



<b>EVENT</b>	<b>TAS ATHLETICS TRIP to Sydney for the 116<sup>th</sup> AAGPS Annual Combined Athletics Championships</b>
<b>LEADERS</b>	<b>Head Coach:</b> Mr Jim Pennington (0419250984) <b>Captain of Athletics:</b> Joseph Moore <b>Vice Captain:</b> Will Chapman
<b>WHEN</b>	Saturday 17 September 2011, 9:15am to 3:45pm
<b>VENUE</b>	SOPAC No. 1 (Sydney Olympic Park Athletics Centre). Warm-up in SOPAC No. 2.
<b>COST</b>	Approx costs: \$130 (day boys), \$118 (boarders): includes transport, accommodation, entry to Hunter Sports Centre (HSC) for training and all meals
<b>TRAVEL</b>	Edwards 52 seat Scania coach Friday 16 September, <b>depart</b> TAS 8:00am (arrive HSC 2:25pm) Depart HSC 5:00pm, arrive SHS Rowing Shed 8:10pm Saturday 17 September, <b>depart</b> Sydney 4:10pm (arrive TAS 11:50pm) <b>Note: no food or drinks allowed on the coach except for bottled water</b>
<b>ACCOMMODATION</b>	Sydney High School Rowing Shed, Address: Teviot Ave, Abbotsford. All boys to stay with the team. No private accommodation
<b>MEALS</b>	<i>Friday 16 September -</i> Lunch en route (sandwiches, popper, fruit, from TAS) Dinner at McDonalds/Subway enroute* <i>Saturday 17 September -</i> Breakfast at SHS Rowing Shed Lunch: At Athletics Carnival* Dinner at McDonalds enroute* (*\$10 given to each boy for this meal and charged to parents' accounts) All other food provided by TAS

## DRESS

Friday 16 Sep: Travel in neat casuals, including 'enclosed footwear', not thongs.

We will be stopping on the way, at Newcastle, to do some training on a synthetic track. For this you'll need to wear your TAS (GPS) athletics singlet and shorts plus running shoes/spikes. Make sure you put these in a separate small bag and take them on the coach with you. After training you can wear casuals again.

Saturday 17 Sep: **At Athletics Championships:** TAS athletics singlet, TAS athletics navy shorts, white socks. When not competing wear your TAS tracksuit and TAS sports polo shirt. Travel back to TAS in TAS tracksuit. **You must have a TAS tracksuit.**

### Note:

# TAS (GPS) athletic singlets and shorts: Many of you already have these. Make sure you take them with you to Sydney. For boys who do not have these, you need to buy these from TAS Clothing Pool no later than Wednesday 15 September

# TAS sports polo shirt (with embroidered TAS crest): All boys must have one of these. If you don't have a TAS sports polo shirt, you must get one by Wednesday 14 September from TAS Clothing Pool.

#TAS Athletics Shirt Can be collected from clothing pool by Wednesday 14 September.

## RUNNING SHOES/SPIKES

**All boys will need running shoes/spikes**, except for those competing in shot put as their only event. It's compulsory to use starting blocks in all events up to (and including) the 400m.

## WHAT TO TAKE

# TAS track suit, TAS sports polo shirt, running shoes/spikes, white socks, joggers, TAS cap

# **water bottle**

# TAS (GPS) athletics shorts

# TAS (GPS) athletics singlet

# pyjamas, one extra pair of socks & boxers/undies, etc, toiletry items, towel, soap, sunscreen lotion

# one set of neat casuals (including jumper) and appropriate footwear (eg, joggers or boat shoes)

# Rugby jumper to wear **under** your tracksuit top if it's very cold at the athletics meeting

# Sleeping bag, pillow, (beds with mattresses are provided)

# \$10 pocket money (optional)

## STAFF

Jim Pennington (0419250984), Jamie Moore, Alex Smith, Jim Cameron