

ATHLETIC SPORTS - 2019

**Thursday 28th February, at Christ’s College 9.00am – 2.30pm**

## Programme of Events

1. 9.00 am 25m Sack Race between Day Girls and Boarders

2 girls from each year level: 9 - 13(10 Day Girls and 10 Boarders)

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2. 9.10 am 1500m Under 14 Championship and Years 7 and 8

3. 9.15 am 1500m Intermediate Championship

4. 9.30 am 1500m Senior Championships and Junior Championships

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5. 9:45 am Triple Jump –U14 Championship

6. 9.45 am Shot Put - Intermediate Championship/Senior Championship

7. 9.45 am Discus - Under 14 Championship.

8. 9.45 am High Jump – Yr 7 & 8.

9. 9:45 am Javelin – Under 14 and Juniors

10. 10.30 am High Jump U14 Championship

**CLAN EVENTS:**

These events will continue throughout the day.

Make sure that you do each group of activities for maximum Clan points.

9:30-10:30am Events 1-6 11:00am-11:50am Events 7-12

11. 10:30am Triple Jump – Sen & Int Championship

12. 10.30 am Discus - Senior Championship.

13. 10.30 am Shot Put - Under 14 Championship

14. 11.15 am Long Jump – Junior Championships

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15. 11.00am 100m Years 7 & 8

Fastest 9 in each grade to Championship final next 9 fastest to B Grade

Finals.

16. 11.10 am 100m Under 14

17. 11.15 am 100m Junior

18. 11 30 am 100m Intermediate

19. 11.40 am 100m Senior

**20. 11:50am CLAN 400M**

This is a compulsory clan event but is optional for runners competing in THREE or more track events.

3rd and 3rd last in each Clan timed, Shortest total time wins.

Order of competition: Stirling, Dunvegan, Doune, Balmoral, Braemar, Glamis.

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20 21. 12 Noon Long Jump –Sen & Int Championship.

22. 12 Noon Discus - Junior Championship.

23. 12 Noon Shot Put - Years 7 and 8 Championship

24. 12 Noon High Jump - Junior Championship.

25. 12 – 12.30 pm Javelin – Intermediates and Seniors

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| **CLAN HAT PARADE** |

26. 12.30 pm 200m Years 7 and 8 Championship Fastest 3 placed

27. 12.35 pm 200m Under 14 Championship, Fastest 3 placed

28. 12.40 pm 200m Junior Championship, Fastest 3 placed

29. 12.45 pm 200m Intermediate Championships Heats, Fastest 3 placed

30. 12.50 pm 200m Senior Championship Heats, Fastest 3 placed

31. 1.00 pm Shot Put - Junior Championship.

32. 1.00 pm Discus - Intermediate Championship.

33. 1.00 pm Long Jump – Year 7/8 & U14 Championship.

34. 1.00 pm High Jump – Intermediate & Senior Championship

35. 1.00 pm 800m – Year 7 and 8 and Junior Championships.

36. 1.10 pm 800m – Under 14 Championship.

37. 1.20 pm 800m – Senior and Intermediate Championships.

38. 1.45 pm Triple Jump – Junior Championships

39. 1.45 pm 100m Years 7 and 8 B Grade Final.

40. 1.48 pm 100m Years 7 and 8 Final.

41. 1.51 pm 100m Under 14 B Grade Final.

42. 1.54 pm 100m Under 14 Championship Final.

43. 1.57 pm 100m Junior B Grade Final.

44. 2.00 pm 100m Junior Championship Final.

45. 2.03 pm 100m Intermediate B Grade Final.

46. 2.06 pm 100m Intermediate Championship Final.

47. 2.09 pm 100m Senior B Grade Final.

48. 2.12 pm 100m Senior Championship Final.

**CLAN RELAYS**

**49 2.15 pm 4 x 100m CLAN Relay Years 7 & 8**

**50. 2.18 pm 4 x 100m CLAN Relay Year 9**

**51. 2.21 pm 4 x 100m CLAN Relay Year 10**

**52. 2.24 pm 4 x 100m CLAN Relay Year 11**

**53. 2.27 pm 4 x 100m CLAN Relay Year 12**

**54. 2.30 pm 4 x 100m CLAN Relay Year 13**

**Lanes for Relays:**

**1. Stirling 2. Dunvegan 3. Doune**

**4. Balmoral 5. Braemar 6. Glamis**

**FINAL RELAY - STAFF VS SPORTS COUNCIL VS SENIOR LEADERS – 8 X 50m (should time allow)**

*Safety Briefing – in the event of an emergency girls are to meet in the middle of the field in their tutor groups. Visitors to assemble by the High Jump mats.*