

SENIOR SPORTS DAY PROGRAM
DAY 1 THURSDAY 21st JUNE

Time	Event/Age group			
	Long Jump Qualifications	High Jump Qualifications	Shot Put Qualifications	200m heats
9:00 am	Welcome			
9.15 am	12yrs (2006)	11yrs (2007)	10yrs (2008)	8/9yrs (2009&2010)
10:00am	8/9yrs (2009&2010)	12yrs (2006)	11yrs (2007)	10yrs (2008)

11 am - 11.30 am: 1st break

11.30 am	10yrs (2008)	8/9yrs (2009&2010)	12yrs (2006)	11yrs (2007)
12:15 pm	11yrs (2007)	10yrs (2008)	8/9yrs (2009&2010)	12yrs (2006)

1.00 – 1.40pm 2nd break

1.40 pm	All Ages -Shuttle Relays			
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SENIOR SPORTS DAY PROGRAM DAY 2 FRIDAY 22nd JUNE

TIME	EVENT		
8:55am	Meet in house area		
9:05am	Welcome		
9:15am	200m finals (2006-2010)		
	90m HEATS	**CHAMPIONSHIP EVENT	ROTATION ACTIVITIES
10:00am	2009+2010 (8&9yrs)	2008 (10yrs)- long jump 2007 (11yrs)- shot put 2006 (12yrs)- high jump	2008 (10yrs)- tabloids 2007 (11yrs)- tug of war 2006 (12yrs)- ball games
10:30am	2006 (12yrs)	2009+2010 (8&9yrs)- shot put 2008 (10yrs)- high jump 2007 (11yrs)- long jump	2009+2010 (8&9yrs)- tug of war 2008 (10yrs)- ball games 2007 (11yrs)- tabloids
11:00am	Lunch- 1 st Break		
11:30am	2007 (11yrs)	2009+2010 (8&9yrs)- high jump 2008 (10yrs)- shot put 2006 (12yrs)- long jump	2009+2010 (8&9yrs)- ball games 2008 (10yrs)- tug of war 2006 (12yrs)- tabloids
12:15pm	2008 (10yrs)	2009+2010 (8&9yrs)- long jump 2007 (11yrs) - high jump 2006 (12yrs) - shot put	2009+2010 (8&9yrs)- tabloids 2007 (11yrs)- ball games 2006 (12yrs)- tug of war
1:00pm	Lunch- 2 nd Break		
1:40pm	90m finals (2006-2010)		
2:15pm	Championship relay race (teachers vs parents vs students)		
2:30pm	Presentations		

** students must've qualified the following day to compete. Students who don't qualify for championship events, take part in the rotation activities