



## CAMBRIDGE HIGH SCHOOL ATHLETICS DAY 2025

**Wednesday 26<sup>th</sup> February**

### ON ATHLETICS DAY:

- There will be form class at 8:40am, you need to get marked off and make your way to your house area on the bank as quickly as possible. The day will commence with a house parade at 8.50am.
- Have a go at events – you will earn house points for each one you compete in. Extra points are given for top placing students and breaking records.
- This year there will be house event rotations throughout the day (see event timetable).
- Bring something for lunch, a water bottle, hat and sunscreen.
- You can wear your PE shirt and shorts to school as well as appropriate house coloured athletic clothing. This is to be worn when competing.
- Bring only the clothes you need to compete in. Leave anything extra at home.
- Competitors may compete with bare feet, trainers or running spikes. But we recommend students wear footwear due to the rough nature of some parts of the field.
- A programme of events will be displayed in the sports office window.

Note that the 3000m will be held on Friday 28<sup>th</sup> February. This will be during form time and Interval. Please get signed in for form time and then come to the back field as soon as possible.

There will also be a Discus event on Monday 24<sup>th</sup> February at 8am on the back field and Shot Put on Thursday 27<sup>th</sup> February at interval for Juniors and lunch time for Seniors, by the cricket nets.

### **AGE GROUPS**

Make sure you are competing in the correct age group as follows:

- |                      |   |
|----------------------|---|
| <b>Junior:</b>       | <b>U15 on 31<sup>st</sup> December 2025 (born 2011 and later)</b> |
| <b>Intermediate:</b> | <b>U17 on 31<sup>st</sup> December 2025 (born 2009 or 2010)</b>   |
| <b>Senior:</b>       | <b>U20 on 31<sup>st</sup> December 2025 (born 2008 and later)</b> |