Dear Parent/Guardian

Athletics Events 2015

Monday 2 November – Jumps and Throws Day

The Jumps and Throws day will include the following events

- Long Jump
- Triple Jump
- 1500m
- Shot
- Discus

Students will be selected for these events based on their performance in Physical Education classes. Year 11 students are invited to nominate themselves for events on the sign-up sheet on the PE office door. The students who are competing will be published on the Physical Education Office door on Friday 30 October.

Wednesday 4 November – Track and Novelties

The NASHS Track and Novelty events day will involve all students from Years 7-11. It is a whole day event and the goal is maximum participation, students are expected to represent their contact in all novelty events and will have the opportunity to compete in as many track events (100m, 200m, 400m, 800m) as they wish.

The winning contact as well as the Champion and Runner-up individuals will be announced at the next whole school assembly.

Both Athletic events days will require the students to be outside all day, shade is limited so students are advised to come prepared with hat, sunscreen and water bottle. Students should also ensure they have a jumper in case of cooler weather.

The Interschool Athletics Carnival will take place on Tuesday 1 December. Competitors will be selected for this event based on performance at the NASHS School Carnivals.

Help! If you are able to assist with the officiating (time keeping, measuring etc) on any of the above dates, please contact Kylie Rennie on 9892 0611 as soon as possible.

Regards
Dave Powell
NASHS
Physical Education