

SACRED HEART GIRLS' COLLEGE
CHAMPIONSHIP ATHLETICS PROGRAMME 2023



Est. TIME

ATHLETICS EVENTS

8.30 am	Roll call (Top Field)		
8.40am	Bus departs to Inglewood		
9.00am	Arrive at TET track in Inglewood		
9.20am	Warm-up		
9.30am	1500m Champs	1 race - All age groups	
9.40am	100m Champs	11 races – single age groups	
10.10am	400m Champs	4 races – combined age groups	
10.25am	800m Champs	3 races – combined age groups	
10.40am	200m Champs	7 races – combined age groups	
11.00am	Early lunch break. Field event set up		
11.30 – 12pm	<u>Field rotation 1:</u>	High Jump	Jnr / Int / Senior
		Triple Jump	Jnr / Int / Senior
		Discus	Year 7/8
		Long Jump	Year 8
12 – 12.30pm	<u>Field rotation 2:</u>	High Jump	Year 7
		Shotput	Int B / Int A / Senior
		Long Jump	Junior
12.30 – 1pm	<u>Field rotation 3:</u>	High Jump	Year 8
		Shotput	Year 7/8
		Discus	Junior / Int A
		Long Jump	Int B / Int A / Senior
1 – 1.30pm	<u>Field rotation 4:</u>	Shotput	Junior
		Discus	Int B / Senior
		Long Jump	Year 7
1.30pm	Pack away stadium gear & tidy up		
2.00pm	Buses leave TET Stadium for SHGC (2.30pm arrive back)		