

2019 INTERHOUSE ATHLETICS FIELD PROGRAMME

2019 INTERHOUSE ATHLETICS FIELD PROGRAM		Y3 (Long Jump will be measured during class time)	Y4	Y5	Y6	Y7		Y8		Y9	
						BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS
1	8.45	Rest	T Ball Throw	Long Jump	Flag Relay	Javelin	Triple Jump	Discus	Shot	High Jump	High Jump
2	9.30	T Ball Throw	Speed Bounce / Flag Relay	Vortex	Long Jump	High Jump	Javelin	Triple Jump	Rest	Shot	Rest
3	10.15	Speed Bounce / Flag Relay	Vortex	Rest	T Ball Throw	Long Jump	High Jump	Rest	Triple Jump	Discus	Shot
4	11.00	Rest	Long Jump	Triple Jump	Rest	Rest	Rest	High Jump	Javelin	Rest	Discus
5	11.45	Vortex	Rest	T Ball Throw	Triple Jump	Discus	Shot	Long Jump	High Jump	Javelin	Rest
6	12.30	Depart	Depart	Flag Relay	Vortex	Triple Jump	Discus	Shot	Long Jump	Rest	Javelin
7	1.15	Commence School As Normal		Depart	High Jump Practice	Shot	Long Jump	Javelin	Discus	Long Jump	Long Jump
8	2.00	School as Normal			Return to School	Pack Away			Triple Jump	Triple Jump	

WEDNESDAY 14TH AUGUST 2019