

SPORTS DAY 2023

Overview

Times	Juniors Pre-Prep and Prep		Times	Seniors Years 7-12	
	0900-1100	Junior Track Events		0900-1000	Year 10 Triple Jump
	0900-1100	Year 5 Discus and Rounders Ball Throw		0900-1100	Years 7-12 Discus and Rounders Ball Throw
				0900-1130	Years 7-12 High Jump Astro turf
			1100-1130	Years 7-12 800m	
Lunch 1130-1230 hours					
House Parade All Years 1230 hours					
1245	Years 3 and 4 Indoor Activities				
Registration in Houses 1245 hours					
1345	Years 5 and 6 Track and Field Events with Senior School		1245-1530	Years 7-12 Track and Field Events	
1500	Prep, Years 3 and 4 return to Sports Day				
Registration in Houses 1530 hours					
Results and Winning Lap 1545 hours					

Morning Track Events Schedule | Junior

Pre-Prep and Prep Track Events | 0900-1045 hours

Pre-Prep

- 25m sprint
- 50m sprint
- Egg and Spoon
- Sack Race

Prep

- 400m
- 600m
- 50m sprint
- 100m sprint
- Egg and Spoon
- 200m sprint
- Relay Race
- Obstacle Race

Field Events Schedule

Year Group	Discus	Rounders Ball Throw	Shot Put	Long Jump	Vortex Throw	Standing Long Jump	High Jump
Year 5	0900	0900	0930	1345	0930	1345	
Year 6	0900	0900	0930	1345	0930	1345	1345
Year 7	0930	0930	1315	1415	1315	1415	0900-1130
Year 8	1000	1000	1315	1415	1315	1415	
Year 9	1000	1000	1345	1315	1345	1315	
Year 10	1030	1030	1345	1315	1345	1315	
Year 12	1030	1030	1415	1445	1415	1445	

Afternoon Track Events Schedule | Senior

1300 hours | 100m

- Year 7b | 100m
- Year 7a | 100m
- Year 8b | 100m
- Year 8a | 100m
- Year 9b | 100m
- Year 9a | 100m
- Year 10b | 100m
- Year 10a | 100m
- Year 12 | 100m

1330 hours | 300m and 200m

- Year 9 | 300m
- Year 10 | 300m
- Year 5 | 200m
- Year 6 | 200m
- Year 7b | 200m
- Year 7a | 200m
- Year 8b | 200m
- Year 8a | 200m
- Year 9b | 200m
- Year 9a | 200m
- Year 10b | 200m
- Year 10a | 200m
- Year 12 | 200m

1415 hours | 4 x 100m Relay

- Year 5 | 4x50m Relay
- Year 6c | 4x50m Relay
- Year 6b | 4x50m Relay
- Year 6a | 4x50m Relay
- Year 7d | 4x100m Relay
- Year 7c | 4x100m Relay
- Year 7b | 4x100m Relay
- Year 7a | 4x100m Relay
- Year 8d | 4x100m Relay
- Year 8c | 4x100m Relay
- Year 8b | 4x100m Relay
- Year 8a | 4x100m Relay
- Year 9d | 4x100m Relay
- Year 9c | 4x100m Relay

- Year 9b | 4x100m Relay
- Year 9a | 4x100m Relay
- Year 10d | 4x100m Relay
- Year 10c | 4x100m Relay
- Year 10b | 4x100m Relay
- Year 10a | 4x100m Relay
- Year 12 | 4x100m Relay
- Inter-Year Group relay*

*Years 5 to 12, one runner per Year Group per House