**Birmingham Catholic School Sports Association**

**Bill McCarthy Memorial Games - Athletics Competition**

 Alexander Stadium Perry Barr

Start: 2pm Finish: 5pm

Competing schools are asked to be punctual and ensure that competitors for the relay races are ready to be called at 2.00pm

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

**PARKING**

Cars to be parked at Church Road entrance at traffic lights.

Minibus and coach car park is further up by the Crematorium entrance.

You may find the following information useful;

**Numbering**

**(Sticker size is fine, see also attached sticker format.**

**Abbey (1)**

**Event 1 (Y3 B Sprint)**

**Alex**

**Please do NOT attach an A4 laminated sheet to your children, as this may affect their performance).** This is to help with identification. Numbers should be clearly visible and should have the competitor's name, school, event, heat (and "leg" on relay). This information, although tedious to provide, is a great help to track and field stewards. **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 fastest 8-10 teams (Depending on lane numbers) from the heats go into the final.

**Sprints**

Sprinters are marshalled at the starting area. The 8-10 children with the fastest times from their heats will go into the finals.  **Competitors maybe disqualified for running out of their lanes.**

**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.

**High Jump**

The high jump will commence at 95cm for the boys and 90cm for the girls. There will be a warm up jump at 90cm and 85cm respectively. The bar will be raised at 3cm intervals. The take off must **NOT** be two footed. **A side Scissor Jumping style must be used not a forward roll over the bar!**

**800m**

Competitors do not run in lanes for this event, which is two laps of the stadium track. **Please make sure you choose a child that is comfortable with this distance! If they need an nhaler 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:

 **Girls Winners & Runners up**

 **Boys Winners & Runners up**

 **Small Schools Winners & Runners up**

 **Aggregate Cup Winners & Runners up**

**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 2.55pm prompt to collect necessary equipment.

**Entrance to the stadium**

**Officials and Competitors' Entrance**

This is by the side entrance between the main and the Nelson Stands. It is important the teams use this entrance so that the stewards can record their arrival at the stadium. **Please let us know you have arrived.**

**Admission is free for adults and children**.

**Please photocopy the programme for your school and your parents**

**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 HIGH JUMP**

**EVENT 10: GIRLS HIGH JUMP**

**EVENT 11: BOYS CRICKET BALL THROW**

**EVENT 12: GIRLS ROUNDERS BALL THROW**

**EVENT 13: BOYS LONG JUMP**

**EVENT 14: GIRLS LONG JUMP**

**EVENTS 15 – 20: Will be the finals of each year group sprint.**

**EVENT 21: BOYS OPEN 800M**

**EVENT 22: GIRLS OPEN 800M**