VSSA Athletics 2026

Day 1 Organisation

(Langford Athletics)

Tuesday November 10 2026

9.35 am - Long Distance Running

Year 6: 400m *(post this event, students in Triple Jump walk over to the TJ station)*

Year 3: 200m

Years 4 – 5:400m

9.50am - Jumps and Throws (ALL TIMES APPROXIMATE)

TIME	ROTATION	**Jumps Pit (6)**	**Jumps Pit (7)**	**Jumps Pit (3)**	**Jumps Pit (5)**	**S-Put (13)**	**S-Put (14)**	**Turbo Jav (11)**	**Turbo Jav (12)**
9.50AM	1	Y6 G TJ	Y6 B TJ						
10.40AM	2	Y5 G TJ	Y5 B TJ	Y4 G LJ	Y4 B LJ	Y6G	Y6B	Y3G	Y3B
11.20AM	3	Y3 G LJ	Y3 B LJ	Y6 G LJ	Y6 B LJ	Y4G	Y4B	Y5G	Y5B
12.00PM	**LUNCH (15 mins)**								
12.20PM	4			Y5 G LJ	Y5 B LJ	Y3G	Y3B	Y4G	Y4B
1.00PM	5					Y5G	Y5B	Y6G	Y6B

VSSA Athletics 2026

Day 2 Organisation- Thursday 12th November 2026

9:35am - Long Distance Running

Years 4 – 6: 200m

10:00am – Event Rotation

Rotation	Track	Flag Relay	Multi-Ball	Leaderball
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 Championship Event	Year 5 Girls Championship event Year 5 Boys Championship event MIXED Yr 5 Championship Event	Year 4 Girls Championship event Year 4 Boys Championship event MIXED Yr 4 Championship Event
10:30am- Recess				
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 Championship Event	Year 6 Girls Championship event Year 6 Boys Championship event MIXED Yr 6 Championship Event	Year 5 Girls Championship event Year 5 Boys Championship event MIXED Yr 5 Championship Event
11:20am	Year 5 Boys 100m (Div A-F) Yr 5 Girls 100m (Div A-F)	Year 4 Girls Championship event Year 4 Boys Championship event	Year 3 Girls Championship event Year 3 Boys Championship event MIXED Yr3 Championship Event	Year 6 Girls Championship event Year 6 Boys Championship event MIXED Yr6 Championship Event

		MIXED Yr 4 Championship Event		
11:50pm	Year 6 Boys 100m (Div A-F) Yr 6 Girls 100m (Div A-F)	Year 5 Girls Championship event Year 5 Boys Championship event MIXED Yr 5 Championship Event	Year 4 Girls Championship event Year 4 Boys Championship event MIXED Yr 4 Championship Event	Year 3 Girls Championship event Year 3 Boys Championship event MIXED Yr 3 Championship Event

12:20pm- Shuttle 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

12:45pm - Lunch

1:10pm- Shuttle Relay

Year 3-6	Boys	100m	Grand Relay
Year 3-6	Girls	100m	Grand Relay

1:20pm - Yr 6 Mixed Tug of War

1:45pm– Presentations (to be completed by 2:05/2.10pm)