

# Ursuline High School Sports Day – Timetable - Register 8.35am.

Competitors must report to their event 5 minutes before then event time stated below.

Please note: Track events take priority over field events.

***If you are in more than one event report to both and alternate between the two***

Timing may change due to unforeseen circumstances

– listen for announcements from Mrs Corrigan in the centre on the track in front of the stand.

## **FRIDAY 30<sup>th</sup> JUNE 2023: Weir Archer Athletics Track**

TIME (flexible)	TRACK EVENT	FIELD EVENT	CHEERLEADING
<b>9.00am</b>		<b>Times are approximate – you will be called</b>	
<b>9.00am – Opening Ceremony</b>          <b>*early due to heat</b>	<b>Parade ceremony</b> 80m Hurdles – Year 7 80m Hurdles – Year 8 80m Hurdles – Year 9 80m Hurdles - Year 10  *1500m – yr7/8 - combined *1500m- yr9/10 - combined	<b>Shot – Year 9</b> Javelin – Year 10 <b>Long Jump – Year 7</b> <b>Long Jump – Year 8</b> High Jump – Year 9	<b>Get to the Cheerleading area on time!</b> 9.30am – 8Ur 9.35am – 8Te 9.40am – 8Ma 9.45am – 8Ca
<b>9.50am</b> (please make sure that this is a different person to the 1500m runner)	800m – year 7 800m – year 8 800m – Year 9 800m – Year 10		9.50am – 8Fr 9.55am – 8Be 10.00am – 8An
<b>10.20am</b>	<b>A Race</b> 100m – Year 7 100m – Year 8 100m – Year 9 100m – Year 10 100m – Year 12 *New*	<b>Shot – Year 7/8</b> Discus – Year 10 Javelin – Year 7 Javelin – Year 8 <b>Long Jump – Year 9</b> High Jump – Year 10	10.10am – 7An 10.15am – 7Be 10.20am – 7Ca
<b>10.35am</b>	<b>B Race</b> 100m – Year 7 100m – Year 8 100m – Year 9 100m – Year 10	Shot – Year 10	10.25am – 7Fr 10.30am – 7Ma 10.35am – 7Te

## LANES FOR TRACK EVENTS

St Angela - 1

St Bernadette - 2

St Catherine - 3

St Francis - 4

St Margaret - 5

St Teresa - 6

St Ursula - 7

<b>10.55am</b>		Discus – Year 9 Javelin – Year 9 <b>Long Jump – Year 10</b> High Jump – Year 7/8	10.40am – 7Ur 10.50am – 9U 10.55am – 9T
<b>11.10am</b>	Skipping – Year 7 Skipping – Year 8 Skipping – Year 9 Skipping – Year 10 Skipping – Year 12 *New*	<b>Discus yr7/8</b>  When the field events finish the TUG OF WAR will begin – First Yr10 & yr9 All Teams will be called to the middle	11.00am – 9M 11.10am – 9Fr
<b>11.25</b>	200m – Year 7 200m – Year 8 200m – Year 9 200m – Year 10		11.20am – 9C
<b>11.45am</b>	Egg/Spoon – Year 7 Egg/Spoon – Year 8 Egg/Spoon – Year 9 Egg/Spoon – Year 10 Egg/Spoon – Year 12	TUG OF WAR – Yr7 & yr8  <b>All Teams – You will be called by year by Mrs Corrigan to the centre of the track.</b>  Yr12 Tug of War *New*	11.25am – 9B 11.30am – 9A
<b>12.10am</b>	RELAY – Year 7 RELAY – Year 8 RELAY – Year 9 RELAY – Year 10 Inter-House RELAY Yr12 RELAY *New* <b>Staff and/or Parents Race/Relay</b>		
<b>12.30pm (time allowed for over run 30mins)</b>	<b>Results and presentations &amp; Thank you's</b>	Yr10 & yr12 to be dismissed first.	

Please use the bins provided!!! Thanks ;-)  
**Do not walk across the track or throwing areas**  
#getinvolved