

SACRED HEART GIRLS' COLLEGE ATHLETIC PROGRAMME 2019



Friday 8th March (back-up Tuesday 12th March)

9.15am Vertical Form A roll will be taken here (1500m runners will be warming up)

TRACK

9.30 1500m Champ
(3 races maximum)
Y7
Y8
Junior
Inter. B
Inter. A
Senior

10.15 100m Champ
Year 7
Year 8
Junior
Inter. B
Inter. A
Senior

10.45 400m Walk Champ
Year 7
Year 8
Junior
Inter. B
Inter. A
Senior

11.15 400m Champ
Year 7
Year 8
Junior
Inter. B
Inter. A
Senior

FIELD EVENTS

9.30 Ch. Triple Jump - Inter. A
Ch. Shot Put - Senior
Ch. High Jump - Junior
Ch. Discus - Inter. B
Ch. Long Jump - Year 8
House Shot Put(at javelin area) Lourdes

10.00 House Discus - Barbier
House High Jump - Chanel
House Long jump - Vianney
Ch. Shot Put - Year 7
Ch. Triple Jump - Senior

10.30 Ch. Discus - Junior
Ch. Long Jump - Inter. B
Ch. High Jump - Year 7
Ch. Javelin - Senior
Ch. Shot Put - Yr 8
House Discus - Chanel
Ch. Long Jump(at Triplej pit) Inter. A

11.00 House Shot Put - Barbier
House High Jump - Vianney
House Long Jump(Triple j pit) Lourdes
Ch. High Jump - Inter. A
Ch. Shotput - Inter. B
Ch. Javelin - Junior
Ch. Discus - Yr 7

11.30 Ch. Long Jump - Senior
Ch. Shot Put - Junior
Ch. Discus - Inter. A
House Shotput - Vianney

12.00pm Vertical Form Relay (40m across field)

(No throwing events on during this time)

TRACK

12.20 800m Champ Year 7
Year 8
Junior
Inter. B
Inter. A
Seniors

12.50 200m Champ Year 7
Year 8
Junior
Inter. B
Inter. A
Seniors

1.10 400m Walk House Chanel
Lourdes
Vianney
Barbier

1.30 HOUSE RELAY 12 x 100m (3x around the track)

2 x Yr 7
2 x Yr 8
2 x Juniors
2 x Inter. B
2 x Inter. A
2 x Seniors

2.00 Staff and Year 13 Relay if time permitting

2.15 Rubbish clean up.

2.20 Houses to assemble in their areas.

2.30 Depart Inglewood

FIELD

12.15 House Long Jump - Barbier
House Shot Put - Chanel
Ch. Javelin - Inter. A
Ch. Triple Jump - Junior
Ch. High Jump - Inter. B
House High Jump - Lourdes

12.45 Ch. High Jump - Year 8
Ch. Triple Jump - Int. B
Ch. Discus - Senior
Ch. Shot Put - Int. A
Ch. Long Jump - Yr 7
House Discus - Vianney

1.15 House High Jump - Barbier
House Discus - Lourdes
House Long Jump(LJ pit) Chanel
Ch. High Jump - Senior
Ch. Javelin - Inter. B
Ch. Long Jump(at triple j pit) Junior
Ch. Discus - Y8

Please note : the 3000m race was held at school on Tuesday 5th March 2019.