

Year 5 – 8 DUATHLON and SWIMMING SPORTS 2019



Friday 30th November 2018

Dear Parents/Caregivers,

This is an early notice to advise you that the 2019 Year 5 to 8 School Duathlon & Swimming Sports will be held in Week 2 & 4 of February 2019. **Please note only Year 5 to 8 children who are competing as individuals or competitive swimming, are eligible to enter zone events.**

Year 5 - 8 Duathlon - Tuesday 5th February 2019 (pp Tue 12th Feb, ppp Fri 15th Feb)

Your child will be choosing to participate as an individual and/or in a team. Please note **only individuals** can qualify for Zones and school championship cups.

Teams can be talked about over the holidays, but all children will meet in the first week back to choose teams. They will be given another notice then about any equipment needed.

Your child will compete as an individual or in a team of three, in their year group. **ALL** children will be participating.
Year 5 & 6 – Run 1 lap, cycle 3 laps of Westview Cres and run 2 laps of the field.
Year 7 & 8 - Run 1 lap, cycle 4 laps of Westview Cres and run 3 laps of the field.

In order for the event to go ahead we require a number of parent volunteers to help with marshalling on run/cycle course, timers, recorders and helpers at the transitions.

Year 5 - 8 Swimming Sports – Monday 18th February 2019 (pp Mon 25th Feb, ppp Tue 26th Feb)

ALL children will be participating.

Competitive Swimmers - Morning

Non- Competitive Swimmers – Afternoon

Programme:

Your child will compete in their year group.

Y5 - 8 Competitive: 9:30am to 12:30pm - 2 length championship races. {Time may vary due to entries}

Y4 - 8 Non-Competitive: 1pm – 2:30pm – 1 length races (with board and then without board).

ONLY for students who are not competing in the Competitive swimming. {Time may vary due to entries}

PLEASE NOTE: **Year 5 to 8 students who are able to swim 2 lengths on the Competitive Swimming Day** will be selected for Zones and school championship cups. Your child needs to enter in 3 or more events to qualify for the school championship cups.

In order for the event to go ahead we require a number of parent volunteers to help time-keep and judge places.

PARENT HELP - *URGENT*

If you are available to help on the above dates, for either school events, your help would be much appreciated.

Please email Rita on rita.spadoni@westmelton.school.nz before Wednesday 30th January 2019 or complete the form below and return direct to the school office.

Thank you,

Rita Spadoni and the Sport Team

Year 5 – 8 DUATHLON and SWIMMING

Please return to the school office prior to Wednesday 30th January 2019

(or email Rita on rita.spadoni@westmelton.school.nz)

Parent's names: _____

DUATHLON

- I am able to help with the **school Duathlon sports on Tuesday 5th February 2019** from:
9:30am – 12pm / 12 – 2.30pm / ALL DAY (*Please circle the one applicable*)
- Should the Duathlon sports be postponed - I would be able / unable to help on Tue 12th February / Fri 15th February 2019. (*Please circle the one applicable*)

SWIMMING

I am able to help with the **school Swimming sports on Monday 18th February 2019:**

- Competitive** from 9:30am – 12:30pm
 - Non-Competitive** from 1pm – 2:30pm
 - ALL Day**
- Should the swimming sports be postponed - I would be able / unable to help on Mon 25th Feb / Tue 26th Feb 2019. (*Please circle the one applicable*)