

St. Bede's College 100th Athletic Sports

Wednesday, 13th February 2019

Track Programme - Day One

Wednesday Morning

8.00am Staff Briefing
8.15am Tutor Time
8.25am Go to front field

Session One (100 minutes)

8.30am Y12/13 800 Heats (24 per heat)
8.55am Y11 800 Heats (24 per heat)
9.20am Y10 800 Heats (24 per heat)
9.20am Y12/13 110 x 914mm Hurdles Heats (6 Lanes)
9.45am Y9 800 Heats (24 per heat)
10.10am Morning Tea (25 minutes)

Session Two (100 minutes)

10.35am End of Morning Tea – go to front field
10.40am Y9 100 Heats (10 lanes)
10.40am Y11 100 x 840mm Hurdles Heats (6 Lanes)
11.10am Y12/13 100 Heats (9 lanes)
11.10am Y10 80 x 840mm Hurdles Heats (7 Lanes)
11.40pm Y11 100 Heats (9 lanes)
11.40pm Y9 80 x 762mm Hurdles Heats (7 Lanes)
12.00pm Y10 100 Heats
12.20pm Lunch (35 minutes)

Wednesday Afternoon

12.55pm End of Lunch – go to front field
Check in with Tutor on front field

Session Three (85 minutes)

1.05pm Y12/13 400 Heats
Y9 80 x 762mm Hurdles Final (7 Lanes)
1.25pm Y11 400 Heats
Y10 80 x 840mm Hurdles Final (7 Lanes)
1.50pm Y10 400 Heats
Y11 100 x 840mm Hurdles Final (6 Lanes)
2.10pm Y9 400 Heats
Y12/13 110 x 914mm Hurdles Final (6 Lanes)
2.30pm Finish & Wednesday Sport

Field Programme - Day One

Wednesday Morning

8.00am Staff Briefing
8.15am Tutor Time
8.25am Go to front field

Session One (100 minutes)

8.30am Y9 Discus (1kg)
Y9 Shot Put (4kg)
Y10 High Jump
Y11 Long Jump (west pit)
Y12/13 Javelin (700g)
10.10am Morning Tea (25 minutes)

Session Two (100 minutes)

10.35am End of Morning Tea – go to front field
10.40am Y9 Javelin (600g)
Y10 Discus (1.25kg)
Y10 Shot Put (5kg)
Y11 High Jump
Y12/13 Long Jump (west pit)
12.20pm Lunch (35 minutes)

Wednesday Afternoon

12.55pm End of Lunch – go to front field
Check in with Tutor on front field

Session Three (85 minutes)

1.05pm Y9 Long Jump (west pit)
Y10 Javelin (600g)
Y11 Discus (1.25kg)
Y11 Shot Put (5kg)
Y12/13 High Jump
2.30pm Finish & Wednesday Sport

St. Bede's College 100th Athletic Sports

Friday, 15th February 2019

Track Programme - Day Two

Friday Morning

8.00am Staff Briefing
8.10am Faculty Time
8.45am Tutor Time
8.55am Go to front field

Session Four (50 minutes)

9.05am Y9 1500 Final
9.20am Y10 1500 Final
9.30am Y11 1500 Final
9.40am Y12/13 1500 Final
9.55am Start of Morning Tea

Session Five (115 minutes)

10.20am End of Morning Tea – go to front field
10.25am Y12/13 400 Final
10.30am Y11 400 Final
10.35am Y10 400 Final
10.40am Y9 400 Final
10.50am Y12/13 200 Heats
11.10am Y11 200 Heats
11.30am Y10 200 Heats
11.50am Y9 200 Heats
12.10am Y12/13 B Grade 100m Semi Final
12.20pm Lunch (30 minutes)

Friday Afternoon

1.00pm End of Lunch – go to front field
1.00pm Check in with Tutor on front field

Session Six (80 minutes)

1.10pm Y9 4x100 Relay Final
1.20pm Y10 4x100 Relay Final
1.25pm Y11 4x100 Relay Final
1.30pm Y12 4x100 Relay Final
1.35pm Y13 4x100 Relay Final
1.40pm Y9 200 Final
1.45pm Y10 200 Final
1.50pm Y11 200 Final
1.55pm Y12/13 200 Final
2.00pm Y9 800 Final
2.05pm Y10 800 Final
2.10pm Y11 800 Final
2.15pm Y12/13 800 final
2.20pm Y9 100 Final
2.23pm Y10 100 Final
2.26pm Y11 100 Final
2.29pm Y12/13 100 Final

Field Programme - Day Two

Friday Morning

8.00am Staff Briefing
8.10am Faculty Time
8.45am Tutor Time
8.55am Go to front field

Session Four (50 minutes)

9.05am Y9 Triple Jump (west pit)
Y10 Triple Jump (west pit)
Y11 Triple Jump (west pit)
Y12/13 Triple Jump (west pit)
9.55am Start of Morning Tea

Session Five (115 Minutes)

10.20am End of Morning Tea – go to front field
10.25am Y9 High Jump
Y10 Long Jump (west pit)
Y11 Javelin (700g)
Y12/13 Discus (1.5kg)
Y12/13 Shot Put (5kg)
12.20pm Lunch (30 minutes)

3000m Championship - Thursday 21st February (backup day is Thursday 28th February)

3.15pm 3000m all year levels, serious athletes only, no house points. (Numbers may require two races)

Any athletes wanting to compete in these events at Canterbury Champs please see Mr. Gamblin ASAP

Tuesday Only

Para "Athlete with a Disability", events are 100m, 200m, 400m, Shot Put or Discus.

Saturday Only

300m x 840mm Hurdles - U/16 & U/19

2000m Steeplechase - Open

3000m Walk - Open

Hammer - U/16 4kg & U/19 5kg

Pole Vault - U/16 & U/19