

ATHLETICS - 2023

1. Athletics schedule for 2023

Term 1

11 – 12	January	-	Practice
12	January	-	Gr 1 – 3 Athletics trials
13	January	-	Interhouse
16 – 17	January	-	Practice
19	January	-	P4 Athletics @ Laerskool Louis Leipoldt
23 – 24	January	-	Practice
26	January	-	P4 Athletics @ Laerskool Magalieskruin
30 – 31	January	-	Practice
2	February	-	P8 Athletics @ Laerskool Tygerpoort
4	February	-	Top10 Athletics @ Höerskool Waterkloof
6 – 7	February	-	Practice
17	February	-	Cluster Athletics @ Zwartkop Höerskool
18	February	-	Gr R Athletics day
24-25	February	-	District Athletics @ Zwartkop Höerskool
10-11	March	-	Gauteng Championships @ Ruimsig
23-25	March	-	SA Championships @ KZN

Term 4

10	October	-	Practice
12	October	-	Practice
16 – 17	October	-	Practice
19	October	-	P4 Athletics @ Midstream College
23 – 24	October	-	Practice
26	October	-	P4 Athletics @ Laerskool Lynnwood

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

2. PRACTICE TIMES

U7 – U8	Sprints	13:15 – 14:00
U/9	Sprints	14:00 – 14:30
	Middle Distance	14:30 – 15:30
U/10 – U/13	Hurdles High Jump Discus Javelin	14:00 – 15:00
	Long Jump Long Distance	14:30 – 15:30
	Sprints Shot Put	15:00 – 16:00

3. 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.
- Athletes who want to challenge for a position in the team need to notify their coach a week in advance so the necessary arrangements can be made for the respective challenge. A challenge can only take place on a Monday.

4. P4 GROUP MEETINGS

4 Athletes	60m, 80m, 100m
2 Athletes	150m, 200m
4 Athletes	High Jump, Long Jump, Shot Put, Discus and Javelin
6 Athletes	600m, 800m, 1200m and 1500m
2 Athletes	150m H and 200m H
4 Athletes	70m H, 75m H and 80m H

Athletes are restricted to 3 items per meeting (Excluding relays)

5. COACHES OF VARIOUS ATHLETICS EVENTS

Sprints Juniors	:	Saarmari van der Vyver (Head) Charlene Fick Rachel Fay Gontse Ditshego Megan de Beer
Sprints Seniors	:	Janine Brummer (Head) Valmé Strydom
Hurdles	:	Conrad Steyn (Head)
Long distance	:	Gerhard Sauer (Head)
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) Rico Ferreira 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

6. 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

7. COMMUNICATION

Communication will be sent out via the WhatsApp groups. Please click on the link that will be sent out in newsletter 1 for 2023 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.

8. COACHES ROLES

- ❖ Coaches keep a record of attendance and progress made by athletes at practices and at meetings.
- ❖ The coaches of each event select their strongest team and provide the names of the athletes to Mr Jacco van Aswegen.
- ❖ Team selection is at the coach's discretion and is not always based on results.

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 O
- Learners = Surnames H to O

3. WINDSOR~ (Teal)

- Staff = Surnames P 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

3. OUTCOMES

- Athletes can participate in an unlimited number of events
- Interhouse results will determine the team for the first P4 event

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

J VAN ASWEGEN
ATLETIEKORGANISEERDER
ATHLETICS ORGANISER