

## RELAY SPORTS PROGRAMME

7:30 Form class registration

7:40 House meeting to check athletes, cheerleaders dress up, war paint for everyone

8:10 Walk down to Lut singing House songs

4 athletes per House, no-one can do more than 2 track and 1 field event

8:45 u10 800m

8:50 u11 800m

8:55 u12 800m

9:00 open 800m

9:05 u9 400m

9:15 open Shot Put

9:15 u12 High Jump

9:15 u11 Long Jump

9:15 u10 CB Throw

9:15 u10 u11 Fun Relays all boys not in any other events

9:15 u12 u13 Fun Relays all boys not in any other events

9:15 G3 Fun Relays all boys

9:45 Break – boys to bring lunch along

10:00 u9 2 x 25m around cone Shuttle Relay all u9 boys

10:10 u10 8 x 25m Shuttle Relay 8 boys per house not top 4 100m boys

10:15 u11 8 x 25m Shuttle Relay 8 boys per house not top 4 100m boys

10:20 u12 8 x 25m Shuttle Relay 8 boys per house not top 4 100m boys

10:25 u13 8 x 25m Shuttle Relay 8 boys per house not top 4 100m boys

10:30 4 x 100m Medley Relay u10 u11 u12 u13 one boy per age group

10:35 open Ladder Medley Relay 100m 100m 200m 400m

10:40 u10 4 x 100m Relay

10:45 u11 4 x 100m Relay

10:50 u12 4 x 100m Relay

10:55 u13 4 x 100m Relay

11:00 Staff Stooges Dads Moms u13 Boys 4 x 100m

11:15 Awarding of Relay Cup and Sprit Cup to Houses

11:45 Walk back to Prep

12:20 – 13:20 Form Period