

Birmingham Catholic School Sports Association **Bill McCarthy Memorial Games - Athletics Competition**

Alexander Stadium Perry Barr

Start: 1pm Finish: 4pm

Competing schools are asked to be punctual and ensure that competitors for the relay races are ready to be called at 1.10pm (Or as close to).

Events 1 & 2 will be called first so the events can be started promptly

PARKING

Cars/Minibuses to enter car park via the Church Road entrance at traffic lights.

What.Three.Words: blog.unless.skill

You may find the following information useful;

Numbering - *(This is NOT essential as long as the child KNOWS what event they are doing and what SCHOOL they are from to confirm their lane)*

Sticker size is fine.

Please do NOT attach an A4 laminated sheet to your children, as this may affect their performance.

This is to help with identification.

School Name & Postcode along with Event would help us (As we have a couple of schools that share names in different areas of Birmingham). This information is a great help to track and field stewards.

Abbey
B23 6QL

Y4 Sprint

Sticker Example

Relays

Competitors should report to stations 1-4, depending on their "leg", indicated around the stadium. If it is raining, competitors for the relay will be marshalled in the seated Stand nearest the start area. The relays involve many competitors and it takes time to sort the children into their correct lane and heat. Therefore please make sure your competitors go to the correct station at the correct time. The winners (& possibly second place – depending on amount of heats) of each heat will go through to the final.

Sprints

Sprinters are marshalled at the starting area. The winner (& possible runner up) will proceed through to the final.

Competitors maybe disqualified for running out of their lanes! Please explain this to your children as they are gutted on the night if this happens.

Cricket and Rounders Ball

Competitors for the throwing events should go to the designated throwing areas. Each competitor will be allowed three attempts.

Long Jump

The boys and girls long jump will take place in separate long jump pits. Each competitor will be allowed three attempts.

600m

Competitors do not run in lanes for this event, which is one & half laps of the stadium track. **Please make sure you choose a child that is comfortable with this distance! If they need an inhaler please have it to hand near the finish area.**

Entering events

Competitors are allowed to enter **ONE FIELD OR ONE SPRINT ONLY**. They are not able to take part in a field & sprint as they happen at the same time. You are, however, able to take part in a relay and individual sprint **OR** the relay and a field event.

Points - Please note – same scoring system as last year.

Points are awarded in the finals on the following basis;

1st - 10 points,
2nd - 8 points,
3rd - 6 points,
4th - 4 points,
5th to 8th - 2 points,
9th & 10th - 1 point

The relay is worth these points;

1st - 16 points,
2nd - 14 points,
3rd - 12 points,
4th - 10 points,
5th to 8th - 4 points
9th & 10th - 1 point

All winners will be awarded a medal and first three competitors will receive a certificate. These will be presented on the night (please hang around to receive your certificate).

Trophies

Trophies are awarded as follows:

<u>Girls</u>	<u>Winners & Runners up</u>
<u>Boys</u>	<u>Winners & Runners up</u>
<u>Small Schools</u>	<u>Winners & Runners up</u>
<u>Aggregate Cup</u>	<u>Winners & Runners up</u>

Officials

Thanks to the teachers/staff who have volunteered as officials.

Equipment, recording sheets etc..... may be collected from the Judges tent, near the finishing line. All officials will meet at judge's tent at the finishing line at 12.55pm prompt to collect necessary equipment.

Entrance to the stadium

Officials and Competitors' Entrance (Main entrance)

Please let us know you have arrived.

Admission is free (We just ask to make sure you have paid your BCSSA subs to help us cover the stadium costs)

Please photocopy the programme for your school and your parents – we will not have any on the day to give out.

Facilities and Refreshments

Due to the large number of children taking part in the Sports', the changing rooms will not be available to us. Refreshments are available from the stadium café, located inside the building. The café is for adults only not school children. Toilets are also located just behind the seated area near the finish line in the Stadium.

RUBBISH: Please take it home with you or we get charged to clean it up!

First Aid

First Aid is provided and will be stationed in a room near the track side. **For safety reasons, glass bottles and containers SHOULD NOT BE brought to the stadium.**

EVENTS (each school to provide one competitor only for each event, 4 for the relay)

All the following events are WITHOUT running spikes. I.e. trainers are to be worn, pumps are accepted too, however, they do not support the foot as much as a trainer.

EVENT 1: MIXED RELAY 4 X 100M

EVENT 2: (Finals to follow straight after)

EVENT 3: BOYS UNDER 9 (Y4) SPRINT 60M

EVENT 4: GIRLS UNDER 9 (Y4) SPRINT 60M

EVENT 5: BOYS UNDER 10 (Y5) SPRINT 70M

EVENT 6: GIRLS UNDER 10 (Y5) SPRINT 70M

EVENT 7: BOYS UNDER 11 (Y6) SPRINT 80M

EVENT 8: GIRLS UNDER 11 (Y6) SPRINT 80M

EVENT 9: BOYS CRICKET BALL THROW

EVENT 10: GIRLS ROUNDEERS BALL THROW

EVENT 11: BOYS LONG JUMP

EVENT 12: GIRLS LONG JUMP

EVENTS 13 – 18: Will be the finals of each year group sprint.

EVENT 19: BOYS OPEN 800M

EVENT 20: GIRLS OPEN 800M

Queries about why the high jump has been removed.

We have taken the decision to remove the high jump as a lot of schools do not have a sufficient crash mat to use for practice and children were not using the correct form of scissor jump.

Please understand that this decision was made in the best interest of the quality of the competition for the children.