



## Central Otago Primary Schools Athletics Championships 2021

This is a COPSSA event and is not sanctioned by Athletics New Zealand

- Date:** Monday 29 March 2021  
**Postponement Day:** Postponement Days – Tuesday 30 March and Wednesday 31 March  
**Time:** 10.15am – 3.45pm  
**Venue:** Molyneux Park, Alexandra
- Cost:** Entry fee is **\$5.00 per child**
- Schools will be invoiced by COPSSA
- Entries Close:** **Friday 26 March at 12:00pm**
- Entries must be completed online by individual schools
  - A link to online entries will be sent to schools prior to the event

### SCHOOL CODES

UPPER CLUTHA	WAKATIPU	DUNSTAN
Hawea Flat - HFL	Arrowtown - ATN	Alexandra Primary - ALX
Holy Family - HFS	Glenorchy - GLO	Clyde - CLS
Mt Aspiring - MAC	Kingsview - KNG	Cromwell College - CRC
Makarora - MAK	Queenstown Primary - QTN	Cromwell Primary - CRP
Tarras – TAR	Remarkables Primary - RPS	Goldfields - GOF
Te Kura O Take Kārara - TKK	St Joseph’s QT - SJQ	Millers Flat - MFL
Wanaka Primary - WKA	Shotover Primary - SPS	Omakau - OMK
		Roxburgh Area School - RAS
		The Terrace - TCE
		Poolburn - PBN
		St Gerard’s - STG

[Event Eligibility](#)

[Map of Venue](#)

[Schedule of Events](#)

## CONDITIONS OF ENTRY

1. Competition is in school year groupings for both girls and boys.
2. Children must be in Year 5 or over to participate, i.e. Years 5 – 8.
3. **Each Zone** is limited to entries for all disciplines as follows:
  - **Track and Field** - 6 entries per event in each year group and gender
  - **Relays** – top 2 teams in each year group and gender (these are **school** teams only)

**Note: Relay Teams** must be a **school team**, i.e. all members of the same school. If a school is unable to form a team because of lack of numbers, they can combine with another school from the same zone who are in a similar situation, to enter a team, e.g. *GLO / KNG / SJQ*.
4. Children must have qualified through the COPSSA Pathway and met relevant standards.
5. **Footwear** – Children can wear runners or have bare feet. **NO SPIKES PERMITTED.**

## GENERAL INFORMATION

1. All competitors must be clearly identified, i.e. correct school athletic uniform or zone uniform (if provided by zone).
2. Children must receive instruction in all skill areas prior to competing in this championship meeting. Sport Central is always available to support Staff PD.
3. All schools must ensure appropriate management of competitors and schools will provide help with running of events, e.g. Teacher to run an event as per the schedule and parents to assist during the day.

## TEACHER IN-CHARGE / MANAGERS INFORMATION

1. **Event times** – all competitors must know their event times.
2. **Toilets** – will be clearly marked on the day.
3. **Supervision** – all schools must send a person whose responsibility will be to:
  - Supervise the athletes when not competing.
  - Ensure competitors remain outside the arena until called for their events.
  - Ensure competitors get to their event marshalling area at the correct time.
  - Provide rubbish bags for children's litter and ensure the area is left litter free.
  - Keep children motivated to watch their fellow school or zone members participating.
4. **Out of Bounds** – the inner field and track is out of bounds at all times except when competing.

## COPSSA POSTPONEMENT & CANCELLATION POLICY

### Postponements will occur due to:

- Inclement weather
- Health and Safety concerns
- Double booking on a ground or venue

*First postponement will push event to postponement day – Tuesday 30 March, then Wednesday 31 March*

### Cancellations will occur due to:

- Third postponement occurring on the 2<sup>nd</sup> scheduled postponement day
- A force majeure
- Weather implications
- Health and Safety concerns

### Timing of postponement / cancellation notices will be:

- At the earliest – the afternoon before the day of the event
- At the latest – the morning of the event
- Postponement / Cancellation will be available via COPSSA Website [www.copssa.nz](http://www.copssa.nz) and an email will also be circulated to School Sports Contacts (as per the contacts list).

Every effort will be made to hold the event, however if any or all of the above occurs and may impact the positive experience of children competing, then cancellation policy will proceed.

## FOOD AND BEVERAGES

### The Terrace School will be onsite and have available for purchase:

- Burgers
- Sausages
- Homemade baking; *and*
- A limited selection of sweets

### Shot Coffee will also be onsite and have available for purchase:

- Coffee and other hot drinks
- Water

## SCHOOLS ROLES & RESPONSIBILITIES

Event	Schools	Personnel (minimum)	Equipment	Area of Field
800m and Sprints	<ul style="list-style-type: none"> <li>▪ Alexandra Primary</li> <li>▪ Clyde School</li> <li>▪ St Gerard's</li>   <li>▪ St Joseph's / Glenorchy / KingsView</li> </ul>	x1 Teachers (Starter) x1 Teacher (Marshal) x1 Teacher (Photo Finish) x8 Judges / Timers / Recorder x1 Teacher (Finish Line)	<ul style="list-style-type: none"> <li>▪ Starting Clappers</li> <li>▪ Placing Cards</li> <li>▪ Cones</li> <li>▪ iPad (Photo Finish)</li> <li>▪ Stop Watches</li> <li>▪ Walkie Talkies (start/finish lines)</li> </ul>	Track (Sprints) <ul style="list-style-type: none"> <li>▪ Start</li> <li>▪ Finish</li> </ul>
Relays	<ul style="list-style-type: none"> <li>▪ ALL SCHOOLS</li> </ul> <i>Personnel assigned on event day.</i>	<ul style="list-style-type: none"> <li>▪ Marshals</li> <li>▪ Starters</li> <li>▪ Lane Change Judges</li> <li>▪ Finish Line</li> </ul>	<ul style="list-style-type: none"> <li>▪ As above</li> <li>▪ Relay Batons</li> </ul>	As above
Hurdles	<ul style="list-style-type: none"> <li>▪ Millers Flat / Tarras</li> <li>▪ Arrowtown School</li> <li>▪ Holy Family School</li> </ul>	x1 Teacher (Marshal) x1 Teacher (Starter) x1 Teacher (Finish) x4 DHS Students / Year 8's	<ul style="list-style-type: none"> <li>▪ Starting Clappers</li> <li>▪ Placing Cards</li> <li>▪ Cones</li> <li>▪ iPad (Photo Finish)</li> <li>▪ Walkie Talkies (start/finish lines)</li> </ul>	Area 7
High Jump – 1	<ul style="list-style-type: none"> <li>▪ MAC</li> </ul>	x1 Teacher x2 DHS Students / Year 8's	<ul style="list-style-type: none"> <li>▪ High Jump Mat</li> <li>▪ High Jumps Stands</li> <li>▪ High Jump Pole</li> </ul>	Area 1 / 2
High Jump – 2	<ul style="list-style-type: none"> <li>▪ RAS</li> </ul>	x1 Teacher x2 DHS Students / Year 8's	<ul style="list-style-type: none"> <li>▪ High Jump Mat</li> <li>▪ High Jumps Stands</li> <li>▪ High Jump Pole</li> </ul>	Area 1 / 2
Long Jump – 1	<ul style="list-style-type: none"> <li>▪ Goldfields</li> <li>▪ Omakau / Poolburn</li> </ul>	x1 Teacher x1 Teacher x2 DHS Students / Year 8's	<ul style="list-style-type: none"> <li>▪ Jumping Mat</li> <li>▪ Measuring Tape</li> <li>▪ Rake</li> <li>▪ Shovel</li> </ul>	Area 5
Long Jump – 2	<ul style="list-style-type: none"> <li>▪ The Terrace</li> <li>▪ Hawea Flat</li> </ul>	x1 Teacher x1 Teacher x2 DHS Students / Year 8's	<ul style="list-style-type: none"> <li>▪ Jumping Mat</li> <li>▪ Measuring Tape</li> <li>▪ Rake</li> </ul>	Area 6
Discus – 1	<ul style="list-style-type: none"> <li>▪ Cromwell Primary</li> <li>▪ The Terrace</li> </ul>	x1 Teacher x1 Teacher x2 DHS Students / Year 8's	<ul style="list-style-type: none"> <li>▪ Discus's</li> <li>▪ Measuring Tape</li> <li>▪ Marker Pegs</li> <li>▪ Cones</li> </ul>	Area 3A
Discus – 2	<ul style="list-style-type: none"> <li>▪ Remarkables Primary</li> <li>▪ Shotover Primary</li> </ul>	x1 Teacher x1 Teacher x2 DHS Students / Year 8's	<ul style="list-style-type: none"> <li>▪ Discus's</li> <li>▪ Measuring Tape</li> <li>▪ Marker Pegs</li> <li>▪ Cones</li> </ul>	Area 3B
Shot Put – 1	<ul style="list-style-type: none"> <li>▪ Queenstown Primary</li> <li>▪ Cromwell College</li> </ul>	x1 Teacher x1 Teacher x2 DHS Students / Year 8's	<ul style="list-style-type: none"> <li>▪ Shot Puts</li> <li>▪ Measuring Tape</li> <li>▪ Marker Pegs</li> <li>▪ Cones</li> </ul>	Area 4A
Shot Put – 2	<ul style="list-style-type: none"> <li>▪ Wanaka Primary</li> <li>▪ Take Kāraa</li> </ul>	x1 Teacher x1 Teacher x2 DHS Students / Year 8's	<ul style="list-style-type: none"> <li>▪ Shot Puts</li> <li>▪ Measuring Tape</li> <li>▪ Marker Pegs</li> <li>▪ Cones</li> </ul>	Area 4B

## TRACK EVENTS RULES AND STANDARDS

### SPRINTS & RELAYS

#### SPRINTS

- Heats to Final (*No semi-finals*)

#### Heats

- x3 heats = 6 lanes (Maximum of 18 competitors)
- Top 2 competitors from each heat advance final

#### Final

- 6 lanes = Maximum of 6 competitors

#### RELAYS (Straight Final)

#### Final

- x6 lanes = 6 teams

### START COMMANDS FOR SPRINTS & RELAYS

#### Standing Start:

1. **“Take Your Marks”** = Walk up to the line, **YOUR FEET MAY NOT MOVE AGAIN.**
2. **“Set”** = Lean the body forward, knees bent BUT still quite upright.
3. **“Bang”** = Start.
4. **Second “Bang” or double whistle** = False Start.
  - A 2<sup>nd</sup> false start by an individual (*which includes moving the feet after “Take Your Marks”*) means automatic disqualification.
  - Runners will be disqualified at the **end of the race** after having a cone placed in their lane to indicate they have been disqualified.

**NOTE:** The feet should not move after “Take Your Marks”. When there is movement between “Take Your Marks” and “Set”, the field will stand up and reset. This will be applied to athletes who are moving their feet after “Take Your Marks”. Disqualification will occur if there is movement of the feet on the second start.

[Sprints Starting Positions Resource](#)

### SPRINTS AND RELAYS STANDARDS

EVENT	YEAR GROUP	DISTANCE
Sprints	Year 5	60 metres
	Year 6	75 metres
	Year 7	75 metres
	Year 8	100 metres
Relays	Year 5	50 metres
	Year 6	50 metres
	Year 7	100 metres
	Year 8	100 metres

## HURDLES

### Heats to Final

- No semi-finals

### Heats

- x3 heats = 6 lanes (Maximum of 18 competitors)
- Top 2 competitors from each heat advance to final

### Final

- 6 lanes = Maximum of 6 competitors

## HURDLES SET-UP

### TOTAL DISTANCE = 60m

- Start to first hurdle = 10m
- Space between each hurdle = 7m (5 spaces x 7m = 35m altogether)
- 15m to finish line

## START COMMANDS FOR HURDLES

- Standing Start
- Same commands as Sprints and Relays (refer above)

## HURDLES STANDARDS

YEAR GROUP	BOYS HEIGHT	GIRLS HEIGHT
Year 5	61cm	61cm
Year 6	61cm	61cm
Year 7	67cm	67cm
Year 8	70cm	70cm

## DISTANCE RACES

- 800m
- All straight finals in school year groups.
- Distance events will begin in two split lanes and combine as the race progresses.

## STANDING START COMMANDS FOR DISTANCE RACES

- “Take Your Marks”**
- Then the gun**
  - Runners line up at least two steps behind the start line.
  - On the command “Take Your Marks” runners move up to the start line, one foot forward, one foot back **and must not move their feet before the gun.**
  - The front toe should be up to the line but not on or over it.
  - Runners will be held in this position until all are still and there is no movement.
  - The race will start on the sound of the starting gun.

## FIELD EVENTS RULES AND STANDARDS

### HIGH JUMP

1. Jumping from **one** foot only (*dives or forward rolls off two feet are not allowed*).
2. **Only scissor jumping is recommended.**
  - A jumper may land on both feet, their bottom, or their back (*refer to "Run Jump Throw" Manual*), providing the leg goes over the bar first.
  - **If no high jump pads are available, then children should only be landing on their feet.**

***NOTE: Fosbury flop is allowed if children have received proper training in this, i.e. if offered at athletic club at which the student is a member or coaching received at school.***

3. A failure is:
  - (a) Knocking the bar off
  - (b) Touching the top of the pads when no jump is attempted
  - (c) Knocking the uprights over
  - (d) Using any jump other than a scissor jump unless Fosbury Flop note above applies
4. A jumper is eliminated after two failures at any one height.
5. Getting off the mat before the bar falls is not automatically a successful clearance.
6. A 'tie' situation is to be decided on a countback:
  - (a) The winner is the competitor with the lowest number of jumps at the winning height.
  - (b) If a tie remains, the winner is the competitor with the lowest number of failures throughout the event.
  - (c) If a tie still remains (*for first place only*), jump off as follows:
    - i. One more jump each at the last height failed
    - ii. If necessary, one jump each at a height determined by the judge

### HIGH JUMP STANDARDS

YEAR GROUP	BOYS HEIGHT	GIRLS HEIGHT
Year 5	100cm	100cm
Year 6	105cm	105cm
Year 7	110cm	110cm
Year 8	115cm	115cm

### LONG JUMP

1. Each competitor is to have **three jumps**.
2. Competitors are credited with their best jump only.
3. A '**no jump**' is registered if any part of the foot is over the front edge of the jumping mat/line.
4. Placement of the jumping mat is taken from the front of the pit.
5. Measurement of a jump is taken from the front of the colour that the athlete takes off from.

### LONG JUMP STANDARDS

YEAR GROUP	BOYS DISTANCE	GIRLS DISTANCE
Year 5	3m.0cm	2m.75cm
Year 6	3m.25cm	3m.0cm
Year 7	3m.50cm	3m.25cm
Year 8	3m.75cm	3m.50cm

### SHOT PUT

1. Each competitor is to have **three 'puts'**.
2. The **'shot putter'** must leave the circle from the rear half otherwise a **'no put'** is declared.
3. The shot putter must not touch the ground outside the circle during the put otherwise a no put is declared.
4. The shot must be put from a position close in against the chin/jaw – the competitor must **NOT** lift the shot up or away from the shoulder and 'throw' it (this aspect is to be strictly enforced).

### SHOT PUT STANDARDS

YEAR GROUP	BOYS DISTANCE & WEIGHT		GIRLS DISTANCE & WEIGHT	
Year 5	5m.50cm	1.5kg	5m.0cm	1.5kg
Year 6	6m.0cm	2kg	5m.50cm	2kg
Year 7	6m.50cm	3kg	6m.0cm	2kg
Year 8	7m.0cm	3kg	6m.50cm	3kg

### DISCUS

1. Each competitor is to have **three throws**.
2. The discus thrower must leave the circle from the rear half otherwise a **'no throw'** is declared.
3. The discus thrower must not touch the ground outside the circle during his throw otherwise a **no throw** is declared.

### DISCUS STANDARDS

YEAR GROUP	BOYS DISTANCE & WEIGHT		GIRLS DISTANCE & WEIGHT	
Year 5	14m.0cm	500gm	12m.0cm	500gm
Year 6	16m.0cm	750gm	14m.0cm	750gm
Year 7	18m.0cm	750gm	15m.0cm	750gm
Year 8	20m.0cm	1.00kg	16m.0cm	750gm