



KNOX TRACK & FIELD

CAS INVITATIONALS

As previously indicated, the first of five invitationals commences **Saturday 12 August** (the end of Week 4) and we would like to get as many representatives from Knox as possible.

All five invitationals are open for any Knox student to participate in and each student is open to participate in whichever events they would like.

In order to assist with logistics and planning, please complete the Google Form (in the body of the email) to give us some indication of who will be attending each invitational and whether transport is required.

Please see draft carnival schedule attached to assist with planning, but note that these times are to be used as a guide only.

Bus Transport

We have arranged for two buses to transport students to and from Knox and Sydney Olympic Park Athletics Centre for each of the five invitationals. This is an optional service, but we highly encourage students to take the bus to assist with logistics and team-building.

The “**early bus**” will depart Knox at **7:15am** to arrive at SOPAC by 8am. Students participating in the following events are encouraged to get on the early bus:

- Hurdles (all ages)
- 200m (all ages)
- 13 Years javelin
- 16/17 Years discus
- Opens shot put
- 17 Years/Opens Long Jump
- 13/14 Years High Jump

The “**late bus**” will depart at **8:30am** to arrive at SOPAC by 9:15am. All other athletes are encouraged to get on the late bus

Note – students participating in the 3000m champs (which are due to commence at 8am) are encouraged to make their own way to SOPAC.

On our return, we will have an “early bus” depart at approximately 1:15pm (arriving at Knox at approximately 2:00pm) once the field events have completed and a “late bus” depart at

approximately 2:20pm (arriving at Knox at approximately 3pm) once the track events have concluded.

Please note that these times are an indication only and we will encourage students to contact parents if we will be arriving much earlier or later than the listed times.

Upon Arrival

Upon arrival at SOPAC, all students will be given a results card, as we are required to track our own results at the Invitationals.

Students can then check in at the results desk in the Knox tent on regular intervals to update their results on to our recording system.

For anyone who will be organising their own transport to SOPAC, please check in at the Knox tent to let staff know you have arrived and receive a results card.

Students are also asked to ensure that they notify staff in the Knox tent before leaving if they have organised their own transport home.

Uniform

All students should wear full tracksuit/PE uniform to the venue.

Once competing, students should wear the Knox track and field singlet and black shorts, both of which can be purchased in the uniform shop.

Food

Students are required to bring their own lunch and snacks for all invitationals. There will be canteen facilities available, but the selection of food is limited.

Chairperson of the Knox Track & Field Parent Supporters group, Laurel Thomson, is also looking to organise some fruit, snacks and drinks for all students to access in the Knox tent.

If you are interested in supplying a plate for any (or all) of the invitationals, please complete the Google Form in the body of the email.

A reminder that no parents are allowed on to the track and must remain in the stands at all times. We will aim to have an area in the stands set aside for Knox parents and supporters to sit. Please respect coaching staff and the other students participating in events by staying in the stands.

CAS Champs – Selection Policy

While the updated CAS selection policy is in the final stages of ratification, please note that attendance at a minimum of three (3) invitationals has been proposed as the minimum requirement for selection (excluding exceptional circumstances).

If you can't attend a minimum of three invitationals and believe you have exceptional circumstances that you would like to be taken in to account, please include a comment on the Google Form.

More information about the selection policy to follow once it has been signed off.