

ATHLETICS - 2022

1. IMPORTANT DATES

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|-----------------------|---|---|
| 1. 13 January 2022 | - | Gr 1 Athletics Trials |
| 2. 14 January 2022 | - | Interhouse |
| 3. 20 January 2022 | - | P4 Athletics @ Laerskool Tygerpoort |
| 4. 21 January 2022 | - | Relay event @ Afrikaans Hoër Seunskool |
| 5. 27 January 2022 | - | P4 Athletics @ Laerskool Skuilkrans |
| 6. 3 February 2022 | - | P8 Athletics @ Hoërskool Menlopark |
| 7. 10 February 2022 | - | Cluster Athletics meeting @ Hoërskool Zwartkop |
| 8. 25 February 2022 | - | District Athletics meeting @ Hoërskool Zwartkop |
| 9. 11-12 March 2022 | - | Gauteng Championship @ TBC |
| 10. 24 -26 March 2022 | - | SA Championships @ Bloemfontein |
| 11. 18 October 2022 | - | Prestige 4 @ Midstream College |
| 12. 25 October 2022 | - | Prestige 4 @ Hoërskool Menlopark |

The rest of the dates will be given as the season progresses.

2. ATHLETICS POLICY FOR MIDSTREAM COLLEGE

- **Athletes are to attend at least one school athletics practice per week to be eligible for the school's athletics team.**
- Athletes who fail to attend a school athletics practice will unfortunately not be eligible to participate in the upcoming athletics meeting.
- Athletes who pull out of athletics events the day of the meeting will not be eligible for that specific event at the following athletics meeting.
- It is each athlete's own responsibility to make sure that they communicate with their various coaches throughout the season.
- **Performances at P4 and P8 events hold a bigger weight towards team selection than the performances of the Inter-house meeting.**

3. COACHES OF VARIOUS ATHLETICS EVENTS

Sprints Juniors	:	Saarmari van der Vyver (Head) Charlene Fick Rachel Fay Gontse Ditshego Franel Coetzee
Sprints Seniors	:	Janine Brummer (Head) Valmé Strydom
Hurdles	:	Conrad Steyn (Head) Hector Swiegelaar
Long distance	:	Gerhard Sauer (Head) Dirk Smith
Shot Put	:	Ronald Brameld (Head Girls) Marinus Du Plessis (Head Boys)
Long Jump	:	Wikus Erasmus (Head) Estian Esterhuizen Burnice Langenhoven Adél Dreyer
High Jump	:	Hermann van Aswegen (Head Boys) Jacco van Aswegen Elmarie van Zyl (Head Girls) Lelanie Groenewald
Discus	:	Mark Bailey (Head)
Javelin	:	Hannes Lessing (Head)
Relay Juniors	:	Charlene Fick, Gontse Ditshego, Rachel Fay, Franel Coetzee
Relay Seniors	:	Gerhard Sauer, Mark Bailey, Valmé Strydom, Janine Brummer

4. PRACTICE TIMES

Day	Age	13:15 to 14:00	14:00 to 15:00	14:30 to 15:30	15:00 to 16:00
Mondays & Tuesdays	U/7 & U/8	Sprints			
	U/9 – U/13		Hurdles High Jump Discus Javelin	Long Jump Long distance	Sprints Shot Put

5. CLUB ATHLETICS

Athletes who are interested in joining club athletics have the option of joining Midstream College's athletics club. The club practises throughout the whole year, with dedicated coaches assigned to specific items. If you would like to join the athletics club, please register on midstreamclub.co.za

6. COMMUNICATION

Communication will be sent out via the Whatsapp groups. Please click on the link that will be sent out in newsletter 1 for 2022 and you will gain access to the Athletics Whatsapp group. All letters, team lists as well as programs for the week will be posted on the groups.

ATHLETICS: INTER HOUSE

1. GROUPING OF HOUSES

1. HUTTON ~ (White)

- Staff = Surnames A to G
- Learners = Surnames A to G

2. OLD KENT ~ (Maroon)

- Staff = Surnames H to N
- Learners = Surnames H to O

3. WINDSOR ~ (Teal)

- Staff = Surnames R to Z
- Learners = Surnames P to Z

2. EVENTS

~	Sprints	=	u/7 – u/13	# unlimited number of athletes
~	Long Distance	=	u/9 – u/13	# unlimited number of athletes
~	Hurdles	=	u/10 – u/13	# unlimited number of athletes
~	Shot Put	=	u/10 – u/13	# unlimited number of athletes
~	Long Jump	=	u/10 – u/13	# unlimited number of athletes
~	High Jump	=	u/10 – u/13	# unlimited number of athletes
~	Javelin	=	u/12 – u/13	# unlimited number of athletes
~	Discus	=	u/12 – u/13	# unlimited number of athletes

- All the names of the athletes must be submitted through **Google Forms** to Mr Jacco van Aswegen by Tuesday the 12th of January 2022.

HJ SWIEGELAAR
ADJUNKHOOF: BUIE-KURRIKULêR
DEPUTY HEAD: EXTRA CURRICULAR

J VAN ASWEGEN
ATLETIEKORGANISEERDER
ATHLETICS ORGANISER