



2024 HOUSE ATHLETICS PROGRAM

9:30am House Competitor March into arena & Carnival Opening: Ms Rose / Susie

9:50am Marshalling for first events

FOUNDATION – YEAR 2 TRACK EVENTS

10:00am -10.20am

Sprints

Foundation 50 metres

Year 1 60 metres

Year 2 70 metres

10:20am – 10.40am

Mini Hurdles

Foundation 50 metres

Year 1 60 metres

Year 2 70 metres

10.40am – 11.00am

Shuttle Relays

Foundation 50 metres

Year 1 60 metres

Year 2 70 metres

11:00am – 11.30am

Foundation – 2 RECESS BREAK

11.30am – 12.30pm

FOUNDATION – YEAR 2 FIELD EVENTS

11.30am- 11.50am

Foundation: Bean Bag Two Hand Push for Distance

Year 1: Vortex Over Arm Throw for Distance

Year 2: Long Jump

11.50am -12.10pm

Foundation: Long Jump

Year 1: Bean Bag Two Hand Push for Distance

Year 2: Vortex Over Arm Throw for Distance

12.10 – 12.30pm

Foundation: Vortex Over Arm Throw for Distance

Year 1: Long Jump

Year 2: Bean Bag Two Hand Push for Distance

12:30pm

Foundation, One and Two return to School

2024 HOUSE ATHLETICS PROGRAM

9:30am House Competitor March into arena & Carnival Opening

9:50am Marshalling for first events

Field Events (compulsory)

10:00am -10.20am Round 1: AGE 9/10 Girls Tanpurrim & Bemin **SHOT PUT 1**

AGE 9/10 GIRLS Booring & Warren **SHOT PUT 2**

AGE 9/10 Boys Tanpurrim & Bemin **DISCUS 1**

AGE 9/10 Boys Booring & Warren **DISCUS 2**

AGE 11 Girls **TRIPLE JUMP**

AGE 11 Boys **TRIPLE JUMP**

AGE 12/13 Girls **LONG JUMP**

AGE 12/13 Boys **LONG JUMP**

10:20am – 10.40am Round 2: AGE 9/10 Girls Tanpurrim & Bemin **DISCUS 1**

AGE 9/10 Girls Booring & Warren **DISCUS 2**

AGE 9/10 Boys Tanpurrim & Bemin **SHOT PUT 1**

AGE 9/10 Boys Booring & Warren **SHOT PUT 2**

AGE 11 Girls **LONG JUMP**

AGE 11 Boys **LONG JUMP**

AGE 12/13 Girls **TRIPLE JUMP**

AGE 12/13 Boys **TRIPLE JUMP**

10.40am -11.00am Round 3: AGE 9/10 Girls ALL HOUSES **TRIPLE JUMP**

AGE 9/10 Boys ALL HOUSES **LONG JUMP**

AGE 11 Girls **SHOT PUT 1**

AGE 11 Boys **SHOT PUT 2**

AGE 12/13 Girls **DISCUS 1**

AGE 12/13 Boys **DISCUS 2**

11:00am -11.20am Round 4: AGE 9/10 Girls ALL HOUSES **LONG JUMP**
 AGE 9/10 Boys ALL HOUSES **TRIPLE JUMP**
 AGE 11 Girls **DISCUS 1**
 AGE 11 Boys **DISCUS 2**
 AGE 12/13 Girls **SHOT PUT 1**
 AGE 12/13 Boys **SHOT PUT 2**

11.20am – 11.40am YEAR 3-6 RECESS BREAK

Track Events

11:45am

HURDLES (optional)

AGE 9/10 Girls	80 metres
AGE 9/10 Boys	80 metres
AGE 11 Girls	80 metres
AGE 11 Boys	80 metres
AGE 12/13 Girls	80 metres
AGE 12/13 Boys	80 metres

12:10pm

100m SPRINTS (compulsory)

AGE 9/10 GIRLS	100 metres
AGE 9/10 BOYS	100 metres
AGE 11 GIRLS	100 metres
AGE 11 BOYS	100 metres
AGE 12/13 GIRLS	100 metres
AGE 12/13 BOYS	100 metres

12:40pm

200m (optional)

AGE 9/10 GIRLS	200 metres
AGE 9/10 BOYS	200 metres
AGE 11 GIRLS	200 metres
AGE 11 BOYS	200 metres
AGE 12/13 GIRLS	200 metres
AGE 12/13 BOYS	200 metres

1.00pm -1.30pm LUNCH BREAK

1.30pm -1.50pm **ALL AGE 800M (optional)**

1.50PM **SHUTTLE RELAYS (compulsory)**

AGE 9/10 GIRLS SHUTTLE RELAY

AGE 9/10 BOYS SHUTTLE RELAY

AGE 11/12/13 GIRLS SHUTTLE RELAY

AGE 11/12/13 BOYS SHUTTLE RELAY

2:10pm Presentations

2.30pm Pack up and return to school