

# VSSA Athletics 2022

## Day 2 @ Forest Crescent PS- Friday 11th November 2022

**9:20am - Long Distance Running - Years 4 – 6: 200m** Taking in to account timing gates added extra 20 minutes

### 10:20am – Event Rotation

Rotation	Track	Flag Relay	Multi-Ball	Leaderball
<b>10:20am</b>	Year 3 Boys 75m (Div A-F) Year 3 Girls 75m (Div A-F)	Year 6 Girls Championship event Year 6 Boys Championship event MIXED Year 6 Spirit Event	Year 5 Girls Championship event Year 5 Boys Championship event MIXED Year 5 Spirit Event	Year 4 Girls Championship event Year 4 Boys Championship event MIXED Year 4 Spirit Event

**10:50am- Recess (15 mins) (FCPS recess 10:45 to 11:05)**

**11:05- Remembrance Day pause. 1 minute silence at 11:07 to coincide with main school.**

<b>11:10am</b>	Year 4 Boys 75m (Div A-F) Year 4 Girls 75m (Div A-F)	Year 3 Girls Championship event Year 3 Boys Championship event MIXED Year 3 Spirit Event	Year 6 Girls Championship event Year 6 Boys Championship event MIXED Year 6 Spirit Event	Year 5 Girls Championship event Year 5 Boys Championship event MIXED Year 5 Spirit Event
<b>11:40am</b>	Year 5 Boys 100m (Div A-F) Year 5 Girls 100m (Div A-F)	Year 4 Girls Championship event Year 4 Boys Championship event MIXED Year 4 Spirit Event	Year 3 Girls Championship event Year 3 Boys Championship event MIXED Year 3 Spirit Event	Year 6 Girls Championship event Year 6 Boys Championship event MIXED Year 6 Spirit Event
<b>12:10pm</b>	Year 6 Boys 100m (Div A-F) Year 6 Girls 100m (Div A-F)	Year 5 Girls Championship event Year 5 Boys Championship event MIXED Year 5 Spirit Event	Year 4 Girls Championship event Year 4 Boys Championship event MIXED Year 4 Spirit Event	Year 3 Girls Championship event Year 3 Boys Championship event MIXED Year 3 Spirit Event

**12:40pm- LUNCH 20 Mins**

**1:00pm Shuttle Relays and Grand Relay**

Year 3	Boys	75m	Shuttle Relay
Year 3	Girls	75m	Shuttle Relay
Year 4	Boys	100m	Shuttle Relay
Year 4	Girls	100m	Shuttle Relay
Year 5	Boys	100m	Shuttle Relay
Year 5	Girls	100m	Shuttle Relay
Year 6	Boys	100m	Shuttle Relay
Year 6	Girls	100m	Shuttle Relay
	Boys	100m	Grand Relay
	Girls	100m	Grand Relay

**1:30pm- Yr 6 Mixed Tug of War**

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

\* Please note times are approximate

There will be a coffee van and Boost Juice available.