



3<sup>rd</sup> February 2012

**INTER-SCHOOLS ATHLETICS TRIANGULAR  
FRIDAY 10<sup>TH</sup> FEBRUARY 2012 ~ 15:00 – 19:00**

Dear Athletes and Parents

As you are aware our Inter-Schools Athletics Triangular takes place next Friday 10<sup>th</sup> February from 15:00 – 19:00 at Bridge House Prep in Franschoek. Our team has been hard at work and we thank you for your commitment in attending the early morning practices. Our final practices will take place at the following times:

Tues	7	07h10 – 07h40 16h30 – 17h30	SH Athletics Team Practice (U7 – U9) SH Athletics Team Practice (U9 – U13) 400m, 800m and 1 500m
Wed	8	07h00 – 07h40	SH Athletics Team Practice (U10 – 13 Relay Teams)
Thurs	9	07h00 – 07h40 14h30 – 15h30	SH Athletics Team Practice (U7 – U9 Relay Teams) SH Athletics Team Practice (U10 – U13 Field Events)
Fri	10	13h00 – 19h00	Inter-schools Athletics Triangular (Bridge House)

We encourage children to practice their track events in their own time as well, as we simply do not have enough time, while following our normal sports programme, to add in additional slots. Our track is well marked and ready for use after hours.

In order to finalise transport arrangements to Bridge House, kindly complete the reply slip below and return to school on Monday 6<sup>th</sup> February. Please tear or cut off the reply so that you keep the necessary information. School closes at 13:00 and the bus will depart from Drama Street straight after school. Should your child be making their own way there, please ensure that they arrive by 14:10 ~ A map to Bridge House, may be found on our website on the sports info page. This will give us enough time to warm up and get ready for the 'walk on', which takes place at 14:30. Please also take note of the following info for next Friday's event:

	<b>GIRLS</b>	<b>BOYS</b>
Dress Code	Teal Shorts / Block Hockey Shirt / White Socks / Tackies / Tracksuit Top / Hat	Navy Shorts / Block Hockey Shirt / Tackies / Tracksuit Top / Hat
Refreshments	Please bring along a healthy snack / drinks	Please bring along a healthy snack / drinks

Attached, please find a full programme with the estimated times of events. Unfortunately we cannot guarantee these times, please use them merely as a guideline. We wish our team the best of luck and hope that our parents will support us at this very exciting event.

Best wishes  
Miss Mac

Mr Storey

\*\*\*\*\*

**INTER-SCHOOLS TRIANGULAR ATHLETICS MEETING**

NAME OF CHILD: \_\_\_\_\_

AGE GROUP: \_\_\_\_\_

Will make use of bus transport to Bridge House @ 13:10 \_\_\_\_\_

Will make own way to Bridge House (Franschoek) and be there by 14:10 \_\_\_\_\_

Will travel back to Somerset House on the bus, returning at +- 21:00 \_\_\_\_\_

Will make our own way home \_\_\_\_\_

SIGNED



*Not just a school ~ a way of life*