

## 2024 PRIMARY SPORT WELLINGTON INTER ZONE ATHLETICS PROGRAMME

9:15am 9:25am	<b>Officials &amp; Team Manger Briefing</b> <b>Welcome and notices for athletes and supporters</b>					
9.00 – 9.25am	Warm-Up					
9.30 – 10.30am 9.30am middle distance races start  9.30am Year 7 & 8 Shot Put events start	<b>1,500m – Years 7 &amp; 8</b> Race order: Year 8 Girls, Year 8 Boys, Year 7 Girls, Year 7 Boys <b>800m – Years 5 &amp; 6</b> Race order: Year 6 Girls, Year 6 Boys, Year 5 Girls, Year 5 Boys & <b>Shot Put (Year 7 &amp; 8 only)</b> At conclusion of middle distance races ALL AWS sprint events will take place.					
	<b>YEAR 4</b>	<b>YEAR 5</b>	<b>YEAR 6</b>	<b>YEAR 7</b>	<b>YEAR 8</b>	<b>AWS</b> Athletes With Support
10.30 - 11.10am	Quoit	High Jump	Vortex	Long Jump	Sprints 100m & 200m	PLEASE NB AWS rotate
11.10 - 11.50am	Vortex	Long Jump	High Jump	Sprints 100m & 200m	Discus	with their peer year level for
11.50am - 12.30pm	Sprints 60m & 100m	Quoit	Long Jump	High Jump	Vortex	vortex, quoit and long jump.
12.30 – 1.10pm	High Jump	Vortex	Sprints 80m & 150m	Discus	Long Jump	Sprints will take place immediately AFTER the
1.10 – 1.50pm	Long Jump	Sprints 80m & 150m	Quoit	Vortex	High Jump	middle distance races.
2.00 - 2.40pm	<b>Relay order</b> Year 4 Girls – Year 4 Boys Year 6 Girls - Year 6 Boys Year 7 Girls - Year7 Boys Year 5 Girls - Year 5 Boys Year 8 Girls - Year 8 Boys					

