



FCS Athletics Carnival

Instructions for Volunteers

 **faith** | CHRISTIAN SCHOOL
DISTANCE EDUCATION



Thank you for volunteering for the annual FCSDE Athletics Carnival. Your time and help are greatly appreciated. Please take some time to familiarise yourself with the procedures we have in place to help make the day run smoothly, fairly and be a great experience for all involved. Thank you.

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Track and Field - Plan for conclusion of events

Track -

50m, 70m, 100m, 200m, 400m and 800m

When participants finish their race, they will be given their placing and will head over to the administration desk for their ribbons.

There will only ever be 8 races per race, so 8 sets of place handouts will be given at the start of each session.

In the case of having more than 8 students in each age band (male and female), placing cannot be given until ALL results are in from both groups. In that case, Parent volunteers will not give ribbons or handouts to students until we have all the results in.

EG: 100m - Age Band 2 Girls

Race 1 - Session 2		Race 2 - Session 2
Lucy - 12'21s	Alice - 13'44s	Joan - 12'25s
Tracy - 13'33s	Jess - 12'46s	Carly - 12'27s
Jenny - 12'07s	Gail - 13'01s	Fran - 12'77s
Betty - 12'55s	Sally - 12'97s	Katie - 12'64s

After the 2 races are completed, we see that Jenny comes 1st, Lucy comes 2nd, Joan comes 3rd and Carly comes 4th.

All positions are entered as all places are awarded points for themselves and their House.

Field -

Long Jump, High Jump, Discus, Shot Put, Ball Toss, Turbo Jav

When students complete their field event, Parent Volunteers will hand the ribbons out to the competitors. The Parent Volunteer will then bring the completed form over to the administration table to be entered into the system. No child from a field event should approach the administration table.

For field events (Discus, Shot Put, Ball Toss, Turbo Jav, Javelin), the measurement is taken from the first impact to the ground, not where the item rolls to. **The measurement is taken from the closest mark in the ground to the middle of the throwing line or circle.** For shot put for example, a dent may be left in the ground, the measurement is taken from the closest part of that dent to the toe board, not the middle of the dent.

This approach will reduce the congestion at the administration table and will speed up proceedings on the day. If you have any questions or concerns (ties, fouls etc) on the day, please find Tim McDonald (0420 793 481) for clarification.

In the case of having more than 8 students in each age band (male and female), it would be recommended that you only give each competitor 2 attempts each. For a third attempt, you could take the top 6 and then give them one more opportunity to place.

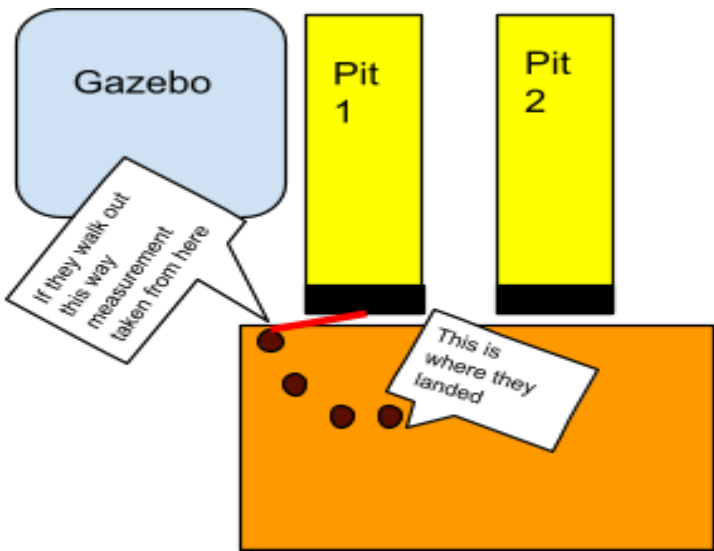
You may need to give some guidance (technique, run up etc) that can be found below in the information sheets. Reducing the risk of injury is important and technique helps to reduce injury.

Long Jump

Because of time restraints we have during the sports day, I have had to make some tough decisions about the way events are run. Please adhere to the suggestions below so the event can run as smoothly and quickly as possible. Thanks

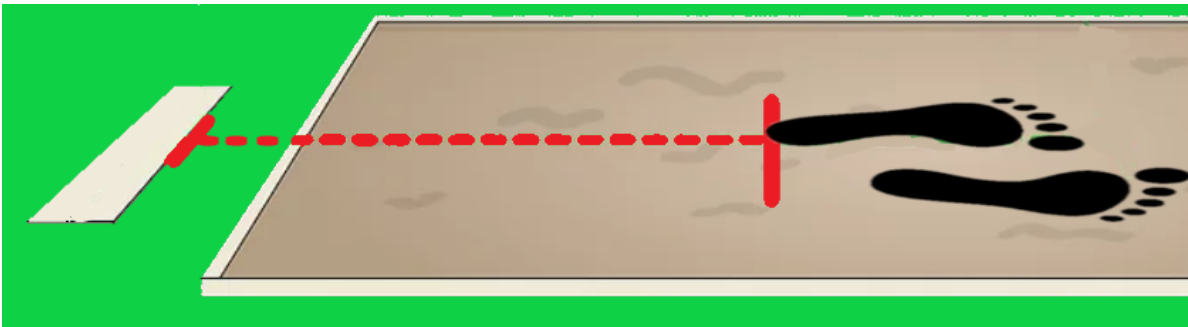
If a tie happens, go to the next best jump to determine the winner.

1	When students arrive, check names. Give students a quick overview of the main rules of Long Jump (jumping off the board, no part of foot over board, don't fall back or walk back, etc)
2	Give students 1 practice jump and notice how they are jumping, not the distance. This is the one freebie they get, so if they do something wrong, you can let them know before their first legitimate jump.
3	Run up should be the age of the child (e.g. 8 year old - 8 big steps) plus or minus a step. Start with the heel on the closest mark of the board to the pit and take that many steps back, they can use shoes as markers for their run up.
4	You can start the list anywhere. Call students up to Jump. If they do a foul, you must mark it as a foul (F), students do not get to do a rejump.
4	Once the Jump is made, bring the measuring stake over to where the closest mark to the board is, the recorder takes measurement. The distance is read from the closest part of the board to the pit, to the closet mark to the board from the pit (picture below) The second pit volunteer rakes the jump. For two pits running, have two jumpers jump at the same time from each lane. One measurer from each pit measures and recorder takes score down, 3rd pit volunteer rakes both jumps.
5	Students must be aware that the measurement is taken from the end of the board to the closest mark in the pit. Take care not to fall backwards after your jump or walk out of the pit the way you jumped in.



These are all fouls

Pit 1	Pit 2
Recorder	
Measure	Measure
Raker	
4 volunteers Min.	



Measurement is taken from the closest mark to the board. This can be a foot, hand or bottom print, or if they have walked out the front of the pit rather than the back.

Javelin - 10-18 years old only

Because of time restraints we have during the sports day, I have had to make some tough decisions about the way events are run. Please adhere to the suggestions below so the event can run as smoothly and quickly as possible. Thanks

If a tie happens, jump until someone fouls (normally a count back otherwise)

1	When students arrive, check names. Give students a quick overview of the main rules of Javelin (keeping jav in throwing area, No step over line , etc)
2	Give students 1 practice throw and notice how they are throwing, not the distance. This is the one freebie they get, so if they do something wrong, you can let them know before their first legitimate throw.
3	Call students up to throw. If they throw a foul (outside the area or step over the line), you must mark it as a foul (F), students do not get to do a rethrow that round.
4	Once the shot is thrown, only if the tip of the javelin has penetrated the ground, the Volunteer in the throwing area will place a marker (marked 1-8) in the ground where the javelin has landed. Make sure you know which number is allocated to which student.
5	Once all students have thrown for the round, the measuring tape can be used and measure each mark and call out to the recorder. Redo strategies 3-5 twice more.
6	If there is a need to speed up the event. Do not measure throws after each round. Let students throw again and if their throw is better, move their corresponding number to the new measurement. Then only measure after all 3 throws have taken place.

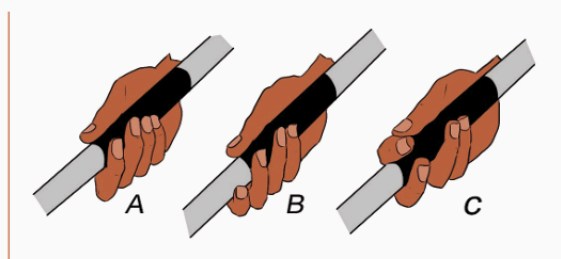
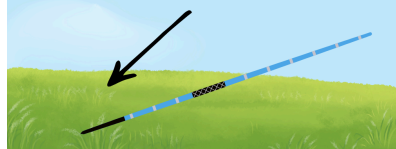


Fig 2.6: Javelin grips

A: American grip
B: Finish grip
C: V grip

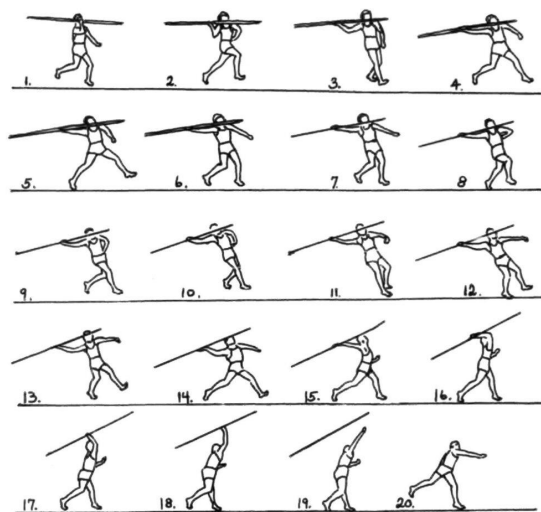
Area 1	Area 2
Recorder	Recorder
Measurer	Measurer
Helper	Helper
Min of 2 people on each area	

For a valid throw, the **metal head** of the javelin must strike the ground before any other part of the javelin.
Note: the javelin does not have to 'stick' in the ground.



Weights for Competition

twinkl.com



	AGE THIS YEAR													
	18	17	16	15	14	13	12	11	10	9	8	7	6	5
Javelin	800g	700g	700g	700g	700g	600g	600g	400g	400g	NA	NA	Vortex	Vortex	Vortex
	600g	500g	500g	500g	500g	400g	400g	400g	400g	NA	NA	Vortex	Vortex	Vortex

Shot Put

Because of time restraints we have during the sports day, I have had to make some tough decisions about the way events are run. Please adhere to the suggestions below so the event can run as smoothly and quickly as possible. Thanks

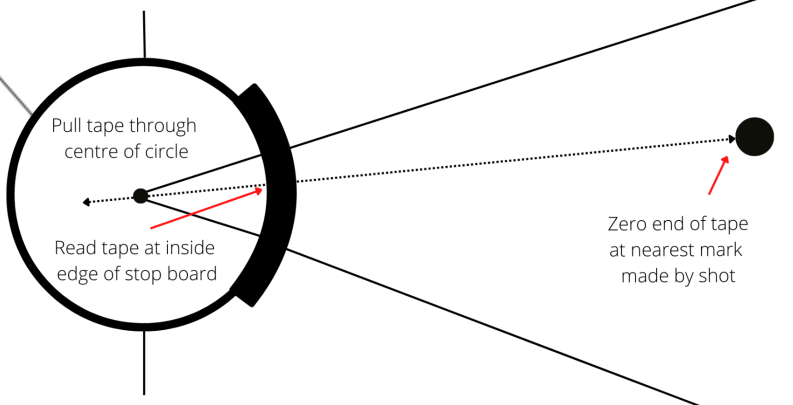
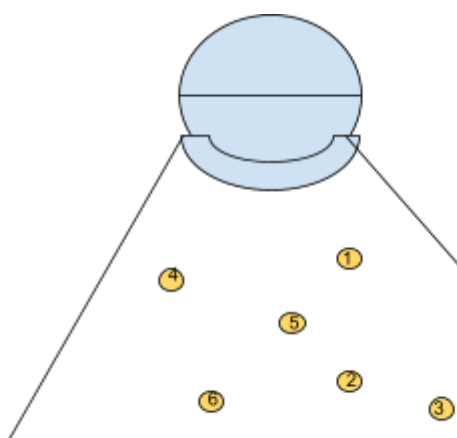
If a tie happens, go to the next best shot to determine the winner.

1	When students arrive, check names. Give students a quick overview of the main rules of shot put (keeping ball on neck, staying in circle, not throwing, shot put cannot travel backward from the neck or cheek, entering and leaving the back of the circle, landing in the lines, not stepping on the toe board)
2	Give students 1 practice throw and notice how they are throwing, not the distance. This is the one freebie they get, so if they do something wrong, you can let them know before their first legitimate throw.
3	You can start the list anywhere. Call students up to throw. If they throw a foul, you must mark it as a foul (F), students do not get to do a rethrow. If more than 6 students, do 2 throws each and then let the top 3 have a third throw.
4	Once the shot is thrown, the Volunteer in the throwing area will place a marker (marked 1-8) in the ground where the shot has landed. Make sure you know which number is allocated to which student.
5	Once all students have thrown for the round, the measuring tape can be used and measure each mark and call out to the recorder.

Dropping the elbow will generally result in a throw.



Circle 1	Circle 2
Recorder	Recorder
Measurer	Measurer
Helper	Helper
Min of 2 people on each circle	



Weights for Competition

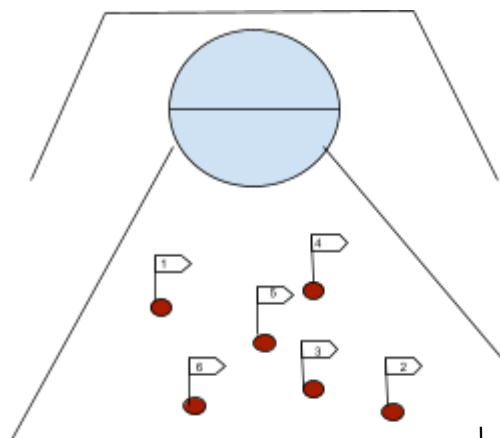
AGE THIS YEAR														
	18	17	16	15	14	13	12	11	10	9	8	7	6	5
Shot Put	6kg	5kg	5kg	4kg	4kg	3kg	3kg	2kg	2kg	2kg	2kg	1.5kg	1kg	500g
	4kg	3kg	3kg	3kg	3kg	3kg	3kg	2kg	2kg	2kg	2kg	1kg	1kg	500g

Discus

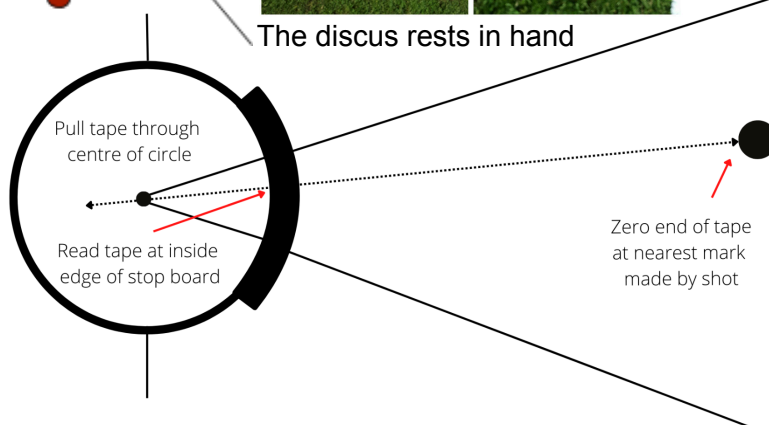
Because of time restraints we have during the sports day, I have had to make some tough decisions about the way events are run. Please adhere to the suggestions below so the event can run as smoothly and quickly as possible. Thanks

If a tie happens, go to the next best throw to determine the winner.

1	When students arrive, check names. Give students a quick overview of the main rules of Discus (keeping disc in throwing area, staying in circle, don't step over the front of the circle, not thrown like a frisbee or serving a pizza, entering and leaving from the back of the circle)
2	Give students 1 practice throw and notice how they are throwing, not the distance. This is the one freebie they get, so if they do something wrong, you can let them know before their first legitimate throw.
3	You can start the list anywhere. Call students up to throw. If they throw a foul, you must mark it as a foul (F), students do not get to do a rethrow. If more than 8 children, do 2 throws
4	Once the shot is thrown, the Volunteer in the throwing area will place a marker (marked 1-8) in the ground where the discus has landed. Make sure you know which number is allocated to which student.
5	Once all students have thrown for the round, the measuring tape can be used and measure each mark and call out to the recorder. Re do strategies 3-5 twice more and that will be the three throws for the students.



Cage 1	Cage 2
Recorder	Recorder
Measurer	Measurer
Helper	Helper
Min of 2 people on each cage	



Weights for Competition

AGE THIS YEAR														
	18	17	16	15	14	13	12	11	10	9	8	7	6	5
Discus	1.75	1.5kg	1.5kg	1kg	1kg	1kg	750g	750g	500g	500g	500g	500g	350g	350g
	1kg	1kg	1kg	1kg	1kg	1kg	750g	750g	500g	500g	500g	350g	350g	350g

Turbo Javelin (Junior only - 5-9 year olds)

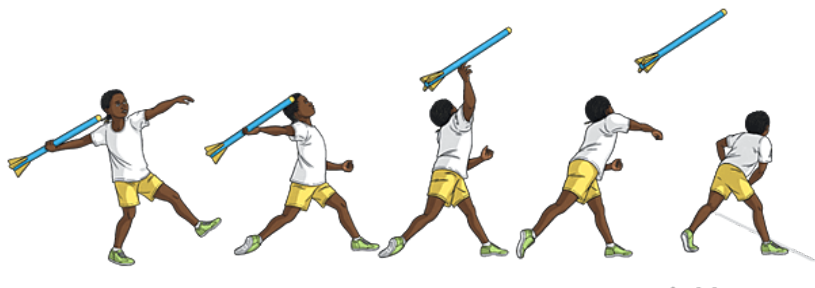
Because of time restraints we have during the sports day, I have had to make some tough decisions about the way events are run. Please adhere to the suggestions below so the event can run as smoothly and quickly as possible. Thanks

If a tie happens, go to the next best throw to determine the winner.

1	When students arrive, check names. Give students a quick overview of the main rules of Turbo Jav (keeping jav in throwing area, No step over line , etc)
2	Give students 1 practice throw and notice how they are throwing, not the distance. This is the one freebie they get, so if they do something wrong, you can let them know before their first legitimate throw.
3	Call students up to throw. If they throw a foul (outside the area or step over the line), you must mark it as a foul (F), students do not get to do a rethrow that round.
4	Once the shot is thrown, the Volunteer in the throwing area will place a marker (marked 1-8) in the ground where the javelin has landed. Make sure you know which number is allocated to which student.
5	Once all students have thrown for the round, the measuring tape can be used and measure each mark and call out to the recorder. Redo strategies 3-5 twice more.
6	If there is a need to speed up the event. Do not measure throws after each round. Let students throw again and if their throw is better, move their corresponding number to the new measurement. Then only measure after all 3 throws have taken place.



Area 1	Area 2
Recorder	Recorder
Measurer	Measurer
Helper	Helper
Min of 2 people on each area	



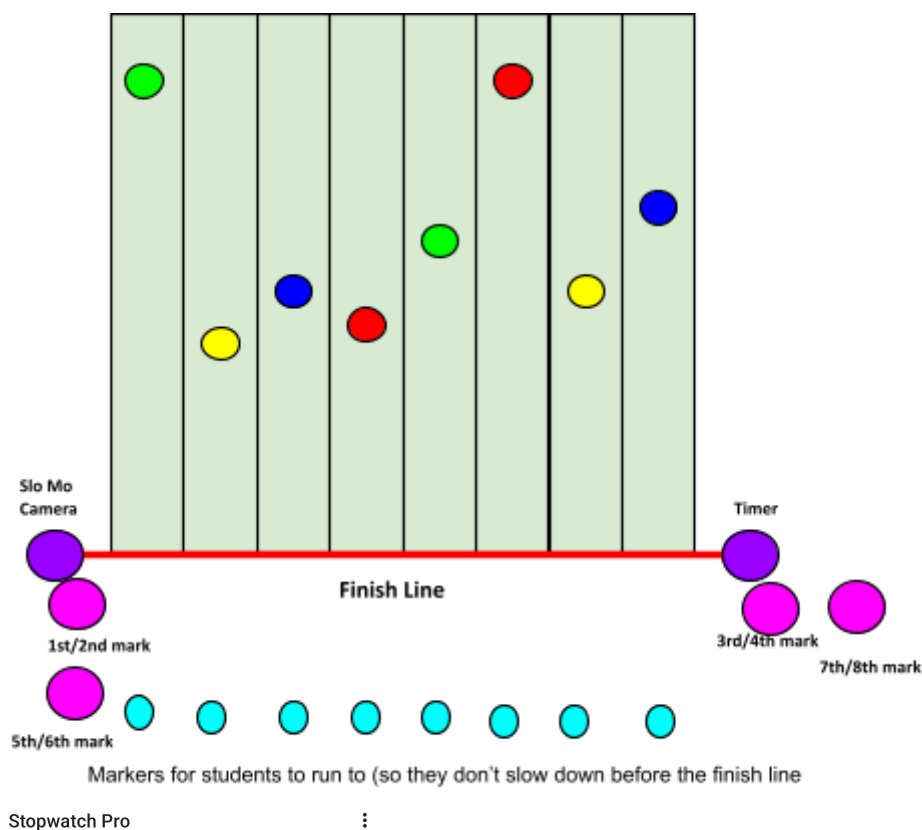
Children can either do a standing start or do a small run up. All children will use the Turbo Javelins supplied.

Races

Because of time restraints we have during the sports day, I have had to make some tough decisions about the way events are run. Please adhere to the suggestions below so the event can run as smoothly and quickly as possible. Thanks

If a tie happens, check the camera for possible winner

1	When students arrive, check names. Give students a quick overview of the main rules of Running (Stay in lane, don't false start, tips and strategies)
2	Line up students in lanes 1-8. Get them to shake out and get ready to race. Wait for confirmation from the desk and finish line to start.
3	Students are given, Ready, Set, Go. Run Race (any disqualifications will be reported through walkie talkies)
4	On the starting horn, volunteers will start the timer on one of the tablets and as racers cross the line, will mark each racer. Race is saved as age band, gender and distance (B3100m) (G570m).
5	Volunteers hand out 1st/2nd, 3rd/4th, 5th/6th, 7th/8th sticks as they finish the race. Another volunteer can record the finish line in slow mo for confirmation of finish.



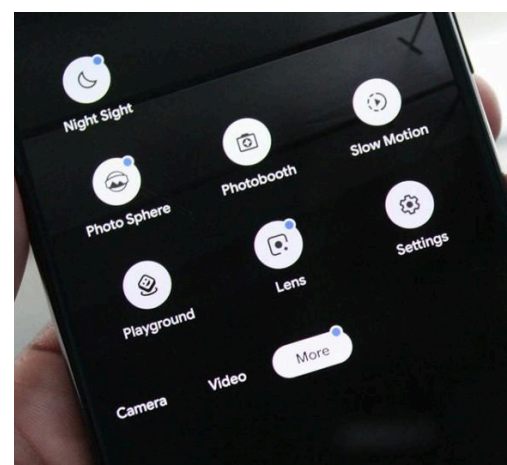
Sprints	Starter
1st Mark	2nd Mark
3rd Mark	4th Mark
Camera	Timer
Min of 6 Volunteers	

00:20.32

00:00.55

	Start	Reset
# 6	00:19.77	+00:01.06
# 5	00:18.71	+00:00.79
# 4	00:17.92	+00:00.54
# 3	00:17.38	+00:01.71
# 2	00:15.67	+00:01.39
# 1	00:14.28	+00:14.28

Pressing Lap as students pass the line will get you the places from bottom to top. Only press stop **after** the last child has finished. Press the 3 dots and save as TXT File (Eg. 2B 400) (Boys Age Band 2, 400m)



Having a phone with a Slow motion camera function will make sure we get the correct placing of students in the case of close races.