## **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 -	Marching										
9:20	iviaiciiiig										
9:25 -	Hurdles	Vortex	Long Jump	Sprints	Bean Bag	Modified					
9:45	liaraies	Voitex	Long Jump	Spriits	Race	Shot Put					
9:45	Modified	Hurdles	Vortex	Long Jump	Sprints	Bean Bag					
10:05	Shot Put					Race					
10:05	Bean Bag	Modified	Hurdles	Vortex	Long Jump	Sprints					
10:25	Race	Shot Put									
10:25	Sprints	Bean Bag	Modified	Hurdles	Vortex	Long Jump					
10:45		Race	Shot Put								
10:45	Long Jump	Sprints	Bean Bag	Modified	Hurdles	Vortex					
11:05			Race	Shot Put							
10:45-	Vortex	Long Jump	Sprints	Bean Bag	Modified	Hurdles					
11:05				Race	Shot Put						

Time	3 Boys	3 Girls	4 Boys	4 Girls	5 Boys	5 Girls	6 Boys	6 Girls			
11:30-	Long Jump	Triple Jump	Shot Put	Hurdles	Distance	Sprints	Discus	Break			
11:50											
11:50-	Break	Long Jump	Triple	Shot Put	Hurdles	Distance	Sprints	Discus			
12:10			Jump								
12:10-	Discus	Break	Long Jump	Triple Jump	Shot Put	Hurdles	Distance	Sprints			
12:30											
12:30-	Sprints	Discus	Break	Long Jump	Triple	Shot Put	Hurdles	Distance			
12:50					Jump						
12:50-	Distance	Sprints	Discus	Break	Long	Triple	Shot Put	Hurdles			
1:10					Jump	Jump					
1:10-	Hurdles	Distance	Sprints	Discus	Break	Long	Triple	Shot Put			
1:30						Jump	Jump				
1:30-	Lunch										
1:50											
1:50	Shot Put	Hurdles	Distance	Sprints	Discus	Break	Long	Triple Jump			
2:10							Jump				
2:10-	Triple Jump	Shot Put	Hurdles	Distance	Sprints	Discus	Break	Long Jump			
2:30											
2:30	Relay										