

## Field Day 2004

The day will be divided up as follows

<b>8 – 8:45</b>	Town Meeting, team assignments, explanation of the days events
<b>8:45 – 9:15</b>	Teams adjourn to their team rooms for face painting and psyching up
<b>9:15 – 11:00</b>	Head to first events (see below for details)
<b>11:15 – 12:00</b>	Giant relay
<b>12:15 – 1:15</b>	Lunch
<b>1:15 – 2:30</b>	Capture the flag, assorted events

### Face Painting

Blue to the SPAC

White stay in the Gym

	<b>Period 1 9:15 – 9:40</b>	<b>Period 2 9:40 – 10</b>	<b>Period 3 10 – 10:20</b>	<b>Period 4 10:20 – 10:40</b>	<b>Period 5 10:40 – 11:00</b>
<b>Ultimate Frisbee 1</b>	BLUE - A TEAM(FACE) vs. WHITE - BEATLES(PAUL)	BLUE - TEAMS(GIANTS) vs. WHITE - FRIENDS(ROSS)	BLUE - PUBTRANS(AC TRANSIT) vs. WHITE - PUB TRANS(BART)	BLUE - FRIENDS(MONICA) vs. WHITE - TEAMS(49ERS)	BLUE - BEATLES(RINGO) vs. WHITE - A TEAM(B.A. BARACUS)
<b>Ultimate Frisbee 2</b>	BLUE - A TEAM(MURDOCK) vs. WHITE - BEATLES(GEORGE)	BLUE - TEAMS(A'S) vs. WHITE - FRIENDS(RACHEL)	BLUE - PUBTRANS(MUNI) vs. WHITE - PUB TRANS(CALTRAIN)	BLUE - FRIENDS(CHANDLER) vs. WHITE - TEAMS(RAIDERS)	BLUE - BEATLES(JOHN) vs. WHITE - A TEAM(HANNIBAL)
<b>Kickball 1</b>	BLUE - BEATLES(RINGO) vs. WHITE - FRIENDS(ROSS)	BLUE - A TEAM(FACE) vs. WHITE - PUB TRANS(BART)	BLUE - TEAMS(GIANTS) vs. WHITE - TEAMS(49ERS)	BLUE - PUBTRANS(AC TRANSIT) vs. WHITE - A TEAM(B.A. BARACUS)	BLUE - FRIENDS(MONICA) vs. WHITE - BEATLES(PAUL)
<b>Kickball 2</b>	BLUE - BEATLES(JOHN) vs. WHITE - FRIENDS(RACHEL)	BLUE - A TEAM(MURDOCK) vs. WHITE - PUB TRANS(CALTRAIN)	BLUE - TEAMS(A'S) vs. WHITE - TEAMS(RAIDERS)	BLUE - PUBTRANS(MUNI) vs. WHITE - A TEAM(HANNIBAL)	BLUE - FRIENDS(CHANDLER) vs. WHITE - BEATLES(GEORGE)
<b>Water/ Orange</b>	BLUE - FRIENDS vs. WHITE - PUB TRANS	BLUE - BEATLES vs. WHITE - TEAMS	BLUE - A TEAM vs. WHITE - A TEAM	BLUE - TEAMS vs. WHITE - BEATLES	BLUE - PUB TRANS vs. WHITE - FRIENDS
<b>Tugwar/ Tag</b>	BLUE - PUB TRANS vs. WHITE - TEAMS	BLUE - FRIENDS vs. WHITE - A TEAM	BLUE - BEATLES vs. WHITE - BEATLES	BLUE - A TEAM vs. WHITE - FRIENDS	BLUE - TEAMS vs. WHITE - PUB TRANS
<b>Sack/3 leg</b>	BLUE - TEAMS vs. WHITE - A TEAM	BLUE - PUB TRANS vs. WHITE - BEATLES	BLUE - FRIENDS vs. WHITE - FRIENDS	BLUE - BEATLES vs. WHITE - PUB TRANS	BLUE - A TEAM vs. WHITE - TEAMS
<b>Giant Relay event order</b>	<b>Hop-along Race - ATeam</b>	<b>Extreme Egg Walk - Beatles</b>	<b>Dual Chow Chow-down - Friends</b>	<b>Bat Spin Sprint off – Pub Trans</b>	<b>Fashion Police Relay - Teams</b>

Each Teacher will be assigned two duties, one for the event portion and one for the giant relay portion.

Ultimate Frisbee - Field	Kickball - Field	Water/orange –Green	Tug /tag - Field	Sack/3 leg - Field	Other
Doug	Joe		Susan	Erin	Ahmed-MC
Amy	Nicole S	Ted	Bruce	Daniel	Nicole D/Jim-Score
Sue	Cameron	Marshal	Ron	Laura	Ka’ala – Alert 5
Steve	Schiller	Heather	Fred	Mike	Winter – Alert 5

**For the giant relay you'll have different assignments (generally where you are anyway).**

<b>Bat Spin – Field</b>	<b>Fashion Relay - Field</b>	<b>Hop-along – Admin lot</b>	<b>Chow contest -quad</b>	<b>Egg walk - near library</b>	<b>Other</b>
Doug	Joe		Susan	Erin	Ahmed-MC
Amy	Nicole S	Ted	Bruce	Daniel	Nicole D/Jim-Scor
Sue	Cameron	Marshall	Ron	Laura	Ka'ala – Alert 5
Steve	Schiller	Heather	Fred	Mike	Winter – Alert 5

**The Rules:** Basically the point of field day is to have all the kids have fun so anything you do in that regard is encouraged. For example last year Steve may go in and assist a losing team in Ultimate Frisbee. Have fun with it. (5 points for a win 3 each for a tie)

**Ultimate Frisbee (20 Minute game teams A and B go to separate fields):**

**Location: Soccer Field Middle North**

1. Steve will explain Ultimate Frisbee to more detail.
2. You can only take two steps to slow down when catching the Frisbee.
3. If the Frisbee hits the ground the other team gets possession.
4. Points are scored when a successful catch is made in the end zone.

**Kickball (20 Minute game, teams A and B go to separate fields):**

**Location: Soccer Field South**

1. Kickball works like baseball except instead of pitching and batting the ball is rolled to the player and then kicked.
2. No stealing, no leading, no walks
3. Faculty “pitch” to you or someone from your own team.
4. 2 outs per inning and 2 pitches per player (fouls count as pitches too)
5. After that point it's just like baseball (no throwing the ball at people for example)

**Water Balloon Toss (10 minutes, Team A and B switch with Orange pass for the next 10 minutes):**

**Location: Tent Parking Lot**

1. Teams get themselves into pairs
2. Pairs toss to each other once each round.
3. After each round pairs move back to the next line on the pavement.
4. All players are to toss within a few seconds of the judges' command.
5. A pair is out when their balloon breaks.
6. The team with the final balloon wins.
  - a. If both teams break their balloons on the final round it's a tie.

Note: if you start to run out of balloons let me know and I'll grab some kids to start filling them for you.

**Orange Relay (10 minutes, Team A and B switch with Balloon toss for the next 10 minutes):**

**Location: Tent Parking Lot**

1. Orange must be passed between chin and neck from player to player on each team without the use of hands.
2. The orange must travel all the way down the line to the last person and then back to the first person again.
3. If the orange is dropped the pass begins from the beginning regardless of where it was dropped.
4. Best of three contests is the winner

**Tug of War (10 minutes, Team A and B combine and then move on to snake tag):**

**Location: Soccer Field North**

1. There must be an equal number of players on each side of the rope.
2. The match is best of 5 pulls.
3. Players must alternate sides on the rope
4. The losing team is the one that gets pulled over the line first.
5. Letting go of the rope when the judge says go, thus endangering the other team's safety, is an automatic loss for the entire match.

**Snake Tag (10 minutes, Team A and B combine after the tug of war)**

**Location: Soccer Field North**

1. Each team lines up in a large conga line (as a snake).
2. The teams run around with a successful tag consisting of the head of one snake grabbing onto the tail of the other snake, scoring their team three points.
3. If you snake breaks up you lose a point.
4. Whoever has the most points at the end of 10 minutes wins.

**Sack Race Relay (10 minutes, Team A and B switch with the 3 legged race for the next 10 minutes):**

**Location: Between Ultimate Frisbee and Kick Ball (Soccer Field Middle)**

1. Both feet must remain in the sack at all times.
2. Contestants may not contact opposing players
3. The same number of contestants must compete on both sides; someone may go 1<sup>st</sup> and last to make this work.
4. Best of 3.

**3 Legged Race Relay (10 minutes, Team A and B switch with the sack race for the next 10 minutes):**

**Location: Between Crab Soccer and Kick Ball (Soccer Field Middle)**

1. Players of the same height pair up and tie their inside legs together with a bandana.
2. Contestants may not contact opposing players
3. Contestants follow the charted course.
4. The same number of contestants must compete on both sides; someone may go 1<sup>st</sup> and last to make this work.
5. Best of 3.

## **Giant Relay Events (175 1<sup>st</sup> – 100 2<sup>nd</sup> – 75 3<sup>rd</sup> – 50 4<sup>th</sup>)**

### **Hop-along race (1<sup>st</sup> event):**

#### **Location: Admin Parking Lot**

1. The four teams must have equal numbers; students may go twice to make this possible.
2. Student must put on their helmet, get on the hop-along, complete the course and return relay style.
3. Students must get off hop-along, pass their helmet to the next person in line who then does the race.
4. Hop-alongs are not to contact each other.
5. Once the players finish the relay the whole team must bring the “baton” to the egg walk team at the library.

### **Egg Walk (2<sup>nd</sup> event)**

#### **Location: Library door**

1. Prior to starting the teams must be an equal number; students may go twice to accomplish this.
2. Contest starts as soon as the team baton is passed. (not all teams will start at the same time)
3. Contestants start from the starting line, follow the arrows (which return the student to the starting line)
4. If your egg drops you must slowly walk the rest of the course back to the finish line. (catching an egg as it falls is the same as dropping it)
5. Eggs that drop and don't break may be picked up (but only with the spoon)
6. You must walk with one hand behind your back or in a pocket.
7. The egg must be held above your waist, on the spoon.
8. Once you cross the finish line with your egg in tact the next person in your group begins their lap.
9. If you cross the finish line without your egg intact the next player must wait 15 seconds before going.
10. When the last person crosses the line, the judge will take the egg and the entire team runs the baton to the eating contest. If the final person crosses with an egg that is not intact they must wait 15 seconds before bringing the baton over.

### **Eating contest (3<sup>rd</sup> Event)**

#### **Location: Green**

1. Prior to the event starting each player must pair up with an opposing player and eat the same item (either whip cream pie or watermelon).
2. All four teams must have the same number of participants. A student may go first and last in the line to make this happen.
3. Your team may eat as soon as the first person touches the baton coming from the egg race.
4. Your arms must remain behind your back while you are eating. (Next page)

5. (more eating contest rules) Whip cream pies must be eaten until the base is completely clean before the next person starts.
6. Watermelons must be eaten to the white before the next person starts.
7. When the last person has finished their item the whole team runs the baton to North end of the field (near the road)

#### **Bat Spin Sprint (4<sup>th</sup> event)**

**Location: North end of the soccer field**

1. Prior to starting the four teams must be in equal numbers; students may go first and last to accomplish this.
2. Your team may start as soon as the first person in line has touched the baton.
3. You must run down to your teams baseball bat, place your forehead on one end and have the other end on the ground. Then complete 10 revolutions.
4. After completing the spinning portion sprint back to your team to start the next person in line.
5. After the last person finishes they may sprint to the clothes relay (with the baton)

#### **Clothes relay (5<sup>th</sup> event)**

**Location: Middle of the soccer field**

1. Prior to starting the four teams must have precisely 10 contestants; students may go twice to accomplish this as long as they don't go twice in a row and no student goes three times.
2. Your team may start as soon as the first person in line has touched the baton.
3. The first person sprints to the clothing bag and puts on 1 item of clothing then sprints back.
4. For the next person to go they must be wearing whatever clothing was on the last person. Then they put on an additional piece of clothing when they get to the bag.
5. This continues until all 5 pieces of clothing are on at which point every time you get to the bag you remove one piece of clothing.
6. The tenth person should place the last piece of clothing in the bag and return to the start/finish line.
7. At this point the team should run their baton to a clear area on the field for the final event.

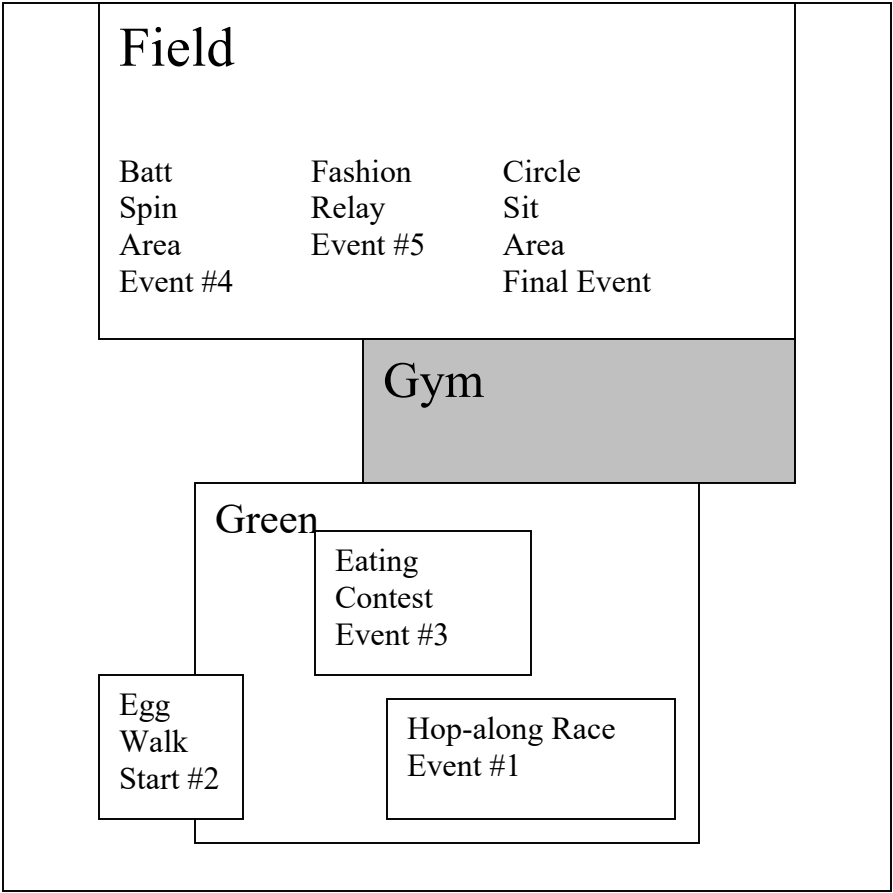
#### **Circle sit (last event)**

1. Explain this event to students during any free time.
2. Each of the four teams must hold a 45 second circle sit with their baton and a faculty judge in the middle of the circle to complete the relay.
3. The entire team from all 5 events must be present in the circle.
4. To accomplish a circle sit all the students must stand and make as close and circular of a circle as possible.
5. All students must then sit at the same time and hold for 45 seconds.
  - a. To be extra spiffy get out of the circle sit without anyone on your team falling.

# Field Layout for the Morning

S A C K	3 L E G	T U G o' W A R	Ultimate Frisbee 2	Kickball 1	Rt. 24
Snake Tag		Ultimate Frisbee 1	Kickball 2		

## Giant Relay Layout



## **Useful information**

### A Team – teams 1

Face – Blue A  
Murdock – Blue B  
B.A. Baracus – White A  
Hannibal – White B

### Beatles – teams 2

Ringo – Blue A  
John – Blue B  
Paul – White A  
George – White B

### Friends – teams 3

Monica – Blue A  
Chandler – Blue B  
Ross – White A  
Rachel – White B

### Transportation – teams 4

AC Transit – Blue A  
MUNI – Blue B  
BART – White A  
Caltrain – White B

### Teams – teams 5

Giants – Blue A  
A's – Blue B  
49ers – White A  
Raiders – White B

## **Blue White Teams 2003-2004 Academic Year**

### Ninth Grade

Ali El-Gasseir – WHITE  
Nicole Dadasovich – WHITE  
Doug Allen – BLUE  
Amy Bell – WHITE  
Heather Ludwick – BLUE  
Cameron Moredock – BLUE  
Daniel Roose – WHITE  
Jane Schiller – WHITE  
Nicole Sorger - BLUE

### Tenth Grade

Susan Bogas—WHITE  
Jonathan Briggs—BLUE  
Ted Courant—WHITE  
Mika Court—BLUE  
Mike Lieser—WHITE  
Winter Mead - BLUE

### Eleventh Grade

Sue Anderson—WHITE  
Steve Corso—BLUE  
Ahmed El-Gasseir—BLUE  
Joe Polacco—WHITE  
Ron Purewal—WHITE

### Twelfth Grade

Jim Hogan—BLUE  
Bruce Jordan—BLUE  
Lee Kay—WHITE  
Erin Lott—BLUE  
Marshal Grodin—WHITE

### Admin

Laura Konigsberg – BLUE  
Fred, Hoerner – BLUE  
Sallie Bryan - WHITE  
Marshall Grodin—WHITE  
Laurie Kahn—BLUE  
Dave Bollwinkle—WHITE