required to provide documented evidence of times for their events. Please collect the required paperwork from Ms Beckinsale in WAIMEA  
Noosa District 12 Yrs Trials





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## SUNSHINE BEACH SHS ATHLETICS CARNIVAL SCHEDULE OF EVENTS 2017 (V1 21-6-17)

PRE CARNIVAL LUNCH EVENTS – Week 2 **WEDNESDAY 19<sup>th</sup> JULY** 3:00pm (14 & 15 Yrs) 1:40pm (16 & Open)

PRE CARNIVAL Competitor Only EVENTS DAY – Week 2 **THURSDAY 20<sup>th</sup> JULY** – 16 & Open (S1-MT) 14 & 15 (MT, P2 & 3 & J1) 12 & 13 (J1, & P4)

Day 1 21 <sup>st</sup> July	Senior 1 -P1 8.20-9.00	Period 1 8.50 -10.00am	MG / MT 10.00 – 10.30am	Period 2 10.30-11.50am	Period 3 11.50 – 1.00pm	JUNIOR LUNCH 1.00pm – 1.45pm	Period 4 1.45-2.55pm
12 Yrs Girls						Triple Jump, Javelin, Discus	200m 1.50 Triple Jump, Javelin, Discus
12 Yrs Boys						High Jump, Long Jump, Shot Put	200m 2.15pm High Jump, Long Jump, Shot Put
13 Yrs Girls						1500m 1.05pm Triple Jump, Javelin, Discus	200m 1.50pm Triple Jump, Javelin, Discus
13 Yrs Boys						1500m 1.05pm High Jump, Long Jump, Shot Put	200m 2.15pm High Jump, Long Jump, Shot Put
14 Yrs Girls			Triple Jump, Javelin, Discus	200m 10.40pm Triple Jump, Javelin, Discus	Triple Jump, Javelin, Discus	1500m 1.15pm	
14 Yrs Boys			High Jump, Long Jump, Shot Put	200m 11.15pm High Jump, Long Jump, Shot Put	High Jump, Long Jump, Shot Put	1500m 1.15pm	
15 Yrs Girls			Triple Jump, Javelin, Discus	200m 10.40pm Triple Jump, Javelin, Discus	Triple Jump, Javelin, Discus	1500m 1.25pm	
15 Yrs Boys			High Jump, Long Jump, Shot Put	200m 11.15pm High Jump, Long Jump, Shot Put	High Jump, Long Jump, Shot Put	1500m 1.25pm	
16 Yrs Girls	1500m 8.20am Triple Jump, Javelin, Discus	200m 8.50 Triple Jump, Javelin, Discus	Triple Jump, Javelin, Discus				
16 Yrs Boys	1500m 8.30am High Jump, Long Jump, Shot Put	200m 9.00 High Jump, Long Jump, Shot Put	High Jump, Long Jump, Shot Put				
17 & Over Girls	1500m 8.20am Triple Jump, Javelin, Discus	200m 8.50 Triple Jump, Javelin, Discus	Triple Jump, Javelin, Discus				
17 & Over Boys	1500m 8.30am High Jump, Long Jump, Shot Put	200m 9.00 High Jump, Long Jump, Shot Put	High Jump, Long Jump, Shot Put				
SLC/AWD	1500m 8.20am			200m 1.30pm			

### Athletics Schedule Events – Whole School Carnival Friday 21<sup>st</sup> July - (V1 21-6-17)

#### TRACK, FIELD, and NOVELTY EVENTS

Event Time Age Group	8.20am	8.50am	9.30am	10.15am	11.00am	11.45am	12.30pm	1.00pm	1.45pm	2.15pm
12 & 13 Girls		Rolls Spirit March	100m Heats		800m		100 Finals	RELAYS	400m	
			Shot Put	3 Leg Race	Long Jump	Mystery		TUG O WAR		Plank Walk
12 & 13 Boys		Rolls Spirit March		100m Heats		800m	RELAYS	100 Finals		400m
			3 Leg Race		Mystery		TUG O WAR		Plank Walk	
14 & 15 Girls		Rolls Spirit March	100m Heats		800m		100 Finals	RELAYS	400m	
					High Jump		Shot Put		Long Jump	
14 & 15 Boys		Rolls Spirit March		100m Heats		800m	RELAYS	100 Finals		400m
			Mystery		Tug O War		Captain Ball		3 Leg Race	
16 & Open Girls	400m	Rolls Spirit March	100m Heats		800m		100 Finals	RELAYS		
				TUG O WAR		Plank Walk		Mystery		3 Leg Race
16 & Open Boys	400m	Rolls Spirit March	High Jump	100m Heats	Shot Put		Long Jump			
			TUG O WAR		Plank Walk	800m	RELAYS	100 Finals		
AWD	400m	Rolls Spirit March	Triple Jump		Discus		Javelin			
			Long Jump	100m		800m		Mystery	Shot Put	Discus 400m

Field events will be open for 1 hour and 15 minutes, students should have time to go and do field event during the time slot. Only distances that reach the qualifying mark will be measured. HIGH JUMP should sign in early as you must start at the current height.

Championship 100m Heats will be run and top 4 from the first 2 races or top 3 from first 3 races will qualify for finals. Heats will NOT be timed.

Race 1 BANZAI & WAIMEA Race 2 MUNDAKA & ULUWATU or 3 mixed house races. Marshals should make sure each heat is even in numbers.

NB:- 200m, 400m events will be timed top 3 will be based on times (it is strongly advised that the fastest runners try to run in the first race in each age group).





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### Year 7 Interschool Sport

Fixtures commence next week on Thursdays. Sunshine Beach has a home game vs St Teresa's. Students selected in school representative teams need to ensure they return permission forms before the first game and make payments at the office prior to our first travelling game on 3<sup>rd</sup> August.

Wk 3 27/7 vs St Teresa's HOME

Wk 4 3/8 vs Nambour SC AWAY

Wk 5 10/8 vs Coolum AWAY

Wk6 17/8 vs Burnside AWAY

Wk7 24/8 vs Noosa District AWAY

Wk8 31/8 BYE

Wk 9 – 7/9 Finals Nambour State College

### Sunshine Coast Schools Broncos Rugby League Challenge

Sunshine Beach High has an Open Boys Team entered this this Monday Night Competition. Team Manager is Mr Daley and Coach is Mr Luke Robertson. The school is also very excited to have Sunshine Coast Broncos Development Officer Jack Reed available to support the team with some training and tips throughout the season. Fixtures commence this Monday Night and run through till Monday 4<sup>th</sup> September

**NOOSA DISTRICT GIRLS AFL TRIALS** - see Ms Beckinsale in Waimea for a copy of the Trials Notice and Nomination Form for **NOOSA DISTRICT GIRLS AFL** Trials planned to take place on **WEDNESDAY 19TH JULY** (Week 2 Term 3). **NOMINATIONS WERE DUE TO BY FRIDAY 14TH JULY** (Week 1 Term 3).

### SCHOOL SPORT Date Claimers Term 3

**School Track & Field** Wednesday 19<sup>th</sup> July - Lunch 3000m (Term 3 Week 2)

Thursday 20<sup>th</sup> July - Competitor Only (Term 3 Week 2)

Friday 21<sup>st</sup> July - Whole School Carnival (Term 3 Week 2)

**District Track & Field** Tuesday 8<sup>th</sup> & Wednesday 9<sup>th</sup> August (Term 3 Week 5)

**Regional Track & Field** Thursday 31<sup>st</sup> August & Friday 1<sup>st</sup> September (Term 3 Week 8)

**Yr 7 Interschool Sport** R1 27<sup>th</sup> July (Wk 3) Bye 31<sup>st</sup> August (Wk 8) Finals 7<sup>th</sup> Sept (wk 9) alt 14/9

**Sunshine Coast Schools Water Polo** – Competition Monday Night mid Term 3 – 4; Training Tuesdays

**Sunshine Coast All Schools Touch** Sunday 23<sup>rd</sup> July

