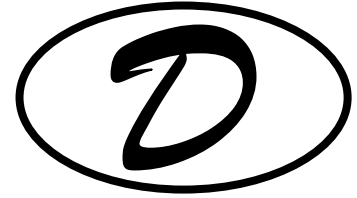


LAERSKOOL

Durbanville

PRIMARY SCHOOL



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Circular 1b/2022

19 January 2022

Dear parent

ATHLETICS 2022

1. AIM

The aim of the athletics meeting is mass participation, creating competitive spirit and exposure of learners to various athletics items. **Mass participation in teams (also on the pavilion)** is thus a priority. In this way a positive team spirit is created at the beginning of the year, which we believe, will be reflected in all the activities in 2022.

2. MEETINGS

- 2.1 Field events meeting (selected athletes): Thursday, 27 January 2022 (**Durbanville Primary School's sport fields**).
- 2.2 Track events meeting (all learners): Saturday, 29 January 2022 (**Durbanville High School's sport fields**).
- 2.3 Durbell Athletics Meeting, **team athletes**: See Addendum A. Learners receive notification after the athletics meeting. The **first and second** places automatically qualify for the Durbell meeting. Athletes who came third and fourth must also attend the practices. Consequently these athletes will also stay fit. At any stage these athletes could be asked to participate in the following meetings if another athlete withdraws or cannot participate. Last mentioned athletes will also be able to participate in Biathlon which consist of the running and swimming disciplines. Any athletes who did not finish in the top 4 at the Interhouse meeting, are welcome to attend the practices.
- 2.4 Somerset West: Lukas Potgieter Buco Hardware Mini-Athletics Meeting
- 2.5 Mikro: Barloworld Prestige Athletics Meeting
- 2.6 Paarl Gimnasium: Skadu van die Berg Meeting
- 2.7 JC Swart Prestige Athletics Meeting
- 2.8 Swartland Primary School Athletics Meeting

See Addendum A for the dates of the abovementioned meetings. Please write these dates on your planner so that all the athletes will be available for these meetings. We can receive more invitations for other meetings throughout the year.

3. INTERHOUSE GENERAL RULES

- 3.1 Learners will be divided into their **colour groups** according to their surname.
Surname: A to G is Yellow (Diemersdal), H to O is Light blue (Meerendal) and P to Z is Dark blue (Bloemendal).
- 3.2 The **sorting** for the interhouse athletics meeting (field and track) will be done over the first two weeks, during school hours. The sorting forms part of the mass participation where every learner gets the opportunity to take part in every event to stand a chance to be selected for the various events.
- 3.3 **Mass participation**

Every learner who **participates**, gains points for his/her team. Non-participation will, therefore, not be in the best interest of his/her team. All the athletes (learners) will be allowed to participate in the following events on the day of the track events meeting.

The **following events** are for **mass participation**:

u/10 and u/11	80 m sprints
u/12	100 m sprints
u/13 and Open	100 m sprints

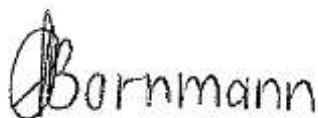
3.4 Events for selected athletes (pre-elected during sorting):

- 3.4.1 **Hurdles:** ± 18 athletes per item (6 per colour group/house)
- 3.4.2 **Long distance** (800 m, 1200 m en 1500 m): ± 15 athletes (± 5 per colour group/house)
- 3.4.3 **u/10 - u/11 100 m sprints:** 24 athletes, thus 8 athletes per colour group/house
- 3.4.4 **u/12 - u/13 150 m & 200 m sprints:** 24 athletes, thus 8 athletes per colour group/house
- 3.4.5 **Field events:** ± 18 athletes per item (6 per colour group/house)

Please follow the communicator (D6) and letters for further information.

We trust that you will enjoy this year's athletics with us and your child.

Athletics greetings



C. Bornmann
ORGANISER



F. Roux
SPORT MANAGER



P. Du Toit
PRINCIPAL

DURBIES FOREVER

ATHLETICS 2022	
DATE	ACTIVITY
Wednesday, 19 January	<ul style="list-style-type: none"> School re-opens. No athletics. Sing-songs 13:15-14:00 (cheerleaders will be chosen)
Thursday, 20 January	<ul style="list-style-type: none"> 07:00-07:40 An opportunity for learners to practise long distance and sprints. <u>Sorting of u/13 + open athletes during school hours.</u> Remember your water bottle, sunblock and cap. Athletics practice for u/11 - u/13 from 14:30-16:30 (See programme on D6)
Friday, 21 January	<ul style="list-style-type: none"> 07:00-07:40 An opportunity for learners to practise long distance and sprints. <u>Sorting of u/12 athletes during school hours.</u> Remember your water bottle, sunblock and cap. Sing-songs 13:15-14:00 Gr.4 field events practice 14:30-18:00
Monday, 24 January	<ul style="list-style-type: none"> 07:00-07:40 An opportunity for learners to practise long distance and sprints. <u>Sorting of u/11 learners during school hours.</u> Remember your water bottle, sunblock and cap. Sing-songs 13:15-14:00 Athletics practice for u/10 - u/13 from 14:30-16:30 (See programme on D6)
Tuesday, 25 January	<ul style="list-style-type: none"> 07:00-07:40 An opportunity for learners to practise long distance and sprints. <u>Sorting of all u/10 learners during school hours.</u> Remember your water bottle, sunblock and cap. Sing songs and relay practice 13:15-14:00
Wednesday, 26 January	<ul style="list-style-type: none"> Sing songs and relay practice 13:15-14:00 Athletics practice u/10 and u/11 14:30-16:00 (elected athletes) (See programme on D6)
Thursday, 27 January	<ul style="list-style-type: none"> <u>Field events 11:00-18:00 (Durbanville Primary School)</u> Learners will move to the athletics field at 10:30 Non-participants may go home at 14:10
Friday, 28 January	<ul style="list-style-type: none"> <u>Javelin (u/12 and u/13) during school hours</u>
Saturday, 29 January	<ul style="list-style-type: none"> <u>Interhouse athletics meeting 07:15-15:00 (Durbanville High School)</u> All learners to wear PT clothes Remember water bottle, sunblock and cap. <u>All learners must be seated on the pavilion at 07:15.</u> Tuck shop facilities will be available during the day
Monday, 31 January	<ul style="list-style-type: none"> 07:00-07:40 Long distance and sprints Athletics practice u.10 to u.13 14:30 – 16:00 (see above mentioned letter under 2.3) (See programme on D6)
Tuesday, 1 February	<ul style="list-style-type: none"> Somerset West Athletics Meeting
Wednesday, 2 February	<ul style="list-style-type: none"> No athletics practice. (Interhouse Swimming Gala)
Thursday, 3 February	<ul style="list-style-type: none"> 07:00-07:40 Long distance and sprints Athletics practice u.10 to u.13 14:30 – 16:00 (see above mentioned letter under 2.3) (See programme on D6)
Monday, 7 February	<ul style="list-style-type: none"> Athletics practice according to extra-mural program
Wednesday, 9 February	<ul style="list-style-type: none"> Athletics Practice (only field events)
Thursday, 10 February	<ul style="list-style-type: none"> Mikro Athletics meeting (No athletics practice)
Tuesday, 22 February	<ul style="list-style-type: none"> Paarl Gimnasium Athletics meeting
Dates to be confirmed.	<ul style="list-style-type: none"> <i>Durbell meeting : Javelin: u.12 and u.13</i>
	<ul style="list-style-type: none"> <i>Durbell meeting : All track and field events (u.10 – u.13)</i>
	<ul style="list-style-type: none"> <i>Metropole-North Athletics meeting</i>
	<ul style="list-style-type: none"> <i>Western Province championships</i>
	<ul style="list-style-type: none"> <i>Western Cape championships</i>
Tuesday, 25 October	<ul style="list-style-type: none"> JC Swart Prestige Athletics meeting (Durbanville Primary School)
Saturday, 29 October	<ul style="list-style-type: none"> Swartland Athletics meeting