



YEAR 7 & 8 ATHLETICS DAY

Friday 27th October, 2017

PROGRAMME

- 8.20am Year 11 PED classes – Assist with set-up
- 8.45am Roll-check in class then meet HOUSE CAPTAINS in quad.
- 8.50am Assemble changed in the Quad, line up in House groups, jogging to track as the House warm-up.
- 8.55am HOUSE groups jog up track to start-line – HOUSE SPIRIT JUDGED.
- 9.00am Move to 100m start Marshalling area (everyone).
- 9.10am **Heats** Year 7 Girls
Year 7 Boys
Year 8 Girls
Year 8 Boys
- 9.40am **Field events** 1st Rotation (everyone)
Year 7 Boys High Jump – **In GYM**
Year 7 Girls Long Jump
Year 8 Boys Shot put
Year 8 Girls Discus
- 10.20am **Field events** 2nd Rotation (everyone)
Year 7 Boys Long Jump
Year 7 Girls High Jump – **In GYM**
Year 8 Boys Discus
Year 8 Girls Shot put
- 10.55am Interval & Sun-block re-application**
- 11.25am Assemble at House area.
100m finalists read out, running before lunch.
200m race - Optional - Year 7 Girls, Year 7 Boys, Year 8 Girls, Year 8 Boys.

11. 55am **Field events** 3rd Rotation (everyone)
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|--------------|----------------------------------|
| Year 7 Boys | Shot put |
| Year 7 Girls | Discus |
| Year 8 Boys | High Jump – <i>In GYM</i> |
| Year 8 Girls | Long Jump |
- 12.30pm **Field events** 4th Rotation (everyone)
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|--------------|----------------------------------|
| Year 7 Boys | Discus |
| Year 7 Girls | Shot put |
| Year 8 Boys | Long Jump |
| Year 8 Girls | High Jump – <i>In GYM</i> |
- 1.05pm 100m Finals
- 1.20pm Lunch & 800m - Year 7 Boys & Girls race, Year 8 Boys & Girls race**
- 2.00pm Assemble in House areas to organise RELAY TEAMS.
- 2.15pm 4 x 100m House (around track) relay (4 runners for each year level & gender)
- 4 RACES:**
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|-----------------------|
| Race 1 - Year 7 Girls |
| Race 2 - Year 7 Boys |
| Race 3 - Year 8 Girls |
| Race 4 - Year 8 Boys |
- 8 x 50m Class (shuttle) relay (4 Boys, 4 Girls from each Whānau class) **1 RACE**
- 2.35pm Fun relays (if time) Sack race/3-legged/Blindfolded v Year 11 PED?
- 2.50pm Clean-up and Pack-up
- 3.00pm Home time

NB: Field event – 1 qualifying jump or throw + 1 extra go.