

Carnival Policies

Swimming	<ul style="list-style-type: none"> • Prelims will be held at jelly park prior to the event to seed students into races based on their ability • Age is at 1st January • Uniform is blue swimming togs for girls, blue speedos for boys • All timing will be completed by staff members • All students are to compete in freestyle and backstroke • 7 & 8 year olds will do 25m races • 9 years upwards will do 50m races • Any swimmers that cannot complete a length can opt into the width races • Students may opt into the 2 length breaststroke, 2 length butterfly, medley and 3 length freestyle races. • The medley and 3 lengths freestyle are an open race, which means all age groups compete together. • The top two heats will be timed on the day as well as the top two swimmers in every other heat to make sure we get the correct results. • The top two swimmers for each event go through to the ISSA Champs competing in a maximum of two events plus a relay. • Breaststroke is only offered ages 11 and up and the butterfly is an open event at this meet.
Duathlon	<ul style="list-style-type: none"> • All students from year 4-8 compete in this event • School pe uniform is to be worn (athletics singlets are fine and bike shorts as long as they are blue or black) • Students can choose whether they would like to enter the individual or team event (note: only individual events qualify to go through to the Canterbury duathlon – there is no team event) • Training will be done in class time in the lead up to this event • Age grouping is age at 1st April • A duathlon is a run/bike/run • Distances are approximate and are: <ul style="list-style-type: none"> - year 4 – will just do a 1 lap run and then 2 laps on a bike (no second run) (school top field) - 9 & 10 – run 2km, bike 6km, run 1km - 11 & 12 – run 2km, bike 9km, run 1km • Students must provide their own bikes • Parents assistance is not permitted unless in the younger age groups helping them rack their bikes • A swiping system is put in place where staff/parents armed with markers will swipe the students arm as they go past on the bike leg this way we will know they have done the correct amount of laps. This will be done by the transition area • To make this easier, students slow down so they can be swiped. If they miss their swipe it is their responsibility and they will be made to do another lap. They must slow down so the swiping is possible. • The top 3 girls and 3 boys from each age group will qualify for the Canterbury Duathlon team
Cross Country	<ul style="list-style-type: none"> • Age is at April 1st • School pe uniform is to be worn (athletics singlet's are fine) • The school cross country will be held at Elmwood park • Each lap is approximately 800m • Year 4 students will do 2 laps • 9 and 10 years olds will do 3 laps • 11 and 12+ will do 4 laps • Year 7 and 8 students will be numbered and timed for this event. This is done as some students will miss it because of camp so we need to be able to compare their times • Students must keep to the gravel path around Elmwood Park, they are not to cut corners on the grass • As we have large numbers in several age groups, some students will start on the grass. They must however merge onto the gravel path before the first corner • Students will receive a swipe on their arm each time they complete a lap to ensure they compete

	<p>the correct amount of laps – parents are encouraged to help with this if possible</p> <ul style="list-style-type: none"> • Once they have received the correct amount of laps they may enter the finishing chute • To top 6 girls and boys from each age group (9-12 years) will qualify to compete in the ISSA Cross country Champs held at Hagley Park
Triathlon	<ul style="list-style-type: none"> • Age is at April 1st • School pe uniform is to be worn (athletics singlets are fine and bike shorts as long as they are blue or black) • This is an optional event that students are able to enter. If we have too many wanting to enter in an age group we will do a trial at Elmwood Park including the bike and the run to decide who goes through. • If those results are very close we will add the swimming times to work out the entry • Students who are entering this event need to have competed in a triathlon before and be aware of how to do a transition • Students also must be competent swimmers as the triathlon is held in the lake at Pegasus where they will not be able to touch the bottom • Further information for the Canterbury Triathlon can be found at www.primarysportscanterbury.org.nz
Athletics	<ul style="list-style-type: none"> • Age is at October 1st • Prelims will be held at the end of term 3 to time students for the sprint races. This is not an open event. • It is done in term 3 as students are away at camp in the first 3 weeks of term 4 so it is not possible to do it then • All timing will be completed on the same day, using staff as timers • If students are away for the prelims through no fault of their own they will be given a chance to be timed by a staff member at a later date • All students will compete in all events on Athletics day • Standards will be used in the field events to help work out the top students – these are visible on this website • All 8 runners in the first two heats times will be recorded followed by the top runner in every other heat to determine the top runners for the final • Split timers will be used by 3 staff members and the middle time taken to ensure it is as accurate as possible. • There are place getters to make sure that the times match up with the place getters to ensure accuracy. • If any race is too close to call, we will have a video camera set up on the finish line to refer back to. • Staff decisions will be final • We will be following Canterbury rules set out in the handbook – unless something beyond our control affects this e.g. equipment malfunction etc. The website for this is www.primarysportscanterbury.org.nz • Spikes are allowed for all events unless circumstances out of staff control prevail e.g. HJ covers not turning up • The after lunch programme will consist of house and class relays. These are supposed to be fun events with less emphasis on winning and more just on competing and school spirit.