

# WIRREANDA SECONDARY SCHOOL - SPORTS DAY PROGRAM

**REMEMBER TO DRINK & SLIP SLOP SLAP THROUGHOUT THE WHOLE DAY**

9:00 AM	Students meet in the Gym - Sit in Home Groups for teachers to mark roll on devices
9:10 AM	Students move to house colours - Year 12 down to Year 7's <u>THEN</u> file out to the oval
9:10 AM	House Captains lead <b>Red Green Yellow</b> and line up in your House Marquees
9:30 AM	<b>ALL STUDENTS IN HOUSE AREAS</b>
9:30 AM	<b>IMMEDIATELY: 1500m competitors go to Starting Marshalls and warm up</b>
9:35 AM	<b>1500M RACES START</b>

TRACK EVENTS			FIELD EVENTS			
TIME	EVENT	AGE GROUPS	TIME	AREA	EVENT	AGE GROUPS
9:35 AM	1500m	U12-15, Unit/Special Class	10:00 AM	Area G/H	Javelin	U12 & U13
9:45 AM	1500m	U16 & Open	10:00 AM	Area E/F	High Jump	U14
10:00 AM	100m	U12	10:00 AM	Area B	Triple Jump	U15
10:05 AM	100m	U13	10:00 AM	Area C	Shot Put	U16
10:10 AM	100m	Unit/Special Class	10:00 AM	Area A	Long Jump	Open & Unit/Special Class
10:15 AM	100m	U14	10:00 AM	Area D	Discus	U12 & U13
10:20 AM	100m	U15	10:50 AM	Area G/H	Javelin	U14
10:25 AM	100m	U16	10:50 AM	Area E/F	High Jump	U15
10:30 AM	100m	Open	10:50 AM	Area B	Triple Jump	U16
10:40 AM	800m	U12-15, Unit/Special Class	10:50 AM	Area C	Shot Put	Open & Unit/Special Class
10:50 AM	800m	U16 & Open	10:50 AM	Area A	Long Jump	U12 & U13
11:20 AM	200m	U12	10:50 AM	Area D	Discus	U14
11:25 AM	200m	U13	11:40 AM	Area G/H	Javelin	U15
11:30 AM	200m	Unit/Special Class	11:40 AM	Area E/F	High Jump	U16
11:35 AM	200m	U14	11:40 AM	Area B	Triple Jump	Open & Unit/Special Class
11:40 AM	200m	U15	11:40 AM	Area C	Shot Put	U12 & U13
11:45 AM	200m	U16	11:40 AM	Area A	Long Jump	U14
11:50 AM	200m	Open	11:40 AM	Area D	Discus	U15
12:10 PM	400m	U12	12:35 PM	Area G/H	Javelin	U16
12:20 PM	400m	U13	12:35 PM	Area E/F	High Jump	Open & Unit/Special Class
12:30 PM	400m	Unit/Special Class	12:35 PM	Area B	Triple Jump	U12 & U13
12:40 PM	400m	U14	12:35 PM	Area C	Shot Put	U14
12:50 PM	400m	U15	12:35 PM	Area A	Long Jump	U15
1:00 PM	400m	U16	12:35 PM	Area D	Discus	U16
1:10 PM	400m	Open	1:20 PM	Area G/H	Javelin	Open & Unit/Special Class
<b>1:45 PM - RELAYS START</b>			1:20 PM	Area E/F	High Jump	U12 & U13
			1:20 PM	Area B	Triple Jump	U14
			1:20 PM	Area C	Shot Put	U15
			1:20 PM	Area A	Long Jump	U16

**2:30 PM - Clean Up**

**2:45 PM - Meet in House Marquees for Official Medal Presentations on the Oval**

**3:15 PM - Congratulations to all students and staff for an excellent Sports Day - DISMISSED**