

# School Athletic Sports Day

Friday 18<sup>th</sup> March 2022

Dear Families,

We will be hosting our Sacred Heart School Athletics day on Friday March 18.

Like in previous years students will be participating in a variety of different events throughout the day.

Unlike previous years however our Athletics day will be broken into two parts.

The Foundation to Two students will be participating in events from 9:00am to 11:30am and the Three to Six students will be competing from 11:30am-2:30pm.

Marching will be at 9:05am for all students

## **Important Information for Students**

Students are reminded to dress up in their sports uniform with plain house colour t-shirt!  
(Frayne – Blue, McAuley – Yellow & Geary – Red)

School Hats and Sunscreen are a must!

Remember to bring lots of food and water!

Safety pin for ribbons!

Bring a 'Can Do' Attitude and a big smile!

Have Fun!

Don't forget your runners!

## **Important information for Parents/Caregivers**

This is an outdoor event and visitors are welcome!

Be supportive!

Encourage all participants!

Remember Athletics Day is just for fun!

Below is an outline of what they day will look like – Whilst we aim to stick to the times as closely as possible, we acknowledge times may vary.

Time	Foundation Boys	Foundation Girls	1 Boys	1 Girls	2 Boys	2 Girls
9:05 - 9:20	Marching					
9:25 - 9:45	Hurdles	Vortex	Long Jump	Sprints	Bean Bag Race	Modified Shot Put
9:45 - 10:05	Modified Shot Put	Hurdles	Vortex	Long Jump	Sprints	Bean Bag Race
10:05 - 10:25	Bean Bag Race	Modified Shot Put	Hurdles	Vortex	Long Jump	Sprints
10:25 - 10:45	Sprints	Bean Bag Race	Modified Shot Put	Hurdles	Vortex	Long Jump
10:45 - 11:05	Long Jump	Sprints	Bean Bag Race	Modified Shot Put	Hurdles	Vortex
10:45-11:05	Vortex	Long Jump	Sprints	Bean Bag Race	Modified Shot Put	Hurdles

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