

Bishops Preparatory Inter-House Relay Meeting Regulations

House seating plan (nearest to finish line) C - vdB – Bk - By

Field

1. Competitors may participate one field event as well as 2 track events.
2. Competitors are permitted two attempts at long jump, shot put/ball throw.
3. Competitors in high jump are permitted two attempts only at each height.
4. Competitors may have a practice jump/throw/put.
5. Points for each position are added together in houses

1=20, 2=17, 3=15, 4=13, 5=12, 6=11, 7=10, 8=9, 9=8, 10=7, 11=6, 12=5, 13=4,
14=3, 15=2, 16=1, DQ=0 Tied positions - calculate the average points
Record = 10
6. Participants in the cricket ball throwing event may use a run-up.

Track

1. Competitors may participate in no more than two track events, BUT may compete in 1 field event also.
2. 400m athletes may change to the inside lane after receiving the baton.
3. Under 14 Boys may compete in the 800m, Shot Put and Open Ladder Medley.
4. Relay events 15 -20 will be run in lanes 1-3-5-7.
5. Points for each position are added together in houses

1=20, 2=17, 3=15, 4=13, 5=12, 6=11, 7=10, 8=9, 9=8, 10=7, 11=6, 12=5, 13=4,
14=3, 15=2, 16=1, DQ=0 Tied positions - calculate the average points
Record = 10

Bishops Preparatory Inter-House Relay Athletics



Lutgensvale
Friday 21 November 2025
09:00 – 12:00

Officials

Referee	BM - Track & Field	
Starter	GJ	
Track Stewards	NT / SuJ	
Announcer	MA (PJ sound tech)	
Recorder	TSk (laptop) TSd: Reader	
Timekeepers	CG (i/c) CD	
Place judges	KD (i/c) ; AD; AC; KJ; SB	
High jump	ME; ML; FM	
Long jump	GDS; SC; ZN; NF	
Shot put	BF; CdlH; LE; KB	
Cricket ball throw	WL; LA; CA; ZS	
Relay c/o marshals. SJ NT(start) +ML(2) + FM(3) +ZS(4)		
Team managers	JPD;CT;NL;LH	
1st Aid	JS	
Fun relays for u 9's	CG (i/c)	KD; KJ
Fun relays for u10-11	MM(i/c)	NT
Fun relays for u12-13	JS (i/c)	AD
Photographer	SR	
Trophies	CG; CdlH: Relay Cup & Spirit Cup: GB TSd	
Tuckshop	PA	
Staff refreshments at 10:00am ShJ		

Event 1	09:00	800m team race u10	Lanes: By / BK / C / Vdb
Event 2	09:05	800m team race u11	Lanes: Vdb / C / Bk / B
Event 3	09:10	800m team race u12	Lanes: Bk / By / Vdb / C
Event 4	09:15	800m team race open	Lanes: C / Vdb / By / Bk
Event 5	09:20	400m team race u9	Lanes: By / Bk / C / Vdb

Event 6	09:30	Shot-put open u13/14	
Event 7	09:30	High jump u12	
Event 8	09:30	Long jump u11	
Event 9	09:30	Cricket ball throw u10	

Event 10	09:30	Junior Fun relays (u10 - 11) – boys not in field events	
Event 11	09:30	Senior Fun relays (u12 - 13) – boys not in field events	
Event 12	09:30	Grade 3 Fun relays: All G3's in Houses.	

Event 13	10:15	Under 9 (8 x 50m Shuttle Relay, 8 per House)	
			Lanes: Vdb / C / Bk / By

Event 14	10:25	8 x 50m Shuttle relay (u10 - 13)	
		(14a:u10) Lanes: Bk / By / Vdb / C	
		(14b:u11) Lanes: Bk / By / Vdb / C	
		(14c:u12) Lanes: Bk / By / Vdb / C	
		(14d:u13) Lanes: Bk / By / Vdb / C	

Event 15	10:45	4 x 100m Medley (u10,11,12,13)	Lanes: C / Vdb / By / Bk
Event 16	10:55	u13/14 Ladder Medley (100,100,200,400)	Lanes: By / Bk / C / Vdb

Event 17	11:10	4 x 100m under 10	Lanes: Vdb / C / Bk / By
Event 18	11:15	4 x 100m under 11	Lanes: Bk / By / Vdb / C
Event 19	11:20	4 x 100m under 12	Lanes: C / Vdb / By / B
Event 20	11:25	4 x 100m under 13	Lanes: By / Bk / C / Vdb

Event 21	11:30	Staff 100m Handicap race 4 x 100m Staff, Stooges, Dads, Moms, u13 Boys, Grandparents	
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