

Bishops Preparatory Inter-House Relay Meeting Regulations

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

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. The best effort of each competitor is added together for the team total
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. The shuttle relay participants may compete in one other event.
3. 400m athletes may change to the inside lane after receiving the baton.
4. Under 14 Boys may compete in the 800m, Shot Put and Open Ladder Medley.
5. Relay events 15 -20 will be run in lanes 1-3-5-7.

NB. Officials are kindly requested to COMPLETE the RECORDING SHEETS and to return the equipment and sheets to the recorder's table.

Bishops Preparatory Inter-House Relay Athletics



Lutgensvale

Friday 24th November 2023

08:45 – 11:45am

Officials

Referee	BM - track & field	
Starter	GJ	
Track Stewards	TSk / SJ	
Announcer	MA (PJ sound tech)	
Recorder	LE (laptop) TSd: Reader	
Timekeepers	CG (<i>i/c</i>)	CD
Place judges	KD (<i>i/c</i>)	PG;LH;AC
High jump	XM;ML;SA	
Long jump	SC;GDS;RG	
Shot put	BF;CdlH;SS	
Cricket ball throw	WL;IN	
Relay t/o marshals.	SJ LF(<i>start</i>) +ML(2) + IN(3) +ZS(4)	
Team managers	JPD;CT;NL;LF	
1st Aid	JS	
Fun relays for u 9's	CG (<i>i/c</i>)	LH
Fun relays for u10-11	NT (<i>i/c</i>)	RG
Fun relays for u12-13	ME (<i>i/c</i>)	ZS
Photographer	SR (<i>i/c</i>)	
Trophies	CG; CdlH: Relay Cup & Spirit Cup	
Tuckshop	PA	
Staff refreshments at 9:45am	SJ	

Event 1	08:45	800m team race u10	Record: 2:41,4s	Lanes: By / BK / C / Vdb
Event 2	08:50	800m team race u11	Record: 2: 38,6s	Lanes: Vdb / C / Bk / B
Event 3	08:55	800m team race u12	Record: 2:30,9s	Lanes: Bk / By / Vdb / C
Event 4	09:00	800m team race open	Record: 2: 20,4s	Lanes: C / Vdb / By / Bk
Event 5	09:05	400m team race u9	Record: 1:14,8s	Lanes: By / Bk / C / Vdb
Event 6	09:15	Shot-put open u13/14	Record: 34,90m	
Event 7	09:15	High jump u12	Record: 5,10m	
Event 8	09:15	Long jump u11	Record: 16,68m	
Event 9	09:15	Cricket ball throw u10	Record: 149,75m	
Event 10	09:15	Junior Fun relays (u10 - 11) – boys not in any events		
Event 11	09:15	Senior Fun relays (u12 - 13) – boys not in any events		
Event 12	09:15	Grade 3 Fun relays: All gr. 3's in houses.		
Event 13	10:00	Under 9 2 x 25 = 50m Shuttle Relay around cone. (all u9's in houses)	Record: <u>3:39,9</u>	Lanes: Vdb / C / Bk / By
Event 14	10:10	8 x 25m Shuttle relay (u10 - 13) (4 at start & 4 at 25m)	(14a:u10) Record: 39,30s (14b:u11) Record: 37,80s (14c:u12) Record: 36,50s (14d:u13) Record: 35,90s	Lanes: Bk / By / Vdb / C Lanes: Bk / By / Vdb / C Lanes: Bk / By / Vdb / C Lanes: Bk / By / Vdb / C
Event 15	10:30	4 x 100m Medley (u10,11,12,13)	Record: 56,8s	Lanes: C / Vdb / By / Bk
Event 16	10:35	u13/14 Ladder Medley (100,100,200,400)	Record: 1: 51,9s	Lanes: By / Bk / C / Vdb
Event 17	10:40	4 x 100m under 10	Record: 63,2s	Lanes: Vdb / C / Bk / By
Event 18	10:45	4 x 100m under 11	Record: 58,45s	Lanes: Bk / By / Vdb / C
Event 19	10:50	4 x 100m under 12	Record: 56,9s	Lanes: C / Vdb / By / B
Event 20	10:55	4 x 100m under 13	Record: 53,7s	Lanes: By / Bk / C / Vdb
Event 21	11:15	4 x 100m Staff, Stooges, Dads, Moms, u13 Boys, Grandparents		