



Knights Stream School 2019 Athletics

Long Distance Races - 23/10/2019

Athletics Day - 24/10/2019

Postponement day - 25/10/2019

Long Distance (WED 23rd Oct- Starting with Year 1 at 1.30pm)

Year 1 - 2	400m- 2 laps around the school track	1.30pm
Year 3 - 4	600m- 3 laps around the school track	1.40pm
Year 5	1000m- 5 laps around the school track	1.55pm
Year 6	1200m- 6 laps around the school track	2.10pm
Year 7-8	1200m- 6 laps around the school track	2.25pm

Please note times are approximate and may run ahead or behind schedule

Order of Events for the 24th October 2019

9.00am - 9.15am	All year levels including Te Tupu Harakeke to meet outside Ōpouira netball court
9.15am - 10.00am	1 st Station
10.00am - 10.45am	2 nd Station
10.45am - 11.10am	Morning Tea
11.15am - 12.00pm	3 rd Station
12.00pm - 12.45pm	4 th Station
12.45pm - 1.15pm	Lunch
1.15pm - 2.45pm	Sprints and Relays (whole school)

Year 3-8 Times at Each Station

Years	Shot	Disc	Long	High
3-4	9.15	10.00	11.15	12.00
5	12.00	9.15	10.00	11.15
6	11.15	12.00	9.15	10.00
7-8	10.00	11.15	12.00	9.15

To be eligible for the Lincoln Zone Athletics Day, students must be in Years 5-8 and place 1st, 2nd or 3rd in an event and reach a given standard.

Year 1-2 Times at Each Station

Years	Sack Race	Egg & Spoon	Hoop/Bean Bag Throw	Mini Hurdle Relay
Purekireki	9.15	9:45	10:15	11:15
Raupo	11:15	9.15	9:45	10:15
Te Tupu Harakeke	10:15	11:15	9.15	9:45
ECE	9:45	10:15	11:15	9.15

11:45am Finish*

Sprints and Relays- 1:15pm - 2.45pm (Whole School)

Year Group	Distance
Local ECE's	50m
Te Tupu Harakeke	50m & 60m
Year 1-4	50m & 60m
Year 5-6	60m & 80m
Year 7-8	60m & 100m

All whānau are encouraged to come along and support all events.

Please note, times are approximate and may run ahead or behind schedule