

IMPORTANT INFORMATION
FULL SCHOOL ATHLETICS CARNIVAL
Wednesday 20 March 2019

VENUE	Weigall, Nield Avenue Rushcutters Bay
ATTENDANCE	<u>Attendance is compulsory for all boys</u> , even if they are not competing. Every boy has the opportunity to participate in the carnival and Housemasters select their teams based on boys volunteering to enter events.
TRANSPORT	There are NO buses booked to transport boys to and from the city. PARENTS SHOULD AVOID DROPPING OFF OR PICKING UP IN ALMA ST, SO AS NOT TO COMPLICATE THE PREPARATORY SCHOOL TRAFFIC. The carnival may run overtime and parents should avoid double parking at any time. Masters will escort boys to the public bus stop in the afternoon.
ROLL CALL	<u>All boys should report to their designated House area by 8.25am. There will be two roll calls with Tutors at 8.30am and at 3pm.</u> Dismissal will be at the conclusion of events @ 3pm. <u>Boys are not permitted to leave the Weigall grounds during the day.</u> They will be supervised by their Age Manager.
DRESS	BOYS MUST WEAR A GRAMMAR HAT or CAP on the day. Boys may arrive and leave in the School Track Suit. School uniform must be worn if boys do not wear the SGS tracksuit. Boys must compete in black shorts, House Shirts and shoes, as <u>bare feet are not allowed</u> . Form I has permission to compete in P.E. uniform. Spikes may be worn but not during the shuttle relay. House Shirts can be purchased from the Uniform Shop.
SELECTION OF TEAMS	Housemasters and age managers will organise the selection of competitors. Points for AGE CHAMPIONS will only be given for competitors in championship races. Each House has a designated track lane. Boys must run in the correct lane for their House (see the Athletics Program).
ORDER OF EVENTS	The program for the 145 th Annual Athletics Championships has been distributed through Tutorials and will be available on the day. <u>The first event is the 3000m which begins at 7.45am.</u> Competitors for this event only need to arrive at 7.30am.
POINT SCORE	Age Champion points (Championship events only) will be allocated to place-getters to determine the Age Champion as follows: 1 st - 8, 2 nd - 6, 3 rd - 4, 4 th - 2, 5 th - 1 Age champion will be awarded on the best four of an Athlete's events and in the event of a tie the fifth event will be included. House points will be allocated to determine the Champion House.
MANAGER SUPERVISION	Boys are under supervision by their Age Managers throughout the day. When they are not competing, boys must stay with their Age Manager in their House area.
SECURITY	<u>Boys should not bring valuables.</u> Boys should leave their bags with the Age Manager or assistant when they are competing. <u>DO NOT leave bags in change rooms.</u>
CANTEEN/BBQ FACILITIES	The Canteen and the BBQ will be operating from mid-morning. Boys are encouraged to eat breakfast before they come to the carnival. Boys are not permitted to leave Weigall to purchase food from near-by outlets. Boys competing in multiple events should avoid eating high fat/high sugar foods in order to perform to their potential.
HYDRATION	Boys should remember to drink plenty of water throughout the day. Please bring labelled water bottles.
FOOTBALLS	There will be no opportunity to play extra ball games so please do not bring footballs to the carnival. Balls will be confiscated to ensure the safety of competitors.
SUNSCREEN	DON'T FORGET TO BRING A GRAMMAR HAT or CAP on the day, and WEAR IT PLEASE. Boys should apply sunscreen throughout the day. Sunscreen will be available at Weigall. All boys should heed the reminders and take responsibility for their sun protection on the day.
WET WEATHER	The Championships will only be postponed if the track is unsafe due to CONTINUOUS, TORRENTIAL RAIN. Boys should bring appropriate wet weather gear if intermittent showers are forecast. In the event of heavy, continuous rain, check the website at 7am or the app. In the event of poor weather, Normal F day lessons will take place.

SGS 146th Athletics Carnival

Roll call: 8.30am and 3pm in House Areas.

Venue: Weigall, Neild Ave

Transport: Buses will NOT be transporting boys to Weigall.
Catch the train to Edgecliff Station and walk down New South Head Rd
Buses at 3pm will be available to transport Form 1 boys to College St.

Dress: House shirts, black shorts, shoes and hat. No bare feet allowed.
Form I boys - your PE uniform.

Valuables: Store them in the secure area for the day in the Pavilion.

Canteen and BBQ facilities will be available on the day.

Attendance is compulsory.

