



# Swakeleys Sportsday!



## Welcome to Swakeleys School Sports Day Friday 22nd June.

Welcome to Uxbridge Stadium for an entire day of sport!

We hope that the exceptional facilities and spectator atmosphere will continue to produce another extremely enjoyable day, along with continuing improved performances.

Good luck to you all—we wish you a very successful and enjoyable day!

*The PE Department*



## Thank you's...

The PE Department would like to thank the following:

- The AV Department for their continued patience and humour with the reproduction of numerous items essential to this day.
- The staff of Swakeleys for their support and willingness to run events, monitor pupils and also for running the relay and winning (hopefully)!
- All spectators that have kindly taken some time out of their day to support their daughter and Swakeleys.
- Post 16 students and Year 11 for their willingness to help with whatever is needed!
- Uxbridge Stadium staff for their assistance and co-operation in the organisation of the day.
- Lastly, the competitors themselves - let's hope you all enjoy the day and beat some School Records!!

# CURRENT SWAKELEYS SPORTS DAY RECORDS

EVENT	Year 7	Year 8	Year 9
<b>100m</b>	Grace Nwoseh (75m) 10.65 2015	Gbemi Olaogun 12.60 2010	Amy Hiller 12.56 2015
<b>200m</b>	Aarya Visana (150m) 21.97 2016	Emily Colyer 28.91 2016	Stephanie Marchat 27.79 1988
<b>800m</b>	Katie Budd 2:29.0 1988	Katie Allen 2:47.0 1994	Rachel Blackburn 2:38.0 2005
<b>1500m</b>	Ellie Bailey (1200m) 4:49.0 2011	Jaycee Sibley 5:41.0 2009	Rachel Blackburn 5:25.0 2005
<b>75m Hurdles</b>	Chanel Taite 12.25 2004	Lily Green 11.50 2010	Lily Green 11.79 2011
<b>Long Jump</b>	Keisha Woods 3.73m 2006	Chanel Taite 5.13m 2004	Joanne Dear 4.82m 1989
<b>Triple Jump</b>			Hannah Surguy 9.08m 2010
<b>High Jump</b>	Amy Cosgrove 1.47m 2007	Lily Green 1.44m 2010	Vicky Thwaites 1.46m 1994
<b>Shot</b>	Bliss Munoz 7.81m 2016	Gbemi Olaogun 8.25m 2010	Gbemi Oloagun 9.48m 2011
<b>Discus</b>	Kimberley Hendry 20.36m 1996	Hollie Adams 19.87m 2005	Charlotte Hunt 22.08m 1993
<b>Javelin</b>	Ellen Clarabut 23.90m 2010	Holly Hall 31.85m 2015	Holly Hall 34.04m 2016

*"only those who risk going too far,  
can possibly know how far they can go"*

## Rules and Instructions for Competitors.

- Sports Day will begin **promptly** at 9.00am with registration at Uxbridge Stadium. Events will start at 9.15am - make sure you know where and when you are competing. Registration will also be done at the end of the day.
- Track competitors **MUST** report to **Mrs Torrent** in the marshalling area **AT LEAST 10** minutes before your event - **you will be called.** The marshalling area is at the end of the stand by the 100m start.
- All competitors **MUST** remain in their area unless authorised to move.
- **LISTEN CAREFULLY TO ALL THE ANNOUNCEMENTS**
- **FULL, correct PE kit MUST be worn—with a shirt of their house colour**
- Scoring system for track and field:  
1st = 12 points      2nd = 10 points      3rd = 8 points  
4th = 6 points      5th = 4 points      6th = 2 points  
Scoring system for tug-of-war:  
1st = 5 points      2nd = 3 points  
All other teams receive one point for competing.
- Points will be deducted if any pupil fails to compete in their event.
- Relays are scored separately and carry double points.
- Year 9 competitors competing for the McNeil Award will receive points in relation to the time, distance and height achieved. They will receive an additional 15 bonus points if they beat a school record. These do **NOT** go towards the overall tutor group total.
- You will be allocated your lane draw by the marshalls—it is **NOT** negotiable!
- Team captains should ensure team members are at their event - you will **NOT** be allowed to compete if you miss registration for your event.
- Track finals will run in the afternoon and a list of finalists will be given to team captains during a short midday interval.
- 800m, 1200m and 1500m will both be straight finals in the morning.
- Hurdles finals will be in the morning after the hurdles heats, and all field events are straight finals in the morning.

## Staff Responsibilities

Announcer	Mrs C Devereux	Tug of War	Miss S Hanlon
Marshall	Mrs A Torrent Miss F Swayne Mrs S Wright	Certificates  Presentation	Ms S Stranges  Mrs S Pryor
Starter	Mrs A Wilcox	Photographer / DVD	Ms T Lewis
Score Keeper	Mrs P Miles Ms F Johnson	First Aid	Mrs Thompson
Timekeepers	Ms H Allan Ms J Morning Ms V Pimbert Ms B Bhambra Miss K Currell Miss I Kazmi Mrs S Fulham Mr N Willis	Refreshments	Miss O Wall/ Mrs G Hare / Mrs A Maylor
Track Judge	Mr J Taylor		
Photo Finish	Miss R Miles		
Triple Jump	Miss J Butterfield / Ms G Wadhwa / Mrs M Manchorova		
Long Jump	Mr A Tatla / Mr M Try / Mr Deng		
Shot	Miss L Webb/ Ms G Bhanot / Ms N Basra /		
Javelin	Mrs A Violet Dr K Laxton Holly Hall		
High Jump	Mrs S Mejloumian / Miss A Lyon / Miss F Sheldon / Mrs J Lewis		

## Afternoon Track Finals

**12.50pm**

**ALL 100m finalists to the Marshalling Area**

75m Finals Year 7

100m Finals Year 8

Year 9

Medal Presentations for 75/100m

**1.30pm**

**ALL 200m finalists to the Marshalling Area**

150m Finals Year 7

200m Finals Year 8

Year 9

Medal Presentations for 150/200m

**1.50pm**

**ALL Relay Teams to the Marshalling Area**

4 x 100m Relays Year 7

Year 8

Year 9

Medal Presentations for 4 X 100m Relay

**2.10**

**House Relay 4 x 100m - 1 x yr7, 1 x yr 8 + 2 x yr 9**

**2.20pm**

**4 x 100m House Staff Relay Blue Ribbon Event!!**

**2.35pm**

**Registration with Form tutor in year group areas and dismissal**

# Morning Events

# Order of

## Morning Field Events

9.00am Registration in allocated area. Stay here until your event is called.

### IMPORTANT

Pupils in any of the following events should go to the designated area at stated time. If taking part in a track event, you should register at your field event, **then** run the track race, and then return to the field event.

**Year 9: IF you are in 2 field events, register at both, complete 3 attempts straight away in 1 event and then go to the other event.**

9.15am	<b><u>YEAR 8 FIELD EVENTS</u></b>	9.15AM	<b>Year 7 TUG OF WAR</b>
	Year 8 Long Jump		
	Year 8 Javelin		
	Year 8 Shot		
	Year 8 High Jump		
10.15am	<b><u>YEAR 9 FIELD EVENTS</u></b>	10.15AM	<b>Year 8 TUG OF WAR</b>
	Year 9 Long Jump		
	Year 9 Triple Jump		
	Year 9 Javelin		
	Year 9 Shot		
	Year 9 High Jump		
11.15am	<b><u>YEAR 7 FIELD EVENTS</u></b>	11.15AM	<b>Year 9 TUG OF WAR</b>
	Year 7 Long Jump		
	Year 7 Javelin		
	Year 7 Shot		
	Year 7 High Jump		

**These timings are a guideline - they are subject to change!**

**KEEP LISTENING TO THE ANNOUNCEMENTS.**

Medal presentations will occur throughout the morning as finals are completed.

## Morning Track Events

9.00am Registration in allocated area.  
Stay here until your event is called.

9.20am **ALL 1200 and 1500m runners to the marshalling area**  
9.30am 1200m Straight final - Year 7  
09.50am 1500m Straight final - Year 8  
10.10am 1500m Straight final - Year 9

**10.20am ALL 800m runners to the marshalling area**  
10.30am 800m Straight final - Year 7  
10.45am 800m Straight final - Year 8  
11.00am 800m Straight final - Year 9

### Sprint Heats.

11.30am 75m Heats - Year 7  
11.45am 100m Heats - Year 8  
12.00am 100m Heats - Year 9  
12.15am 150m Heats - Year 7  
12.30am 200m Heats - Year 8  
12.45am 200m Heats - Year 9

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