

2017 PSW INTER ZONE ATHLETICS PROGRAMME

	YEAR 4	YEAR 5	YEAR 6	YEAR 7	YEAR 8	AWD
9:15am	Officials & Team Manger Briefing					
9.00 – 9.25am	Warm-Up					
9.30 – 10.30am 9.30am middle distance races start 9.30am Yr 7 & 8 Discus events start	<p style="text-align: center;">1,500m – Years 7 & 8 Race order: Yr 8 Girls, Yr 8 Boys, Yr 7 Girls, Yr 7 Boys 800m – Years 5 & Race order: Yr 6 Girls, Yr 6 Boys, Yr 5 Girls, Yr 5 Boys & Discus (Year 7 & 8 only) At conclusion of middle distance races ALL AWAD sprint events will take place.</p>					
10.30 - 11.10am	Quoit	High Jump	Vortex	Long Jump	Sprints 100m 200m	PLEASE NB AWAD rotate
11.10 - 11.50am	Vortex	Long Jump	High Jump	Sprints 100m 200m	Shot Put	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	Shot Put	Long Jump	Sprints will take place immediately
1.10 – 1.50pm	Long Jump	Sprints 80m 150m	Quoit	Vortex	High Jump	after middle distance races.
2.00 - 2.40pm	<p style="text-align: center;">Relay order Yr 4 Girls – Yr 4 Boys Yr 6 Girls - Yr 6 Boys Yr 7 Girls - Yr7 Boys Yr 5 Girls - Yr 5 Boys Yr 8 Girls - Yr 8 Boys</p>					