

SACRED HEART GIRLS' COLLEGE ATHLETIC PROGRAMME 2024



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

9.15am

A roll will be taken here (1500m runners will be warming up)

TRACK

9.30 1500m Champ

(1 race – all age groups run together)

FIELD EVENTS

9.30 Ch. Triple Jump - Intermediate
Ch. Shot Put - Senior
Ch. High Jump - Junior
Ch. Long Jump - Year 7
House Discus - Chanel
House Shot Put **(at Javelin area)** - Barbier

9.45 100m Champ

(approx. 10 races)

10.00 House Discus - Barbier
Ch. High Jump - Intermediate
Ch. Long jump - Year 8
Ch. Shot Put - Year 7
Ch. Triple Jump - Senior
House Discus **(at Javelin area)** - Lourdes

10.15 400m Walk Champ

(5 age group races)

10.30 Ch. Discus - Junior
House Long Jump - Lourdes
Ch. High Jump - Year 7
Ch. Javelin - Senior
Ch. Shot Put - Yr 8
House Long Jump **(at Triple Jump pit)** - Vianney

10.45 400m Champ

11.00 House Shot Put - Vianney
Ch. Discus - Yr 7
House Shot Put **(at Javelin area)** - Chanel
Ch. Triple Jump - Junior
Ch. Long Jump - Intermediate

11.15 800m Champ

11.30 Ch. Discus - Intermediate
Ch. Javelin - Junior
Ch. High Jump - Year 8
Ch. Long Jump - Senior
House Shot Put - Lourdes

11.45 200m Champ

12.00 Ch. Shot Put - Junior
Ch. Discus - Year 8
Ch. Javelin - Intermediate
Ch. High Jump - Senior
House Long Jump - Barbier
House Long Jump **(at Triple Jump pit)** - Chanel

12.15 400m Walk House	Vianney	12.30	Ch. Shot Put	-	Intermediate
	Chanel		Ch. Discus	-	Senior
	Lourdes		Ch. Long Jump	-	Junior
	Barbier		House Discus (at Javelin area)	-	Vianney

12.45 House Chants – back to house areas, House Leaders to organise House Relay runners. Start them marshalling to start line. If any runners are in the last field events, they must finish the field event before going to marshalling area for relay.

1.00 HOUSE RELAYS – 4x 100m (4x runners from each age group – 4 races)

- Year 7/8 (2x Yr 7, 2x Yr 8) (**Can start while Field Events finish as no Yr 7/8's in those events**)
- Junior
- Intermediate
- Senior

1.25 Staff and Year 13 Relay (4x 100m)

1.35 Mascot Run (100m)

1.45 House Competitions / Chants

2.10 Rubbish clean up.

2.20 Houses to assemble in their areas.

2.30 Depart Inglewood

- *Please note : the 3000m race was held at school on Wednesday 6th March 2024.*
- *Staff on each field event to pack up when last group finishes.*