



# Athletics Program 2022

BOYS + GIRLS	Born 2013+12	Born 2011	Born 2010	Move students to events	Born 2009	Born 2008	Born 2007	Born 2006	Born 2003-2005
8.45 – 9:30am	Discus	Long Jump	Shot Put	High Jump STAFF	800m				
9.30 – 10.00am	100m				Discus	Long Jump	Shot Put	High Jump (big mats)	Javelin
10.00-10.30am	Long Jump	Shot Put	High Jump (little mats)	Discus STAFF	100m				
10.30-11.00am	200m				Long Jump	Shot Put	High Jump (big mats)	Javelin	Discus
11.00-11.30am	Shot Put	High Jump (little mats)	Discus	Long Jump STAFF	200m				
12.00-12.30pm	800m				Shot Put	High Jump (big mats)	Javelin	Discus	Long jump
12.30-1.00pm	High Jump (little mats)	Discus	Long Jump	Shot Put STAFF	400m				
1.00-1.30pm	<i>Luke Bracks to use 100m results to establish relay teams</i>				High Jump (big mats)	Javelin	Discus	Long Jump	Shot Put
1.30-2.00pm	<i>RELAYS (100m shuttle – 2 girls + 2 boys per house, per age group)</i>				Javelin	Discus	Long jump	Shot Put	High Jump (big mats)
2.00 – 2.20	Pack up				<i>RELAYS (100m Circular – 2 girls + 2 boys per house, per age group)</i>				

\*Track events to be run youngest to eldest age group (Boys then Girls)

\*800m combined races of different groups depending on numbers