

VSSA INTERSCHOOL ATHLETICS PROGRAM DAY 1 (PAGE 1)

9.35am START (<i>approx.</i>)	Girls Year 4 400m (CH. A)	Girls Year 6 400m (CH. A)	Boys Year 4 LJ (CH.)	Boys Year 6 TJ (CH.)
200/400m C/S EVENTS	Girls Year 4 400m (CH. B)	Girls Year 6 400m (CH. B)	Girls Year 4 LJ (CH.)	Girls Year 6 TJ (CH.)
	Girls Year 4 400m (CH. C)	Girls Year 6 400m (CH. C)	Boys Year 3 S/P (CH.)	Boys Year 5 LJ (CH.)
Boys Year 3 200m (CH. A)	Boys Year 5 400m (CH. A)		Girls Year 3 S/P (CH.)	Girls Year 5 LJ (CH.)
Boys Year 3 200m (CH. B)	Boys Year 5 400m (CH. B)		Boys Year 5 TJ (CH.)	Boys Year 3 T Jav (CH.)
Boys Year 3 200m (CH. C)	Boys Year 5 400m (CH. C)	FIELD EVENTS	Girls Year 5 TJ (CH.)	Girls Year 3 T Jav (CH.)
Girls Year 3 200m (CH. A)	Girls Year 5 400m (CH. A)	Boys Year 6 LJ (CH.)	Boys Year 6 T Jav (CH.)	Boys Year 4 S/P (CH.)
Girls Year 3 200m (CH. B)	Girls Year 5 400m (CH. B)	Girls Year 6 LJ (CH.)	Girls Year 6 T Jav (CH.)	Girls Year 4 S/P (CH.)
Girls Year 3 200m (CH. C)	Girls Year 5 400m (CH. C)	Boys Year 5 S/P (CH.)	Boys Year 3 LJ (CH.)	Boys Year 5 T Jav (CH.)
Boys Year 4 400m (CH. A)	Boys Year 6 400m (CH. A)	Girls Year 5 S/P (CH.)	Girls Year 3 LJ (CH.)	Girls Year 5 T Jav (CH.)
Boys Year 4 400m (CH. B)	Boys Year 6 400m (CH. B)	Boys Year 4 T Jav (CH.)	Boys Year 6 S/P (CH.)	
Boys Year 4 400m (CH. C)	Boys Year 6 400m (CH. C)	Girls Year 4 T Jav (CH.)	Girls Year 6 S/P (CH.)	

TIME	Rotation	Jumps Pit	Jumps Pit	Jumps Pit	Jumps Pit (5)	Shot Put	Shot Put	Turbo Jav	Turbo Jav
10.40AM	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
11.20AM	2			Year 5 Boys L.J.	Year 5 Girls L.J.	Year 3 Boys	Year 3 Girls	Year 6 Boys	Year 6 Girls
12.00PM	3	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
12.40PM	4	Year 6 Boys L.J.	Year 6 Girls L.J.			Year 4 Boys	Year 4 Girls	Year 5 Boys	Year 5 Girls

VSSA INTERSCHOOL ATHLETICS PROGRAM DAY 2 (PAGE 1)

9.35am START (<i>approx.</i>)	SPRINTS DIV A-F	91. Girls Year 4 80m C (CH.C)	111. Boys Year 6 100m E	130. Girls Year 4 Flag Relay
200m EVENTS	71. Boys Year 3 80m A (CH. A)	92. Girls Year 4 80m D	112. Boys Year 6 100m F	131. Boys Year 5 Flag Relay
Bold = championship event	72. Boys Year 3 80m B (CH.B)	93. Girls Year 4 80m E	113. Girls Year 6 100m A (CH. A)	132. Girls Year 5 Flag Relay
53. Year 4 Boys 200m CH.A	73. Boys Year 3 80m C (CH.C)	94. Girls Year 4 80m F	114. Girls Year 6 100m B (CH.B)	133. Boys Year 6 Flag Relay
54. Year 4 Boys 200m CH.B	74. Boys Year 3 80m D		115. Girls Year 6 100m C (CH.C)	134. Girls Year 6 Flag Relay
55. Year 4 Boys 200m CH.C	75. Boys Year 3 80m E	95. Boys Year 5 100m A (CH. A)	116. Girls Year 6 100m D	
56. Year 4 Girls 200m CH.A	76. Boys Year 3 80m F	96. Boys Year 5 100m B (CH.B)	117. Girls Year 6 100m E	135. Boys Year 3 Leader Bag
57. Year 4 Girls 200m CH.B	77. Girls Year 3 80m A (CH. A)	97. Boys Year 5 100m C (CH.C)	118. Girls Year 6 100m F	136. Girls Year 3 Leader Bag
58. Year 4 Girls 200m CH.C	78. Girls Year 3 80m B (CH.B)	98. Boys Year 5 100m D		137. Boys Year 4 Leader Ball
59. Year 5 Boys 200m CH.A	79. Girls Year 3 80m C (CH.C)	99. Boys Year 5 100m E	TEAM GAMES	138. Girls Year 4 Leader Ball
60. Year 5 Boys 200m CH.B	80. Girls Year 3 80m D	100. Boys Year 5 100m F	119. Boys Year 3 Multi Ball	139. Boys Year 5 Leader Ball
61. Year 5 Boys 200m CH.C	81. Girls Year 3 80m E	101. Girls Year 5 100m A (CH. A)	120. Girls Year 3 Multi Ball	140. Girls Year 5 Leader Ball
62. Year 5 Girls 200m CH.A	82. Girls Year 3 80m F	102. Girls Year 5 100m B (CH.B)	121. Boys Year 4 Multi Ball	141. Boys Year 6 Leader Ball
63. Year 5 Girls 200m CH.B		103. Girls Year 5 100m C (CH.C)	122. Girls Year 4 Multi Ball	142. Girls Year 6 Leader Ball
64. Year 5 Girls 200m CH.C	83. Boys Year 4 80m A (CH. A)	104. Girls Year 5 100m D	123. Boys Year 5 Multi Ball	
65. Year 6 Boys 200m CH.A	84. Boys Year 4 80m B (CH.B)	105. Girls Year 5 100m E	124. Girls Year 5 Multi Ball	RELAYS
66. Year 6 Boys 200m CH.B	85. Boys Year 4 80m C (CH.C)	106. Girls Year 5 100m F	125. Boys Year 6 Multi Ball	143. Boys Year 3 Shuttle Relay
67. Year 6 Boys 200m CH.C	86. Boys Year 4 80m D		126. Girls Year 6 Multi Ball	144. Girls Year 3 Shuttle Relay
68. Year 6 Girls 200m CH.A	87. Boys Year 4 80m E	107. Boys Year 6 100m A (CH. A)		145. Boys Year 4 Shuttle Relay
69. Year 6 Girls 200m CH.B	88. Boys Year 4 80m F	108. Boys Year 6 100m B (CH.B)	127. Boys Year 3 Flag Relay	146. Girls Year 4 Shuttle Relay
70. Year 6 Girls 200m CH.C	89. Girls Year 4 80m A (CH. A)	109. Boys Year 6 100m C (CH.C)	128. Girls Year 3 Flag Relay	147. Boys Year 5 Shuttle Relay
	90. Girls Year 4 80m B (CH.B)	110. Boys Year 6 100m D	129. Boys Year 4 Flag Relay	148. Girls Year 5 Shuttle Relay

VSSA INTERSCHOOL ATHLETICS PROGRAM DAY 2 (PAGE 2)

RELAYS (Cont.)

149. Boys Year 6 Shuttle Relay

150. Girls Year 6 Shuttle Relay

151. Boys Grand Relay

152. Girls Grand Relay

153. Year 6 Mixed Tug O War

MIXED TEAM C/SHIP

154. Year 3 MultiBall Mixed

155. Year 4 MultiBall Mixed

156. Year 5 MultiBall Mixed

157. Year 6 MultiBall Mixed

158. Year 3 Flag Relay Mixed

159. Year 4 Flag Relay Mixed

160. Year 5 Flag Relay Mixed

161. Year 6 Flag Relay Mixed

162. Year 3 Leader Bag Mixed

163. Year 4 Leader Ball Mixed

164. Year 5 Leader Ball Mixed

165. Year 6 Leader Ball Mixed

9.35 – 10.00

10.00 – 10.30

10.30 – 10.50

10.50 – 11.20

11.20 – 11.50

11.50 – 12.20

12.20 – 12.45

12.45 – 1.10

1.10 – 1.20

1.20 – 1.45

1.45 – 2.10

Long Distance Sprints (200m Y4-6)

Rotation 1

Recess

Rotation 2

Rotation 3

Rotation 4

Shuttle Relay (Year 3-6)

Lunch

Shuttle Relay (Grand)

Year 6 Mixed Tug O War

Presentations + Pack up



ROTATION

TRACK

FLAG RELAY

MULTI BALL

LEADER BALL

10.00am

Year 3 Boys 80m A-F
Year 3 Girls 80m A-F

Year 6 Boys C/Ship
Year 6 Girls C/Ship
Mixed C/Ship

Year 5 Boys C/Ship
Year 5 Girls C/Ship
Mixed C/Ship

Year 4 Boys C/Ship
Year 4 Girls C/Ship
Mixed C/Ship

10.50am

Year 4 Boys 80m A-F
Year 4 Girls 80m A-F

Year 6 Boys C/Ship
Year 6 Girls C/Ship
Mixed C/Ship

Year 6 Boys C/Ship
Year 6 Girls C/Ship
Mixed C/Ship

Year 5 Boys C/Ship
Year 5 Girls C/Ship
Mixed C/Ship

11.20am

Year 5 Boys 80m A-F
Year 5 Girls 80m A-F

Year 6 Boys C/Ship
Year 6 Girls C/Ship
Mixed C/Ship

Year 3 Boys C/Ship
Year 3 Girls C/Ship
Mixed C/Ship

Year 6 Boys C/Ship
Year 6 Girls C/Ship
Mixed C/Ship

11.50am

Year 6 Boys 80m A-F
Year 6 Girls 80m A-F

Year 6 Boys C/Ship
Year 6 Girls C/Ship
Mixed C/Ship

Year 4 Boys C/Ship
Year 4 Girls C/Ship
Mixed C/Ship

Year 3 Boys C/Ship
Year 3 Girls C/Ship
Mixed C/Ship