

Athletics Inter-House Relay Sports

Friday 25 November

Programme:

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
9:15 u12 u13 Fun Relays
9:15 G3 Fun Relays

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
10:15 u11 8 x 25m Shuttle Relay
10:20 u12 8 x 25m Shuttle Relay
10:25 u13 8 x 25m Shuttle Relay
10:30 4 x 100m Medley Relay u10 u11 u12 u13
10:35 open Ladder Medley Relay 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
11:30 Walk back to Prep