

Northcote High School Athletic Program – Wednesday 22nd
March 2017

George Knott - (Collingwood) Athletic Track Heidelberg Rd.
Clifton Hill

Time	Track		Field		Novelty
09:00	Open 3000m (7.5 laps)	10.00	15 GB High Jump		
09:20	15 + Open 1500m walk (3.75laps)				
3000m + 1500m Walk Run on mass together					
		10.20	16+ GB Long Jump	10.20	Vortex throwing
10.00	13 Boys/Girls 100m	10.20	14 GB Triple Jump		Year 7 Boys/Girls
10.10	14 Boys/Girls 100m	10.20	12-13 GB Discus		Year 8 Boys/Girls
10.20	15 Boys/Girls 100m	10.20	16+ GB Javelin		Year 9 Boys/Girls
10.30	16+ Boys/Girls 100m	10.20	15 GB Shot		
10.30	Fancy Dress Cat Walk and Announcement of winner				
10.40	13 Boys/Girls 800m	10.50	12-13 GB High Jump		
10.50	14 Boys/Girls 800m	11.00	15 GB Long Jump	11.00	Hoop Race
11.00	15 Boys/Girls 800m	11.00	16+ GB Triple Jump		Year 7 Boys/Girls
11.10	16+ Boys/Girls 800m	11.00	14 GB Discus		Year 8 Boys/Girls

		11.00	13 GB Javelin		Year 9 Boys/Girls
11.20	13 Boys/Girls 200m	11.00	16+ GB Shot		
11.30	14 Boys/Girls 200m				
11.40	15 Boys/Girls 200m	11.30	14 GB High Jump	11.30	Sack race
11.50	16+ Boys/Girls 200m				Year 7 Boys/Girls
		11.40	12-13 GB Long Jump		Year 8 Boys/Girls
		11.40	15 GB Triple Jump		Year 9 Boys/Girls
12.15	13 Boys/Girls 400m	11.40	15 GB Discus		
12.25	14 Boys/Girls 400m	11.40	14 GB Javelin		
12.35	15 Boys/Girls 400m	11.40	12-13 GB Shot		
12.40	16+ Boys/Girls 400m				
		12.20	16+ GB High Jump	12.00	Tug of war
12.50	13 Boys/Girls 1500m	12.20	14 GB Long Jump		Year 7 Boys/Girls
1.00	14 Boys/Girls 1500m	12.20	12-13 GB Triple Jump		Year 8 Boys/Girls
1.10	15 Boys/Girls 1500m	12.20	16+ GB Discus		Year 9 Boys/Girls
1.10	16+ Boys/Girls 1500m	12.20	15 GB Javelin		
		12.20	14 GB Shot		

1.00	RELAYS – Organization MERRI Lane 1, PLENTY 2, BATMAN 3, SUMNER 4, 5, 6 Spare				
1.20	Year 7 BG				
1.25	Year 8 BG				
1.30	Year 9-12 BG				
1.40	NHS Staff Gift Handicap 100m				
1.55	CLEAN UP - ANNOUNCE RESULTS				
2.00	DISMISSAL FROM VENUE				