### Excursion Advice to Parents / Guardians

<table>
<thead>
<tr>
<th>Purpose of Excursion</th>
<th>Cobaw Athletics Competition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Date of Excursion</td>
<td>Monday, 8th September</td>
</tr>
<tr>
<td>Venues</td>
<td>La Trobe University Athletics Centre, Retreat Rd. Bendigo</td>
</tr>
<tr>
<td>Year Level</td>
<td>Selected students from Yr 3, 4, 5 and 6</td>
</tr>
<tr>
<td>Teacher Supervisors</td>
<td>Brenda McDonald, Jayne O’Callaghan, Marg Flett</td>
</tr>
<tr>
<td>Transport Arrangements</td>
<td>Bus</td>
</tr>
<tr>
<td>Dress requirements</td>
<td>Full sports uniform. Students need to bring warm jacket or coat incase of inclement weather.</td>
</tr>
<tr>
<td>Other requirements</td>
<td>Students who suffer from asthma must carry with them at all times their puffer medication.</td>
</tr>
<tr>
<td>Food requirements</td>
<td>Lunch, healthy snacks and a drink (preferably water) Canteen facilities will be available.</td>
</tr>
<tr>
<td>Departure time – From St Ambrose</td>
<td>8.55am</td>
</tr>
<tr>
<td>Return Time – to St Ambrose</td>
<td>3.00pm</td>
</tr>
<tr>
<td>Permission form return date</td>
<td>Friday, 5th September</td>
</tr>
<tr>
<td>Cost</td>
<td>$12.00</td>
</tr>
<tr>
<td>Event</td>
<td></td>
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</tbody>
</table>

Note: Please sign the permission slip on the payment envelope and return to school by Friday, 5th September.

Brenda McDonald & Jayne O’Callaghan
Sport Cordinators

**Parent Helpers**

For us to attend these sports we will require parent helpers. If you are available and would like to help out on the day, please complete the information below and return with permission and money envelope.

I would like to help out on the day; Monday, 8th September, Cobaw Athletics Competition.

Name: .................................................................
COBIAW DISTRICT SCHOOLS SPORTS ASSOCIATION
TWENTIETH ATHLETICS CARNIVAL
MONDAY SEPTEMBER 8, 2014
BENDIGO ATHLETICS COMPLEX - BENDIGO

COMMENCEMENT TIMES:
FIELD EVENTS  10.30 A.M.
TRACK EVENTS  11.00 A.M. (800 METRES AT 10.30 AM)

LANE ALLOCATION:

ALL RUNNING EVENTS
100M, 200 M, 4 X 100 RELAY

<table>
<thead>
<tr>
<th>LANE ALLOCATION</th>
<th>DIVISION 1</th>
<th>LANE NO</th>
<th>DIVISION 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>NEWHAM</td>
<td>1</td>
<td>WOODEND</td>
</tr>
<tr>
<td>2</td>
<td>TRENTHAM</td>
<td>2</td>
<td>ST AMBROSE</td>
</tr>
<tr>
<td>3</td>
<td>MALMSBURY</td>
<td>3</td>
<td>ROMSEY</td>
</tr>
<tr>
<td>4</td>
<td>HESKET</td>
<td>4</td>
<td>ST MARY’S</td>
</tr>
<tr>
<td>5</td>
<td>TYLDEN</td>
<td>5</td>
<td>OLR KYNETON</td>
</tr>
<tr>
<td>6</td>
<td>LANGLEY</td>
<td>6</td>
<td>KYNETON</td>
</tr>
<tr>
<td>7</td>
<td>BOLINDA</td>
<td>7</td>
<td>BRAEMAR</td>
</tr>
<tr>
<td>8</td>
<td>CANDLEBARK</td>
<td>8</td>
<td>LANCEFIELD</td>
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</tbody>
</table>

ORDER OF EVENTS:

FIELD EVENTS – 10.30 A.M. ONWARD

HIGH JUMP
- GIRLS 10 YEAR AND UNDER
- BOYS 10 YEAR AND UNDER
- GIRLS 11 YEARS
- BOYS 11 YEARS
- GIRLS 12/13 YEARS
- BOYS 12/13 YEARS

LONG JUMP
- BOYS 12/13 YEARS
- GIRLS 12/13 YEARS
- BOYS 11 YEARS
- GIRLS 11 YEARS
- BOYS 10 YEARS AND UNDER
- GIRLS 10 YEARS AND UNDER

TRIPLE JUMP
- BOYS 10 YEARS AND UNDER
- GIRLS 10 YEARS AND UNDER
- GIRLS 11 YEARS
- BOYS 11 YEARS
- BOYS 12/13 YEARS
- GIRLS 12/13 YEARS

DISCUS
- GIRLS 11 YEARS
- BOYS 11 YEARS
- GIRLS 12/13 YEARS
- BOYS 12/13 YEARS
- GIRLS 10 YEARS AND UNDER
- BOYS 10 YEARS AND UNDER

SHOTPUT
- BOYS 11 YEARS
- GIRLS 11 YEARS
- BOYS 12/13 YEARS
- GIRLS 12/13 YEARS
- BOYS 10 YEARS AND UNDER
- GIRLS 10 YEARS AND UNDER

TRACK EVENTS – 10.30 A.M. ONWARD

800 M
- 12/13 YEARS BOYS
- 12/13 YEARS GIRLS
- 11 YEARS BOYS
- 11 YEARS GIRLS
- 10 YEARS BOYS
- 10 YEARS GIRLS
- 9 YEARS BOYS
- 9 YEARS GIRLS

TRACK EVENTS – 11.00 A.M. ONWARD

100 M SPRINTS
- 12/13 YEARS BOYS
- 12/13 YEARS GIRLS
- 11 YEARS BOYS
- 11 YEARS GIRLS
- 10 YEARS BOYS
- 10 YEARS GIRLS
- 9 YEARS BOYS
- 9 YEARS GIRLS

200 M SPRINTS
- 12/13 YEARS BOYS
- 12/13 YEARS GIRLS
- 11 YEARS BOYS
- 11 YEARS GIRLS
- 10 YEARS BOYS
- 10 YEARS GIRLS
- 9 YEARS BOYS
- 9 YEARS GIRLS

DIVISION 1:

4 X 100 Circ RELAY
- 12/13 YEARS BOYS
- 12/13 YEARS GIRLS
- 11 YEARS BOYS
- 11 YEARS GIRLS
- 10 YEARS BOYS
- 10 YEARS GIRLS
- 9 YEARS BOYS
- 9 YEARS GIRLS

DIVISION 2:

4 X 100 M RELAY
- 12/13 YEARS BOYS
- 12/13 YEARS GIRLS
- 11 YEARS BOYS
- 11 YEARS GIRLS
- 10 YEARS BOYS
10 YEARS GIRLS
- 9 YEARS BOYS
- 9 YEARS GIRLS

1500M
- 12/13 YEARS BOYS
- 12/13 YEARS GIRLS
- 11 YEARS BOYS
- 11 YEARS GIRLS
- 10 YEARS BOYS
10 YEARS GIRLS
- 9 YEARS BOYS
- 9 YEARS GIRLS

Schools should arrive at 10.00 a.m. ready to START field games and 800m at 10.30 a.m.
Canteen will be open, bins should be used.

SPECTATORS: There is a shaded undercover area for teams to assemble in using the plan below.

<table>
<thead>
<tr>
<th>WOODEND</th>
<th>ST AMBROSE</th>
<th>KEYNETON</th>
<th>BREAMAR</th>
<th>ROMSEY</th>
<th>OUR LADIES</th>
<th>CANDLEBARK</th>
<th>ST MARYS LANC</th>
<th>MALMSBURY</th>
<th>LANCASTER</th>
<th>NEWHAM</th>
<th>TYNDELL</th>
<th>TRENTHAM</th>
<th>LANGLEY &amp; BOLINDA</th>
</tr>
</thead>
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PARENTS ARE TO REMAIN IN SCHOOL DESIGNATED AREAS AS MUCH AS POSSIBLE.
NO PARENTS ARE ALLOWED IN THE CENTRE AREA UNLESS JUDGING (I.E. COACHING
IS NOT PERMITTED).