

Athletics Nominations Days 2023

Wednesday 14 June

Day One	Bluegum 9/10 yrs	Kurrajong 9/10yrs	Wattle 9/10 yrs	Bluegum 11/12 yrs	Kurrajong 11/12 yrs	Wattle 11/12 yrs
9:00am	Sprints (80/100m)	High Jump	Shot Put	Discus	800m (Alt track)	Long Jump
9:40am	Shot Put	Sprints (80/100m)	High Jump	Long Jump	Discus	800m (Alt track)
10:20am	High Jump	Shot Put	Sprints (80/100m)	800m (Alt track)	Long Jump	Discus
11:00am	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>
11:40am	Discus	800m (Alt track)	Long Jump	Sprints (80m/100m)	Shot Put	High Jump
12:25am	Long Jump	Discus	800m (Alt track)	High Jump	Sprints (80m/100m)	Shot Put
1:15pm	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>
2:00pm	800m (Alt track)	Long Jump	Discus	Shot Put	High Jump	Sprints (80/100m)
2:45pm	<i>Pack up</i>	<i>Pack up</i>	<i>Pack up</i>	<i>Pack up</i>	<i>Pack up</i>	<i>Pack up</i>

Wednesday 14 June (Year 3 Students)

Day One	8 Year Olds (B/K/W)	9 Year old to 12 Year old Athletics Nominations				
9:00am	80m sprints (Alt track)	80m/100m sprints every child in sports house in each age group Ball Games every child in sports house in each age group Relays teams every child in sports house in each age group 200m final 3 students per house in each age group (3 boys/3 girls) HJ/LJ/Shot Put/Discus/800m 4 students per house in each age group (4 boys/4 girls)				
9:40am	Relays (Alt track)					
10:20am	Ball Games					
11:00am	<i>Lunch</i>					
11:35am	<i>Return to classroom</i>					

Thursday 15 June

Day Two	Bluegum 9/10 yrs	Kurrajong 9/10yrs	Wattle 9/10 yrs	Bluegum 11/12 yrs	Kurrajong 11/12 yrs	Wattle 11/12 yrs
12:40pm	200m	Ball Games	Relays (Alt track)	200m	Ball Games	Relays (80m track)
1:15pm	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>
2:00pm	Relays (Alt track)	200m	Ball Games	Relays (80m track)	200m	Ball Games
2:30pm	Ball Games	Relays (Alt track)	200m	Ball Games	Relays (80m track)	200m

Friday 16 June

1500m Finals

(9/10/11/12 years)

Girls = 1st lunch

Boys = 2nd lunch