

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

9:50am Marshalling for first events

## **FOUNDATION – YEAR 2 TRACK AND FIELD PROGRAM**

10:00am -10.20am

### **Sprint**

Foundation 50 metres (12-13 heats)

Year 1 50 metres (11-12 heats)

Year 2 50 metres (11-12 heats)

10:20am – 10.40am

### **Mini Hurdles**

Foundation 50 metres (12-13 heats)

Year 1 50 metres (11-12 heats)

Year 2 50 metres (11-12 heats)

10.40am – 11.00am

Shuttle Relays & Novelty Races

**11:00am – 11.20am**

**Foundation – 2 RECESS BREAK**

11.30am – 12.30pm

### **Field Events**

11.30am- 11.50am

Foundation: Bean Bag Throw for Accuracy

Year 1: Vortex Throw for Distance

Year 2: Long Jump

11.50am -12.10pm

Foundation: Long Jump

Year 1: Bean Bag Throw for Accuracy

Year 2: Vortex Throw for Distance

12.10 – 12.30pm

Foundation: Vortex Throw for Distance

Year 1: Long Jump

Year 2: Bean Bag Throw for Accuracy

**12:30pm**

**Foundation, One and Two return to school**

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

9:50am Marshalling for first events

## **YEAR 3-6 TRACK & FIELD PROGRAM**

### **Field Events**

10:00am -10.20am	Round 1:	AGE 8 Girls & Boys Triple Jump AGE 9/10 Girls & Boys Long Jump AGE 11 Girls Discus – Discus Circle 2 AGE 11 Boys Discus – Discus Circle 1 AGE 12/13 Girls Shot Put – Shot Circle 1 AGE 12/13 Boys Shot Put – Shot Circle 2
10:20am – 10.40am	Round 2:	AGE 12/13 Girls & Boys Triple Jump AGE 8 Girls & Boys Long Jump AGE 9/10 Girls Discus – Discus Circle 2 AGE 9/10 Boys Discus – Discus Circle 1 AGE 11 Girls Shot Put – Shot Circle 1 AGE 11 Boys Shot Put – Shot Circle 2
10.40am -11.00am	Round 3:	AGE 11 Girls & Boys Triple Jump AGE 12/13 Girls & Boys Long Jump AGE 8 Girls Discus – Discus Circle 1 AGE 8 Boys Discus – Discus Circle 2 AGE 9/10 Girls Shot Put - Shot Circle 2 AGE 9/10 Boys Shot Put - Shot Circle 1
11:00am -11.20am	Round 4:	AGE 9/10 Boys & Girls Triple Jump AGE 11 Boys & Girls Long Jump AGE 12/13 Girls Discus - Discus Circle 2 AGE 12/13 Boys Discus - Discus Circle 1 AGE 8 Girls Shot Put – Shot Circle 1 AGE 8 Boys Shot Put - Shot Circle 2

11.20am – 11.40am

**YEAR 3-6 RECESS BREAK**

11:45.am

**Hurdles (optional)**

AGE 8 BOYS	80 metres
AGE 8 GIRLS	80 metres
AGE 9/10 BOYS	80 metres
AGE 9/10 GIRLS	80 metres
AGE 11 BOYS	80 metres
AGE 11 GIRLS	80 metres
AGE 12/13 BOYS	80 metres
AGE 12/13 GIRLS	80 metres

12:10pm

**Sprints**

AGE 8 GIRLS	100 metres
AGE 8 BOYS	100 metres
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

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

1.50PM	AGE 8/9/10 GIRLS	SHUTTLE RELAY
	AGE 8/9/10 BOYS	SHUTTLE RELAY
	AGE 11 GIRLS	SHUTTLE RELAY
	AGE 11 BOYS	SHUTTLE RELAY
	AGE 12/13 GIRLS	SHUTTLE RELAY
	AGE 12/13 BOYS	SHUTTLE RELAY

**2:20pm**                      **Presentations**

**2.40pm**                      **Pack up and return to school**