



VSSA Athletics 2019

Day 1 Organisation

Tuesday 12th November 2019

9.20 pm - Long Distance Running

Year 3: 200m Events 29-32

Years 4 – 6: 400m Events 33 – 44

10.00am - Jumps and Throws

Rotation	Jumps Pit 1	Jumps Pit 2	Jumps Pit 3	Jumps Pit 4	T-Ball 1	T-Ball 2	Turbo Jav 1	Turbo Jav 2
1	Year 5 Girls T.J.	Year 5 Boys T.J.	Year 3 Boys L.J.	Year 3 Girls L.J.	Year 6 Boys	Year 6 Girls	Year 4 Boys	Year 4 Girls
2			Year 4 Boys L.J.	Year 4 Girls L.J.	Year 3 Boys	Year 3 Girls	Year 6 Boys	Year 6 Girls
3	Year 6 Boys T.J.	Year 6 Girls T.J.	Year 5 Boys L.J.	Year 5 Girls L.J.	Year 5 Boys	Year 5 Girls	Year 3 Boys	Year 3 Girls
4			Year 6 Boys L.J.	Year 6 Girls L.J.	Year 4 Boys	Year 4 Girls	Year 5 Boys	Year 5 Girls

VSSA Athletics 2019

Day 2 Organisation

Friday 15th November 2019

9:20am - Long Distance Running

Years 4 – 6: 200m

10:00am – Event Rotation

Rotation	Track	Flag Relay	Multi-Ball	Leaderball
PE TEACHER IN CHARGE Teachers accompanying teams to game assist with supervising and placing order.	Piara Waters (starter)	Campbell	Aspiri	FCPS
10:00am	Year 3 Boys 75m (Div A-F) Yr 3 Girls 75m (Div A-F)	Year 6 Girls Championship event Year 6 Boys Championship event MIXED Yr 6 Spirit Event	Year 5 Girls Championship event Year 5 Boys Championship event MIXED Yr 5 Spirit Event	Year 4 Girls Championship event Year 4 Boys Championship event MIXED Yr 4 Spirit Event

10:30am- Recess (20 mins) (FCPS Recess - 10:45-11:05am)

10:50am	Year 4 Boys 75m (Div A-F) Yr 4 Girls 75m (Div A-F)	Year 3 Girls Championship event Year 3 Boys Championship event MIXED Yr 3 Spirit Event	Year 6 Girls Championship event Year 6 Boys Championship event MIXED Yr 6 Spirit Event	Year 5 Girls Championship event Year 5 Boys Championship event MIXED Yr 5 Spirit Event
11:20am	Year 5 Boys 75m (Div A-F) Yr 5 Girls 75m (Div A-F)	Year 4 Girls Championship event Year 4 Boys Championship event MIXED Yr 4 Spirit Event	Year 3 Girls Championship event Year 3 Boys Championship event MIXED Yr 3 Spirit Event	Year 6 Girls Championship event Year 6 Boys Championship event MIXED Yr 6 Spirit Event
11:50pm	Year 6 Boys 75m (Div A-F) Yr 6 Girls 75m (Div A-F)	Year 5 Girls Championship event Year 5 Boys Championship event MIXED Yr 5 Spirit Event	Year 4 Girls Championship event Year 4 Boys Championship event MIXED Yr 4 Spirit Event	Year 3 Girls Championship event Year 3 Boys Championship event MIXED Yr 3 Spirit Event

12:20pm- Pole Relay

Year 3	Boys	100m	Pole Relay
Year 3	Girls	100m	Pole Relay
Year 4	Boys	100m	Pole Relay
Year 4	Girls	100m	Pole Relay
Year 5	Boys	100m	Pole Relay
Year 5	Girls	100m	Pole Relay

12:50pm- Lunch (30 mins) (FCPS Lunch- 1:05-1:50pm)

1:20pm- Pole Relay

Year 6	Boys	100m	Pole Relay
Year 6	Girls	100m	Pole Relay
	Boys	100m	Grand Relay
	Girls	100m	Grand Relay

1:40pm - Yr 6 Mixed Tug of War

1:55pm– Presentations (to be completed by 2:15pm)