

PRG Mass Athletics – 26 September 2023

- **Clothes:** PRG PT Clothes or Athletics Clothes.

Learners are allowed to wear the official PRG athletics vest with either a black or maroon pair of tights, with white socks. PRG Tracksuits also allowed.

No other clothes will be allowed!

- **Aim of the day:** The aim is to give boys an opportunity to take part in as many different events on the day so that talent identification can take place.
- **Entries for track events:** The races (100m/ 400m/ 800m) are run in register classes in alphabetical order according to surname. If you do not want to run/ are sick or injured then you do not have to. For the 3000m (junior and senior race) only the top 10 in each race will get their times.
- **Entries for throw events:** Boys have 2 attempts to reach a certain distance (according to age and based on Interhouse/Prestige results from the past). Only attempts past this distance will be recorded.
- **Entries for jump events:** Boys have 2 attempts to reach a certain distance for long jump and height for high jump (according to age and based on Interhouse/Prestige results from the past). Only attempts past this distance and height will be recorded.
- **Clash between track and other events:** Track gets preference due to format of races and then only throw and jump events. Example: If you have both 100m and longjump

The relays (4x100m and Swedish relay) are run in **Interhouse** teams:

Make sure you have teams ready to go! Speak to your friends and get your teams organised!

<u>Span</u>		<u>Van</u>
Braid	-	A – D
Hofmeyr	-	E – Li
Murray	-	-Lo – Si
Neethling	-	Sj – Z

- **Program for the day:**
- **07:55** - Be at Markotter.
- **08:00** - Register at Markotter vir graad 8-11.
- Please assemble on the rugby field in your register class; start with A1 and end with E4.
 - Gr.8** – At dead ball line on the Bloemhof side.
 - Gr.9** – At the 22m on the Bloemhof side.
 - Gr.10** – On the halfway line/
 - Gr.11** -- At the 22m on the Longroom/ Clubhouse side of the rugby field.
- **08:20** - Sing songs/cheerleaders
- **Grade's sit on the stands in the same order as above (Gr8 Bloemhof and Grade 11 Longroom/ Clubhouse side of the stands).**
- **09:00** - Athletics begin
- **Nobody is allowed to leave the premises. Only the Rector may give you permission to leave.**
- **12:50** - Announcements and school song.
- **13:00** - End of the day

Events which form part of Mass Athletics on Tuesday 26 September 2023:

100m	Markötter Track. .
400m	
800m	
3000m (Junior and Senior race)	
4x100m relay	
Swedish relay	
Verspring / Long jump	HMS Bloemhof Janine Visser Atletiekfasiliteit - Pit
Hoogspring / High jump	HMS Bloemhof Janine Visser Atletiekfasiliteit - Tartan
Gewigstoot / Shot put	Markötter Fields
Diskusgooi / Discus throw	Markötter Fields

Heats for the following events will work as follow:

100m	First 8 boys from A1, then next 8 until E4.
400m	First come first served in batches of 6 from A1, then next 6 until E4. Report at finish line.
800m	U14 and U15: A1/A2/A3 then A4/A5/A6 then E1/E2/E3/E3. U16 and U17: A1/A2/A3 then A4/A5/A6 (if applicable) then E1/E2 then E3/E3. Report at finish line.
3000m	Report at 200m mark.

Cut off times for the day:

800m: 3 min juniors and 2:30 min seniors

3000m: 15 min juniors and 12 min seniors

Time	Venue/Event	Time	Venue/Event	Time	Venue/Event		
	Markötter Baan		HMS Bloemhof		Markötter Veld		
9:00	Junior (U14&U15) 3000m race	9:00	Seuns - 14 Verspring	Seuns - 17 Hoogspring	9:00	Seuns - 14 Diskus	Seuns - 17 Gewigstoot
9:25	Senior (U16&U17) 3000m race	9:25			9:25		
9:45	Seuns - 14 100m	9:45	Seuns - 15 Verspring	Seuns - 16 Hoogspring	9:45	Seuns - 15 Diskus	Seuns - 16 Gewigstoot
9:55	Seuns - 15 100m	9:55			9:55		
10:05	Seuns - 16 100m	10:05			10:05		
10:10	Seuns - 17 100m	10:10			10:10		
10:20	Seuns - 14 800m	10:20			10:20		
10:30	Seuns - 15 800m	10:30	Seuns - 16 Verspring	Seuns - 15 Hoogspring	10:30	Seuns - 16 Diskus	Seuns - 15 Gewigstoot
10:40	Seuns - 16 800m	10:40			10:40		
10:50	Seuns - 17 800m	10:50			10:50		
11:00	Seuns - 14 400m	11:00			11:00		
11:10	Seuns - 15 400m	11:10	Seuns - 17 Verspring	Seuns - 14 Hoogspring	11:10	Seuns - 17 Diskus	Seuns - 14 Gewigstoot
11:20	Seuns - 16 400m	11:20			11:20		
11:30	Seuns - 17 400m	11:30			11:30		
11:35	Pouse/Cheerleaders	11:35			11:35		
12:00	ALMAL OP PAWILJOEN. Aflosse – 4 aflos spanne per ouderdom, seuns moet hardloop volgens Interhuis indeling.						
12:05	Seuns - 14 4x100m Finaal						
12:10	Seuns - 15 4x100m Finaal						
12:15	Seuns - 16 4x100m Finaal						
12:20	Seuns - 18 4x100m Finaal						
12:25	Cheerleaders & onderwyseraflos						
12:30	Seuns - 14 Swedish relay (100m, 200m, 300m, 400m)						
12:35	Seuns - 15 Swedish relay (100m, 200m, 300m, 400m)						
12:40	Seuns - 16 Swedish relay (100m, 200m, 300m, 400m)						
12:45	Seuns - 18 Swedish relay (100m, 200m, 300m, 400m)						
12:50	Afkondigings en sing van skoollied						
13:00	Einde van die dag						