



ZONE PRIMARY SCHOOLS ATHLETICS CHAMPIONSHIPS 2021

- Date:** Monday 15 March 2021
- Postponement Day:** Tuesday 23 March 2021
- Time:** 10:15am – 4.00pm
- Venue:** Molyneux Park, Alexandra
- Cost:** Entry Fee is \$4.00 per child
- Schools will be invoiced by The Terrace School
- Entries Close:** [12:00pm \(Noon\) on Friday 12 March 2021](#)
- Entries must be completed online
 - A link to online entries will be sent to schools closer to the event

[Event Eligibility](#)

[Map of Venue](#)

[Events Timetable](#)

SCHOOL CODES

Alexandra Primary – ALX	Goldfields Primary – GOF	Roxburgh Area School - RAS
Clyde School - CLS	Millers Flat - MFL	St Gerard's - STG
Cromwell College - CRC	Omakau School - OMK	The Terrace School - TCE
Cromwell Primary - CRP	Poolburn School - PBN	Lead School: The Terrace

GENERAL INFORMATION

1. All competitors must be clearly identified, i.e. correct school athletic uniform.
2. Children must receive instruction in all skill areas prior to competing in this zone 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.

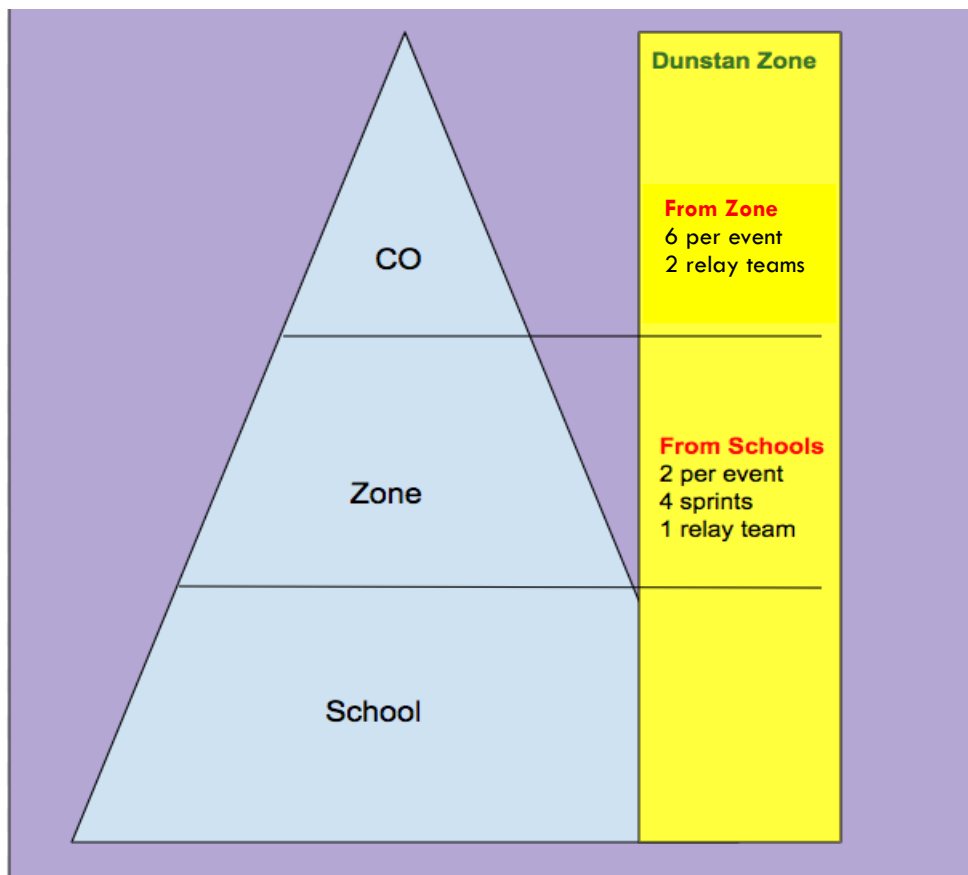
CONDITIONS OF ENTRY

1. Competition is in school year groupings for both girls and boys.
2. Children must be in Year 4 or over to participate, i.e. Years 4 – 8.
3. **Each athletics competition** is limited to entries for disciplines as follows:
 - **Sprints** – 4 entries in each year group and gender
 - **Hurdles and Field Events** – 2 entries per event in each year group and gender
Note: x3 entries per event for larger schools with a roll of 140+ students in Years 4 - 8
 - **Relays** – 1 entry in each year group and gender
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. OMK/PBN.

*** IMPORTANT ***

Omakau, Poolburn, Roxburgh Area School and Millers Flat's combined schools athletics competition is classed as one competition.

4. Athletes do not have to meet Central Otago (CO) Championship Standards to progress to Zone Competition. **However**, athletes **MUST**:
 - a. Have correct throwing technique (per the professional development provided by Raylene Bates)
 - b. Meet CO Standards at Zone Competition to progress to CO's
5. This year's Dunstan Zone Athletics event will include three events for athletes with disabilities (AWD).
6. **Footwear** - Children can wear runners or have bare feet. **NO SPIKES PERMITTED.**



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 members participating.
4. **Out of Bounds** - the inner field and track is out of bounds at all times except when competing.
5. **Qualification from Zone to Central Otago Championship:**
 - Top 6 competitors in each year group and gender for each track and field discipline.
 - Top 2 relay teams in each year group and gender (**school teams only – not Zone teams**).

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 23 March 2021 ****

Cancellations will occur due to:

- Second postponement occurring on the 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 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.

STAFFING NUMBERS

The Terrace – 5 Staff	Cromwell College – 2 Staff	Omakau – 1 Staff	Millers Flat – 1 Staff
St Gerard's – 10 Staff	Cromwell Primary – 2 Staff	Poolburn – 1 Staff	Roxburgh Area School – 8 Staff
Alexandra Primary – 2 Staff	Goldfields – 2 Staff		PALS / Year 8's – 22

SCHOOL ROLES & RESPONSIBILITIES

Event(s)	School(s)	Personnel (minimum)	Equipment	Area of Field
800m, Sprints and Relays	<ul style="list-style-type: none"> ▪ Alexandra Primary ▪ Clyde School ▪ St Gerard's 	x1 Teachers (Starter) x1 Teacher (Marshal) x1 Teacher (Sprint Timer) x8 Judges / Timers / Recorder	<ul style="list-style-type: none"> ▪ Starting Clappers ▪ Relay Batons ▪ Placing Cards ▪ Cones ▪ iPad (Photo Finish) ▪ Stop Watches ▪ Walkie Talkies (start/finish lines) 	Track (Sprints) <ul style="list-style-type: none"> ▪ Start ▪ Finish
Hurdles	<ul style="list-style-type: none"> ▪ Millers Flat ▪ RAS 	x1 Teachers (Marshal) x2 Teachers (Starter / Timer) x6 Senior RAS Students x2 PALS / Year 8's	<ul style="list-style-type: none"> ▪ Starting Clappers ▪ Placing Cards ▪ Cones ▪ iPad (Photo Finish) ▪ Walkie Talkies (start/finish lines) 	Area 7
High Jump – 1	<ul style="list-style-type: none"> ▪ Sport Central 	x1 Sport Central Staff x2 PALS / Year 8's	<ul style="list-style-type: none"> ▪ High Jump Mat ▪ High Jumps Stands ▪ High Jump Pole 	Area 1 / 2
High Jump – 2	<ul style="list-style-type: none"> ▪ The Terrace 	x1 Teacher x2 PALS / Year 8's	<ul style="list-style-type: none"> ▪ High Jump Mat ▪ High Jumps Stands ▪ High Jump Pole 	Area 1 / 2
Hop-Step-Jump	<ul style="list-style-type: none"> ▪ The Terrace 	x1 Teacher x1 Parent x2 PALS / Year 8's	<ul style="list-style-type: none"> ▪ Jumping Mat ▪ Measuring Tape ▪ Rake 	Terrace School
Long Jump – 1	<ul style="list-style-type: none"> ▪ Goldfields 	x2 Teachers x2 PALS / Year 8's	<ul style="list-style-type: none"> ▪ Jumping Mat ▪ Measuring Tape ▪ Rake 	Area 5
Long Jump – 2	<ul style="list-style-type: none"> ▪ Omakau ▪ Poolburn 	x1 Teacher x1 Teacher x2 PALS / Year 8's	<ul style="list-style-type: none"> ▪ Jumping Mat ▪ Measuring Tape ▪ Rake 	Area 6
Discus – 1	<ul style="list-style-type: none"> ▪ Cromwell Primary ▪ The Terrace 	x1 Teacher x1 Teacher x2 PALS / Year 8's	<ul style="list-style-type: none"> ▪ Discus's ▪ Measuring Tape ▪ Marker Pegs ▪ Cones 	Area 3A
Discus – 2	<ul style="list-style-type: none"> ▪ Cromwell Primary ▪ Alexandra Primary 	x1 Teacher x1 Teacher x2 PALS / Year 8's	<ul style="list-style-type: none"> ▪ Discus's ▪ Measuring Tape ▪ Marker Pegs ▪ Cones 	Area 3B
Shot Put – 1	<ul style="list-style-type: none"> ▪ Cromwell College ▪ The Terrace 	x1 Teacher x1 Teacher x2 PALS / Year 8's	<ul style="list-style-type: none"> ▪ Shot Puts ▪ Measuring Tape ▪ Marker Pegs ▪ Cones 	Area 4A
Shot Put – 2	<ul style="list-style-type: none"> ▪ Cromwell College ▪ St Gerard's 	x1 Teacher x1 Teacher x2 PALS	<ul style="list-style-type: none"> ▪ Shot Puts ▪ Measuring Tape ▪ Marker Pegs ▪ Cones 	Area 4B

TRACK EVENTS RULES AND STANDARDS

SPRINTS & RELAYS

SPRINTS

Heats > Semi-Finals > Final

Heats to Semi-Finals

- Top 2 to 4 competitors from each heat advance to semi-final / final (*depending on entries*)

Final

- 6 – 9 competitors (*depending on numbers*)

RELAYS

Heats to Final (*No semi-finals*)

- Top 2 or 3 teams from each heat advance to final (*depending on entries*)

Final

- 6 lanes = 6 teams

START COMMANDS FOR SPRINTS & RELAYS

Standing Start:

- “Take Your Marks” = Walk up to the line, **YOUR FEET MAY NOT MOVE AGAIN.**
- “Set” = Lean the body forward, knees bent BUT still quite upright.
- “Bang” = Start.
- Second “Bang” or double whistle = False Start.
 - A 2nd 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 RELAY STANDARDS

EVENT	YEAR GROUP	DISTANCE
Sprints	Year 4	60 metres
	Year 5	60 metres
	Year 6	75 metres
	Year 7	75 metres
	Year 8	100 metres
Relays	Year 4	50 metres
	Year 5	50 metres
	Year 6	50 metres
	Year 7	100 metres
	Year 8	100 metres

HURDLES

Heats > Semi-Finals > Final

Heats to Semi-Finals

- Top 3 or 4 competitors from each heat advance to semi-finals (*depending on entries*)

Final

- 6 lanes (maximum of 6 competitors)

HURDLES SET-UP

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

TOTAL DISTANCE = 60m

START COMMANDS FOR HURDLES

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

HURDLES STANDARDS

YEAR GROUP	BOYS HEIGHT	GIRLS HEIGHT
Year 4	51 cm	51 cm
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 and gender.
- Distance events will begin in two split lanes and combine as the race progresses.

START COMMANDS FOR DISTANCE RACES

Standing Start:

1. "Take Your Marks"
2. 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 4	95cm	95cm
Year 5	100cm	100cm
Year 6	105cm	105cm
Year 7	110cm	110cm
Year 8	115cm	115cm

LONG JUMP

1. Each competitor is to have at least two 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 4	2m.50cm	2m.50cm
Year 5	3m.0cm	2m.75cm
Year 6	3m.25cm	3m.0cm
Year 7	3m.50cm	3m.25cm
Year 8	3m.75cm	3m.50cm

HOP - STEP - JUMP

1. Each competitor is to have at least two 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 jumping mat is measured back from the edge of the pit (to be determined by the official).
5. Measurement of a jump is taken from the front of the colour that the athlete takes off from.

HOP – STEP – JUMP STANDARDS

YEAR GROUP	BOYS DISTANCE	GIRLS DISTANCE
Year 4	5m.20cm	5m.0cm
Year 5	6m.0cm	5m.50cm
Year 6	6m.0cm	5m.50cm
Year 7	6m.50cm	6m.50cm
Year 8	7m.20cm	7m.20cm

SHOT PUT

1. Each competitor is to have at least two **'puts'** with the top 6 having a 3rd put.
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 4	5m.00cm	1.5kg	4m.50cm	1.5kg
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 at least two throws, with the top 6 having a 3rd throw.
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 4	12m.0cm	500gm	10m.0cm	500gm
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

ATHLETES WITH DISABILITIES (AWD)

This year's Zone Athletics event will include three events for athletes with disabilities:

1. 50m Sprint (no heats – straight final)
2. Discus
3. Shot Put

AWD must be accompanied and supported throughout the duration of the event by one of the following people:

- Teacher Aid; or
- Parent / caregiver

AWD CLASSIFICATIONS

- **PD = Physical Disability** - this category is for athletes with physical and visual impairments that affect their ability to compete against able bodied athletes. Athletes should be eligible to compete under the [Para sport classification](#), which includes, but is not limited to, the following impairments:
 - ⇒ amputees
 - ⇒ cerebral palsy
 - ⇒ limb impairments
 - ⇒ little people
 - ⇒ muscular dystrophy
 - ⇒ spina bifida
 - ⇒ spinal cord injuries
 - ⇒ visual impairments

- **O = Open** - this category is for disabled athletes who do not meet the criteria for the above physical disability category (unable to gain a provisional physical or visual impairment classification for Para sport). This includes, but is not limited to:
 - ⇒ down syndrome
 - ⇒ development delays / athletes eligible for Special Olympics

EQUIPMENT SPECIFICATIONS FOR AWD

EVENT	YEAR GROUP	WEIGHT
Discus	Year 4 - 6	200gm (Rubber)
	Year 7 - 8	500gm (Rubber)
Shot Put	Year 4 - 6	600gm (Soft Shot)
	Year 7 - 8	1kg (Soft Shot)