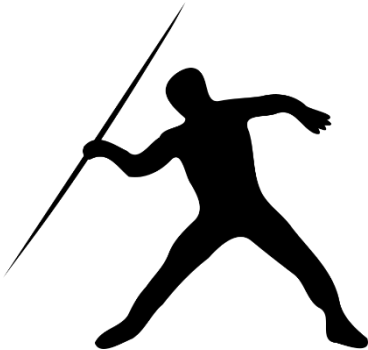
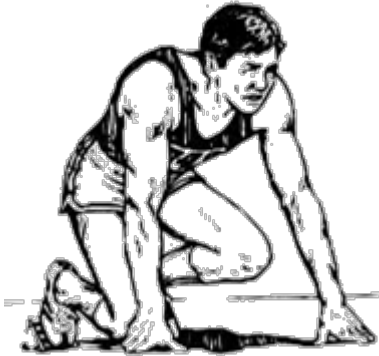




Riverbanks  
College B-12

# Sports Day 2023

Friday March 17



# SPORTS DAY PROGRAM 2023

Event	Time	Year Level	Gender	Event
	8:35	ALL	ALL	Thrive Class Rolls
1	8:45	ALL	ALL	House Chant/ Welcome
2	9:00	Year 7	Girls	Corner Spry
3	9:00	Year 7	Boys	Charlie Chaplin
4	9:00	Year 8	Girls	Obstacle Run
5	9:00	Year 8	Boys	Tug of War
6	9:00	Year 9	Girls	Spoke Relay
7	9:00	Year 9	Boys	Egg and Spoon
8	9:00	Year 9	Boys	High Jump
9	9:00	Year 9	Girls	Long Jump
10	9:00	Year 8	Girls	Triple Jump
11	9:00	Year 8	Boys	Shot Put
12	9:00	Year 7	Boys	Discus
13	9:10	Year 7	Girls	Charlie Chaplin
14	9:10	Year 7	Boys	Obstacle Run
15	9:10	Year 8	Girls	Tug of War
16	9:10	Year 8	Boys	Spoke Relay
17	9:10	Year 9	Girls	Egg and Spoon
18	9:10	Year 9	Boys	Corner Spry
19	9:20	Year 7	Girls	Obstacle Run
20	9:20	Year 7	Boys	Tug of War
21	9:20	Year 8	Girls	Spoke Relay
22	9:20	Year 8	Boys	Egg and Spoon
23	9:20	Year 9	Girls	Corner Spry
24	9:20	Year 9	Boys	Charlie Chaplin
25	9:30	Year 7	Girls	Tug of War
26	9:30	Year 7	Boys	Spoke Relay
27	9:30	Year 8	Girls	Egg and Spoon
28	9:30	Year 8	Boys	Corner Spry
29	9:30	Year 9	Girls	Charlie Chaplin
30	9:30	Year 9	Boys	Obstacle Run
31	9:40	Year 7	Girls	Spoke Relay
32	9:40	Year 7	Boys	Egg and Spoon
33	9:40	Year 8	Girls	Corner Spry
34	9:40	Year 8	Boys	Charlie Chaplin
35	9:40	Year 9	Girls	Obstacle Run
36	9:40	Year 9	Boys	Tug of War
37	9:40	Year 9	Girls	High Jump
38	9:40	Year 9	Boys	Long Jump
39	9:40	Year 8	Boys	Triple Jump
40	9:40	Year 8	Girls	Shot Put

41	9:40	Year 7	Girls	Discus
42	9:50	Year 7	Girls	Egg and Spoon
43	9:50	Year 7	Boys	Corner Spry
44	9:50	Year 8	Girls	Charlie Chaplin
45	9:50	Year 8	Boys	Obstacle Run
46	9:50	Year 9	Girls	Tug of War
47	9:50	Year 9	Boys	Spoke Relay
48	10:10	Year 9	Girls	800m
49	10:15	Year 9	Boys	800m
50	10:20	Year 8	Girls	800m
51	10:20	Year 7	Boys	High Jump
52	10:20	Year 8	Girls	Long Jump
53	10:20	Year 9	Boys	Triple Jump
54	10:20	Year 7	Girls	Shot Put
55	10:20	Year 9	Girls	Discus
56	10:25	Year 8	Boys	800m
57	10:30	Year 7	Girls	800m
58	10:35	Year 7	Boys	800m
59	10:50	Year 9	Girls	200m (Div 1)
60	10:52	Year 9	Girls	200m (Div 2)
61	10:54	Year 9	Boys	200m (Div 1)
62	10:56	Year 9	Boys	200m (Div 2)
63	10:58	Year 8	Girls	200m (Div 1)
64	11:00	Year 8	Girls	200m (Div 2)
65	11:00	Year 7	Girls	High Jump
66	11:00	Year 7	Boys	Triple Jump
67	11:00	Year 8	Boys	Long Jump
68	11:00	Year 9	Boys	Shot Put
69	11:00	Year 8	Girls	Discus
70	11:02	Year 8	Boys	200m (Div 1)
71	11:04	Year 8	Boys	200m (Div 2)
72	11:06	Year 7	Girls	200m (Div 1)
73	11:08	Year 7	Girls	200m (Div 2)
74	11:10	Year 7	Boys	200m (Div 1)
75	11:12	Year 7	Boys	200m (Div 2)
76	11:30	Year 9	Girls	400m (Div 1)
77	11:34	Year 9	Girls	400m (Div 2)
78	11:38	Year 9	Boys	400m (Div 1)
79	11:40	Year 8	Boys	High Jump
80	11:40	Year 7	Boys	Long Jump
81	11:40	Year 7	Girls	Triple Jump
82	11:40	Year 9	Girls	Shot Put
83	11:40	Year 9	Boys	Discus
84	11:42	Year 9	Boys	400m (Div 2)
85	11:46	Year 8	Girls	400m (Div 1)
86	11:50	Year 8	Girls	400m (Div 2)
87	11:54	Year 8	Boys	400m (Div 1)
88	11:58	Year 8	Boys	400m (Div 2)
89	12:02	Year 7	Girls	400m (Div 1)
90	12:06	Year 7	Girls	400m (Div 2)
91	12:10	Year 7	Boys	400m (Div 1)
92	12:14	Year 7	Boys	400m (Div 2)

<b>93</b>	12:20	Year 8	Girls	High Jump
<b>94</b>	12:20	Year 7	Girls	Long Jump
<b>95</b>	12:20	Year 9	Girls	Triple Jump
<b>96</b>	12:20	Year 7	Boys	Shot Put
<b>97</b>	12:20	Year 8	Boys	Discus
<b>98</b>	12:25	Year 9	Girls	100m (Div 1)
<b>99</b>	12:27	Year 9	Girls	100m (Div 2)
<b>100</b>	12:29	Year 9	Girls	100m (Div 3)
<b>101</b>	12:31	Year 9	Boys	100m (Div 1)
<b>102</b>	12:33	Year 9	Boys	100m (Div 2)
<b>103</b>	12:35	Year 9	Boys	100m (Div 3)
<b>104</b>	12:37	Year 8	Girls	100m (Div 1)
<b>105</b>	12:39	Year 8	Girls	100m (Div 2)
<b>106</b>	12:41	Year 8	Girls	100m (Div 3)
<b>107</b>	12:43	Year 8	Boys	100m (Div 1)
<b>108</b>	12:45	Year 8	Boys	100m (Div 2)
<b>109</b>	12:47	Year 8	Boys	100m (Div 3)
<b>110</b>	12:49	Year 7	Girls	100m (Div 1)
<b>111</b>	12:51	Year 7	Girls	100m (Div 2)
<b>112</b>	12:53	Year 7	Girls	100m (Div 3)
<b>113</b>	12:55	Year 7	Boys	100m (Div 1)
<b>114</b>	12:57	Year 7	Boys	100m (Div 2)
<b>115</b>	12:59	Year 7	Boys	100m (Div 3)
<b>116</b>	13:15	Year 9	Girls	4 x 100m relay
<b>117</b>	13:20	Year 9	Boys	4 x 100m relay
<b>118</b>	13:25	Year 8	Girls	4 x 100m relay
<b>119</b>	13:30	Year 8	Boys	4 x 100m relay
<b>120</b>	13:35	Year 7	Girls	4 x 100m relay
<b>121</b>	13:40	Year 7	Boys	4 x 100m relay
<b>122</b>	13:50	Rec-2	All	Scramble Run
<b>123</b>	13:55	Year 3-6	All	Scramble Run
<b>124</b>	14:00	Year 7-9	All	Scramble Run
	14:10	Staff vs Captains	All	Tug of War
	14:20	Staff vs Captains	All	50m Relay
	14:30	100m Gift Run	All	Riverbanks Gift
	14:40	All	All	Yard Clean Up
	14:50	Presentations	All	Best Dressed
	14:55	Presentations	All	Aged Winners
	15:00	Presentations	All	Overall Shield Winners/Thank Yous
	15:10	Dismissal		

# SPORTS DAY PROGRAM 2023

## EVENT INFORMATION

### Shot Put

3.00kg

### Boys

Year 7, 8 & 9

### Girls

Year 7, 8, 9

### Javelin

600g

Year 7, 8, 9

Year 7, 8, 9

### Discus

1.00kg

Year 7, 8, 9

Year 7, 8, 9

### Hurdles

Age Group	Event Distance	No	Height	Start	Between	Finish
<b><u>Boys</u></b>						
Year 7	80m	9	76.2cm	12m	7.0m	12.0m
Year 8	80m	9	76.2cm	12m	7.0m	12.0m
Year 9	90m	9	76.2cm	13m	8.0m	13.0m
<b><u>Girls</u></b>						
Year 7	80m	9	76.2cm	12m	7.0m	12.0m
Year 8	80m	9	76.2cm	12m	7.0m	12.0m
Year 9	80m	9	76.2cm	12m	7.0m	12.0m

### High Jump

Division	Height	Rising By
Year 9 Boys	1.20m	3 x 5cm then by 2cm
Year 8 Boys	1.15m	3 x 5cm then by 2cm
Year 7 Boys	1.10m	2 x 5cm then by 2cm
Year 9 Girls	1.10m	2 x 5cm then by 2cm
Year 8 Girls	1.10m	2 x 5cm then by 2cm
Year 7 Girls	1.05m	2 x 5cm then by 2cm

## School Rules for Sports Day

1. It is a normal school day beginning at 8:35am. Students are expected to attend regardless of whether they are competing. If absent, a note explaining this absence is required.
2. It is a casual clothes day. Students should try and wear clothes in house team colours. Sensible attire is required.
3. Lunch passes will not be issued. Students are expected to remain at school all day. Students will be dismissed at approximately 3:10pm.
4. Students and staff are advised to remain hydrated and be sun smart on the day. Hats are advised when not competing and sunscreen should be reapplied throughout the day and shade shelters will be available.

## Advice for Competitors

1. When competing in track events. Competitors should stay in their lanes after finishing. A judge will come and give the competitor his/her position and hand out place cards.
2. For track events, competitors are to report to the marshalling area at least 5 minutes before their event. If in 2 events at once. Competitors must excuse themselves from the field event and compete in the track event, and then return to the field event straight after.
3. Competitors should report direct to the field event area at least 5 minutes before the scheduled start time.
4. Competitors should not eat or drink too much right before competing.
5. Try to complete all events and give your personal best effort.
6. The commands from the starter will be 'ON YOUR MARKS' competitors should move forward to settle into their start position. Then the starter will say 'SET' competitors will then lean forward remaining still and balanced behind the start line. Only then will the starter fire the gun. If a competitor breaks twice, they are disqualified.

## Food and Drinks

Rory's will be open on the day and we encourage everyone to order via the QKR app to avoid disappointment. Lions Club will be onsite from 11:00am-2:00pm serving soft drinks and sausages. A coffee van will be onsite in the morning until 11:00am selling coffees and baked goods.

## Sports Day Rules

### Restrictions

Students may enter as many events as they wish. All individual events count for year level trophies, excluding novelties and relays. Novelty Events include: Tug of War, Corner Spry, Spoke Relay, Obstacle Run, Egg and Spoon Race, and Charlie Chaplin.

### Competitors

2 competitors from each river are required for each track event (D1,D2,D3) and up to 4 competitors are allowed for each field event. 1500m will be limited to 10 competitors from each river.

### Points for Track Events

Position	Division 1	Division 2	Division 3
1 <sup>st</sup>	16	12	8
2 <sup>nd</sup>	14	10	7
3 <sup>rd</sup>	12	9	6
4 <sup>th</sup>	10	8	5
5 <sup>th</sup>	8	6	4
6 <sup>th</sup>	6	4	3
7 <sup>th</sup>	4	2	2
8 <sup>th</sup>	2	1	1

### Points for Field Events

Position	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup> to 16 <sup>th</sup>
Points	16	14	12	10	8	7	6	5	4	3	2	1

### Points for Relays

Position	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>
Points	32	24	16	8

### Points for Novelty Events

Position	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>
Points	16	12	8	4

### Points for 1500m

Position	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup> onwards
Points	16	14	12	10	8	6	4	2	1

### Points for House Chant

Position	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>
Points	100	75	50	25

### Please Note

- If two or more competitors tie for a place, then they will share the points, but competitors finishing behind are relegated down the corresponding number of positions.
- Any competitors who do not finish still receive the lowest number of points, providing the chief judge is satisfied they have made a concerted effort.
- Any competitor/team who is disqualified receives no points.

## Explanation of Events

### Track Events

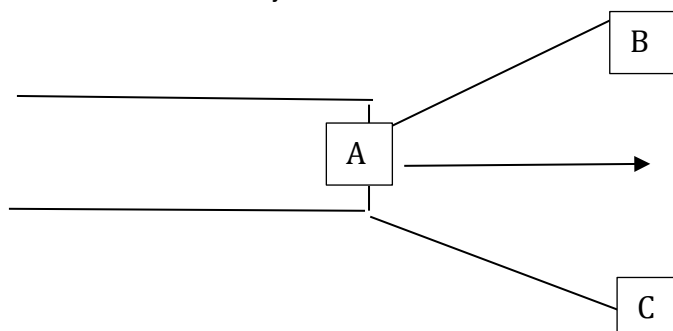
100m	A sprint race along the middle of the oval. Competitors must stay in their lanes and not interfere with fellow competitors. At the start, any part of the body that is grounded must be behind the line.
200m	A sprint race starting on the curve of the back straight. There is a staggered start. The same rules apply as the 100m race.
400m	A long distance sprint. Completing one full lap of the oval. There is a staggered start. The same rules apply as the 100m race.
800m	A middle distance run. Competitors must complete two full laps of the oval. Competitors do not run in lanes. The start is on a curved line across the track.
1500m	An endurance run. This is run prior to sports day and involves completing 4 and a bit laps of the school oval. Competitors start on a curved line.
Hurdles	This is along the 100m track at school and done prior to sports day. Competitors must stay in their lane as per the 100m race. Competitors can knock over any number of hurdles without penalty, however it will slow them down. Competitors will only be disqualified if they leave their lane.

### Field Events

Long Jump	Competitors must jump off of one foot. The jumping foot is allowed to hit the take-off board, but NOT go over the edge nearest the sand pit. The distance is measured from this edge to the point that is closest to the take-off board. A competitor has 3 jumps – foul jumps are included in this total. <b>To save time only measure the best jump.</b>
Triple Jump	The rule for this event is the same as long jump. The phrase ‘Hop, Step, Jump’ more accurately describes the technique required. On the hop the competitor must land on the same foot. Then they are to step onto the other foot. Finally, the landing is usually with both feet. <b>To save time only measure the best jump.</b>

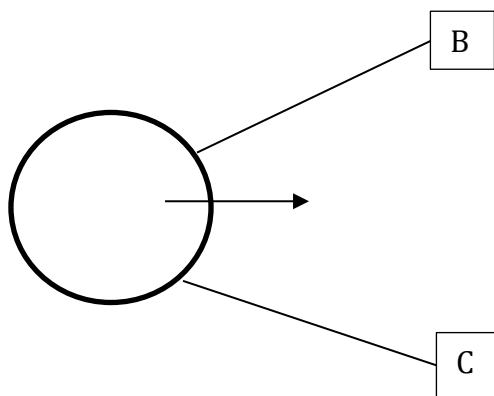
## Javelin

This event is done prior to sports day at school. The competitor runs along the runway, and must throw the javelin before line A. The competitor is not allowed to ground any part of their body over the line, even once the javelin is thrown. The Javelin must land between the V Shaped lines B and C. The javelin does not have to stick into the ground; however, the tip does need to hit the ground first and leave a mark. If the competitor does step over the line, throw outside the V or the back of the javelin hits the ground first the throw is considered a foul. Competitors will have 3 throws and the distance is measured from line A to the mark the javelin leaves.



## Discus

The discus must be thrown from the ring. The thrower is allowed to contact the inside of the ring, but no part of the body is allowed to be grounded outside the ring, even once the discus is thrown. After the throw, the competitor must leave via the back part of the ring. The discus must land within the lines marked B and C. It does not matter if the discus rolls out of the area it is measured from where it first lands. If the competitor breaks any of these rules it is deemed a foul. Each competitor gets 3 throws. **To save time don't measure every throw just put the marker with number out there and measure their best throw.**



## Shot Put

The shot must be pushed from inside the ring. The competitor must tuck the shot into their chin and not throw the shot as this will be deemed a foul if they do. The competitor is allowed to contact the ground anywhere inside the ring, but no part of their body can contact the ground in front of the ring. The shot must land between the V lines (B & C above). This distance is measured from where the shot first lands to the front of the ring. Each competitor has 3 throws. **To save time don't measure every throw just put the marker with number out there and measure their best throw.**

## High Jump

The high jumper must take off from one foot. They are allowed to contact the bar, but not the supports. As long as the high jumper is off the mat by the time the bar falls off the jump is considered legal. The competitor can abort their run up part way in and have the attempt not counted, but if the competitor goes under the bar and onto the mat it is counted as an attempt. A competitor has 3 attempts at each height. If they fail 3 attempts at one height, they are eliminated. The height measured, is from the lowest point on the bar to the ground. If 2 competitors drop out at the same height it first goes on how many attempts, they took on the previous height with the competitor making it over in less attempts winning on count back.

## Relay 4 x 100

The baton must change hands within the changeover area of 20m. If runner drops the baton that team is NOT automatically disqualified providing the person who drops the baton picks it up and that it remains in their lane. All runners must remain in their lane even once the baton has been passed until the relay change judge allows you to move out of them. Any competitors that fail to do these things will be disqualified. The aim of the relay is to have the baton travel as quickly as possible around the 400m track.



## Novelty Event Rules

Tug of War	Heats and finals will be held near the 100m track on Sports Day. Each year level group to provide a team of ten people. Finals will be best of three.
Egg & Spoon Race	3 people at either end of the novelty relay lines. Carry an 'egg' in a spoon to the other end. One hand only on the spoon. Drop an egg, stop, pick it up with the spoon and carry on.
Obstacle Run	Team lines up at one end of the relay novelty lines. Each person must go over the first hurdle (any way you can!), under the next hurdle and around the post at the end. Do the same on the way back, then the next person goes.
Corner Spry	Each player receives the ball from and returns it to the leader who is at the 'front'. The last person in line runs to replace the leader. The whole team moves around one space until the leader is back at the front.
Spoke Relay	The team lines up on the markings provided in a cross/spoke formation, all facing into the centre. The person at the front of each line rolls the ball through all their team member's legs. The last person in the line picks up the ball and runs in a clockwise direction around the back of all the other teams. After returning to their team, they need to run around the back of their team to the front of the line and everyone shuffles back a position and the ball is rolled again. This is repeated until the last person to run gets back to where they started. The first team all sitting down once everyone has completed their turn wins.
Charlie Chaplin	A relay for six people. Each person balances a plastic dome cone on their heads, has a stick in their hand and a foam ball between their knees. You must 'waddle' down to the other end as quickly as possible. If the ball drops out or the cone falls off, you must replace the item before continuing.

# Sports Day Records

Riverbanks College B-12 Sports Day Records Girls		
Event	Year 7	Year 8
100m	Shylah Norris-Nelson – 16.46 - 2022	Bella Francis – 15.64 - 2022
200m	Aanika Kumar – 34.20 - 2022	Bella Francis – 32.50 - 2022
400m	Aanika Kumar 1:22.51 - 2022	Lola Carbone – 1:31.99 - 2022
800m	Charli Ladhams – 6:01:00 - 2022	Kiera Herbst – 4:02.00 - 2022
1500m	Aanika Kumar – 8:14.00 - 2022	Zoe Dunne – 8:12.00 - 2022
Javelin	Dakota Gardner – 11.99 - 2022	Jemma Bittner – 14.45 - 2022
Discus	Violet Greenham – 11.90 - 2022	Colby Karalus – 11.39 - 2022
Shot Put	Violet Greenham – 5.92 - 2022	Zoe Marrich – 5.89 - 2022
Long Jump	Aanika Kumar – 3.50 - 2022	Zoe Marrich – 3.26 - 2022
Triple Jump	Aanika Kumar – 7.51 - 2022	Zoe Dunne – 6.66 - 2022
High Jump	Dakota Gardner – 1.10 - 2022	Zoe Dunne – 1.10 - 2022

Riverbanks College B-12 Sports Day Records Boys		
Event	Year 7	Year 8
100m	Archie Atwell – 15.08 - 2022	Jake Eastley – 13.81 - 2022
200m	Blake Leighton – 30.16 - 2022	Levi Mumford – 30.32 - 2022
400m	Tyler Stacey – 1:15.41 - 2022	Domenic Stojanov – 1:17.06 - 2022
800m	Tyler Stacey 3:01.60 - 2022	Noah Evans – 3:07.57 - 2022
1500m	Blake Leighton - 6:24.00 - 2022	Koby Stapleton – 7:06.00 - 2022
Javelin	Blake Leighton - 15.63 - 2022	Levi Mumford - 16.80 - 2022
Discus	Blake Leighton – 22.12 - 2022	Cruz McKechnie-Klose – 19.14 - 2022
Shot Put	Pasquale Virgara – 7.69 - 2022	Cruz McKechnie-Klose – 8.58 - 2022
Long Jump	Tyler Stacey – 3.61 - 2022	Oliver Dalton – 4.00 - 2022
Triple Jump	Blake Leighton – 9.40 - 2022	Mason Tipping – 7.79 - 2022
High Jump		Noah Evans – 1.30 - 2022

## Past Shield Winners

Year	Primary Shield	Secondary Shield	Overall Shield	Riverbanks College Gift
2022	Light River	Sturt River	Sturt River	Tyler Stacey