

# NOTRE DAME SENIOR ATHLETICS CARNIVAL 2019

## YEAR 3 – YEAR 6

<b>Time</b>	<b>Year 3</b>	<b>Year 4</b>	<b>Year 5</b>	<b>Year 6</b>
9.20am - 9.30am	<b>Introduction/Opening Ceremony</b>			
9.30am – 10.10am	<b>200m Year 3 – 6</b>			
10.10am – 10.40am	<b>Year 3 Leader ball (selected)</b> <b>Year 4 Leader ball (selected)</b> <b>Year 5 Leader ball (selected)</b> <b>Year 6 Leader ball (selected)</b> <b>Year 3 Pass ball (selected)</b> <b>Year 4 Pass ball (selected)</b> <b>Year 5 Pass ball (selected)</b> <b>Year 6 Pass ball (selected)</b>			
10.40am – 11.00am	<b>Year 3 100m</b>	Watch/Support Year 3 Recess	<b>Rotations</b> <b>Flag/Bucket Relay</b> <b>Tug-o-War</b>	Watch/Support Year 3 Recess
11.00am – 11.20am	Watch/Support Year 4 Recess	<b>Year 4 100m</b>	Watch/Support Year 4 Recess	<b>Rotations</b> <b>Flag/Bucket Relay</b> <b>Tug-o-War</b>

11.20am – 11.40am	<b>Rotations Flag/Bucket Relay Tug-o-War</b>	Watch/Support Year 5	<b>Year 5 100m</b>	Watch/Support Year 5
11.40pm – 12.00pm	Watch/Support Year 6	<b>Rotations Flag/Bucket Relay Tug-o-War</b>	Watch/Support Year 6	<b>Year 6 100m</b>
12.00pm – 12.30pm	<b>Lunch</b> Students can join parents in stands to have lunch.			
12.30pm – 1.00pm	<b>Year 3 Star Relay (selected)</b> <b>Year 4 Star Relay (selected)</b> <b>Year 5 Star Relay (selected)</b> <b>Year 6 Star Relay (selected)</b>			
1.00pm – 1.30pm	<b>Year 3 100m Baton Relay (selected)</b> <b>Year 4 100m Baton Relay (selected)</b> <b>Year 5 100m Baton Relay (selected)</b> <b>Year 6 100m Baton Relay (selected)</b> <b>Grand Relay (top boy and girl from each year group) Year 3-6</b> <b>Parents/Teachers and Year 6 Relay*</b>			
1.30pm – 1.35pm	<b>Clean up</b>			
1.35pm – 1.45pm	<b>Presentations and Dismissal</b>			

## Points Allocation

<b>Placings</b>	<b>Team Games</b>	<b>A Division</b>	<b>B Division</b>	<b>C - D Division</b>
<b>1<sup>st</sup></b>	20 points	22 points	14 points	10 points
<b>2<sup>nd</sup></b>	15 points	20 points	12 points	8 points
<b>3<sup>rd</sup></b>	10 points	18 points	10 points	6 points
<b>4<sup>th</sup></b>	5 points	16 points	8 points	5 points
<b>5<sup>th</sup></b>		14 points	6 points	4 points
<b>6<sup>th</sup></b>		12 points	5 points	3 points
<b>7<sup>th</sup></b>		10 points	4 points	2 points
<b>8<sup>th</sup></b>		8 points	3 points	1 point

### *Field Events*

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16 - 30</b>
22	20	18	16	14	12	10	9	8	7	6	5	4	3	2	1



## Tug-o-war

The centre of the rope should align with the center marked on the ground. As soon as the referee blows the whistle, each team can start pulling the rope into their territory. The objective of the game is for each team to pull the rope along with the members of opposition team to their side. As soon as the second mark on the rope from the center red mark crosses over to center line, the team to pull the rope to their area wins the game.

- Rd 1 McAuley vs Nagle

- Rd 1 Prendiville vs Mercy

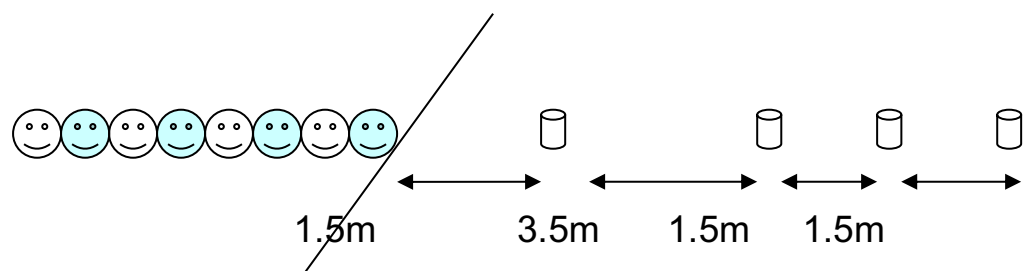
3<sup>rd</sup> vs 4<sup>th</sup> playoff (loser of round 1)

1<sup>st</sup> vs 2<sup>nd</sup> playoff (winner of round 1)



## Flag/Bucket Relay

- Each team is to have **4 buckets** (1 to keep flags in and 3 to deposit **plastic flags** into)
- Each team is to have **8 competitors** (4 Boys & 4 Girls).
- Competitors must ensure that **all flags are correctly placed into the tins.**
- Children may only have **1 flag in their hand at any given time.**
- All **tins must be upright** before the competitor finishes their turn.
- Children must **'tag'** the next competitor before they are allowed to commence.
- The race is finished when the last competitor returns the last flag to the first tin.
- All competitors must be seated after their turn.
- The spacing for the tins is as follows:



# Leader ball

Years 3 - 6

1 team warning - foot on the dot.

1. All teams to use a in2cricket ball.
2. All teams to have 1 leader and nine other team members.
3. The leader will pass to each of the team members in tum.
4. Once the ball is **CAUGHT** it is to be **PLACED** on the dot (not dropped).  
The competitor must then run clockwise (right), around the **LAST** person, around the **LEADER**, and then back to their place, where they must throw the ball back to the leader.
5. Underarm and overarm throws are permitted.
6. Backward 'flips' of the ball are **NOT** permitted.
7. The leader and last person must remain upright (2 feet on the dot) while competitors are running around them.
8. All competitors must have their **FRONT** foot on the dot when throwing.
9. **Dropped Catch - retrieve ball. Place on dot & THEN run.**
10. If the ball rolls from the dot only the competitor whose turn it is, may retrieve the ball. No one else is permitted to touch the ball.
11. When retrieving the ball, a competitor is **NOT** permitted to run through another team - they must run **AROUND** the other team **WHERE POSSIBLE**.
12. Once the leader has caught the return throw from the last competitor, the leader must **PLACE** the ball on their dot, and run to the finish line.
13. Disqualification of a team will occur if any of the following infringements occur:
  1. If the first person's hand(s) are in contact with the ball while the leader's hand(s) are on it.
  2. If a competitor retrieves the ball and it was not that competitor that lost the ball.
  3. If a competitor touches any team member whilst running.

**\*\*\*3m leader dot to first dot, then 1m between every dot there after.**

