

2020 CARMEL COLLEGE ATHLETICS DAY

Age groups that athletes need to compete in:

Year 7

Year 8

Junior - Under 14 as of 1st January 2020

Intermediate - Under 16 as of 1st January 2020

Senior - 16 and over as of 1st January 2020

NB: All field events will start at the scheduled time but track events may be run earlier than the program states. Should your track and field events clash please go to the track event first then return to the field event .

- 1 House point per person per event
- 9.15am HOUSE CHANTS

Track Events

8.15am

1500m Straight Finals

Y7, Y8, Junior, Intermediate, Senior

9.45am

800m Straight Finals

Y7, Y8, Junior, Intermediate, Senior

100m Heats

Y7, Y8, Junior, Intermediate, Senior

400m Heats

Y7, Y8, Junior, Intermediate, Senior

Fun Race 25m - Egg and Spoon

12pm

100m Finals

Y7, Y8, Junior, Intermediate, Senior

200m Heats

Y7, Y8, Junior, Intermediate, Senior

Fun Race 25m - 3 Legged race

400m Finals

Y7, Y8, Junior, Intermediate, Senior

200m Finals

Y7, Y8, Junior, Intermediate, Senior

2pm (Only if time permits)

House Relay

100m Sprint

2.40pm (At the latest)

Leave the Athletics Club

Field Events

9.45am

Y7 Shot Put - Circle 1(Sand)

Y8 Discus - Net 1(Far side)

Junior Long Jump - Pit 1

Intermediate Shot Put - Circle 2 (Grass)

Senior Discus - Net 2 (Road side)

11.30am

Y7 Long Jump - Pit 2

Y8 Shot Put - Circle 2 (Grass)

Junior Discus - Net 1(Far side)

Intermediate Long Jump - Pit 1

Senior Shot Put - Circle 1(Sand)

1pm

Y7 Discus - Net 2 (Road side)

Y8 Long Jump - Pit 1

Junior Shot Put - Circle 1(Sand)

Intermediate Discus - Net 1(Far side)

Senior Long Jump - Pit 2

2.40pm (At the latest)

Leave the Athletics Club