

VSSA Athletics 2022

Day 1 - Tuesday 8th November 2022 @ Forest Crescent PS

9.20am - Long Distance Running

Year 3: 200m (2 heats using timing gates)

Years 4 – 6: 400m (2 heats using timing gates)

10.20am - 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 10:20am	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 11:00am			Year 5 Boys L.J.	Year 5 Girls L.J.	Year 3 Boys	Year 3 Girls	Year 6 Boys	Year 6 Girls
3 11:40am	Year 6 Boys T.J	Year 6 Girls T.J.	Year 4 Boys L.J	Year 4 Girls L.J	Year 5 Boys	Year 5 Girls	Year 3 Boys	Year 3 Girls
4 12:20pm	Year 6 Boys L.J.	Year 6 Girls L.J.			Year 4 Boys	Year 4 Girls	Year 5 Boys	Year 5 Girls

Finish 1:00pm

* Please note times are approximate

* Only Yr 5 and 6 do Triple Jump