



Southland Boys' High School Athletics Standards' Day

General Instructions

1. Students should participate in at least **five** events [mark the events on your sheet so that you know when you are participating]
2. Go directly to your House meeting area to receive instructions from 8.30 am
3. The Canteen will be open from 10.30 am – 2.00 pm [also bring your own water and snacks]
4. You are required to stay at school all day, i.e., do not leave the grounds until you are released by staff
5. Cancellations will be broadcast on the school Facebook page – And 89.2 More FM.
6. **Clothing** - Sports shorts, athletic top, and sunhat. Ensure you are not wearing good quality clothes as they may be stained with paint etc. Also, you must use sunscreen [even if you have painted your skin].
7. **Age Groups as at January 1 this Year: Note: Any Year 9 student who is 12 years old on January 1 2025 must compete in the U14 section.**

Support your House by dressing [appropriately] in House Colours:

Coldstream [Orange] Deaker [Red] Grant [Green] Pearce [Silver] Uttley [Blue]

Qualifying Standards (*updated Feb 2025)							
Event	10 year old	11 year old	12 year old	U14	U15	U16	O16
Long Jump	3.40	3.50	3.70	4.50	4.50	4.80	5.00
High Jump	1.10	1.15	1.20	1.40	1.45	1.50	1.60
Shot	6.00	7.00	7.50	8.00	9.00	10.00	11.00
Discus	14.00	18.00	19.00	22.00	24.00	26.00	26.00
Javelin	-	-	-	20.00	22.00	24.00	26.00
Nerf Throw	25	35	40	-	-	-	-
100 m	17	16	15	14.0	13.5	13.0	13.0
200 m	35	33	31	29	27	25	25
400 m	91	87	81	76	72	70	70

Equipment

Event	10 year old	11 year old	12 year old	U14	U15	U16	O16
Shot [kg]	2.00	3.00	3.00	4.00	5.00	5.00	5.00
Discus [kg]	.750	.750	1.00	1.00	1.25	1.25	1.50
Javelin [gms]	-	-	-	600	700	700	700
Vortex / Gumbboot	-	-	-	-	-	-	-

Southland Secondary / Primary Schools Athletic Championships

*If you achieve the qualifying standard, you will gain bonus points for your house.

*If you achieve the qualifying standard, you can compete at the Southland Secondary School Champs (Year 9-13). You must be available all day – This is on Saturday 15th March. Please keep an eye out in the Notices to register.

*Year 7 & 8 Qualifications for the Southland Primary Champs will be held at school during Sport Periods.

* Longer running events may be held at school, for students to qualify for further athletic meets.

*Any questions regarding this-please see Mrs Boyce.

9.00 am [approximately] House Parade / Banner Competition

Track			Field		
Time	Event	Age	Time	Event	Age
9.20 am	200 m	10-& 11Year-old	9.30 am	Gumboot Throw	10 & 11 Year old
9.30 am	200 m	12-Year-old		High Jump	12-Year-old
9.50 am	200 m	U14		Shot Put	U14
10.20 am	200 m	U15		Discus	U15
10.40 am	200 m	U16		Javelin	U16
10.50 am	200 m	O16		Long Jump	O16
			10.15 am	Long Jump	10 & 11 Year old
				Gumboot Throw	12-Year-old
				High Jump	U14
				Shot Put	U15
				Discus	U16
			Javelin	O16	

Interval 11.00 am – 11.20 am

11.30 am	400 m	10 & 11 Year old	11.30 am	Nerf Throw	10 & 11 Year old
11.40 am	400 m	12-Year-old		Long Jump	12-Year-old
11.50 am	400 m	U14		Gumboot Throw	U14
12.05 pm	400 m	U15		High Jump	U15
12.15 pm	400 m	U16		Shot Put	U16
12.25 pm	400 m	O16		Discus	O16
			12.00 pm	Discus	10 & 11 Year old
				Nerf Throw	12-Year-old
				Long Jump	U14
				Gumboot Throw	U15
				High Jump	U16
			Shot Put	O16	

Lunch 12.30 – 1.10 pm

Be ready to start your event after lunch

1.15 pm	100m	10 & 11 Year old	1.15 pm	Shot Put	10 & 11 Year old
1.30 pm	100 m	12-Year-old		Discus	12-Year-old
1.45 pm	100 m	U14		Javelin	U14
2.00 pm	100 m	U15		Long Jump	U15
2.10 pm	100 m	U16		Gumboot Throw	U16
2.20 pm	100 m	O16		High Jump	O16
2.30 pm	House Relay 4 x 100	10 & 11 Year old	1.50 pm	High Jump	10 & 11 Year old
		12-Year-old		Shot Put	12-Year-old
		U14		Discus	U14
		U15		Javelin	U15
		U16		Long Jump	U16
		O16	Gumboot Throw	O16	