

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

Ursuline High School Olympic 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.

TIME (flexible)	TRACK EVENT	FIELD EVENT	CHEERLEADING
9.00am			
9.00am – Opening Ceremony	Parade ceremony 75m Hurdles – Year 7 75m Hurdles – Year 8 80m Hurdles – Year 9 80m Hurdles - Year 10	Shot – Year 9 Javelin – Year 10 Long Jump – Year 7 Long Jump – Year 8 High Jump – Year 9	Get to the Cheerleading area on time! 9.30am – 8Ur 9.35am – 8Te 9.40am – 8Ma 9.45am – 8Ca
9.30am (weather dependant-time may change)	800m – year 7 800m – year 8 800m – Year 9 800m – Year 10		9.50am – 8Fr 9.55am – 8Be 10.00am – 8An
9.55am	A Race 100m – Year 7 100m – Year 8 100m – Year 9 100m – Year 10 100m – Year 12 *New*	Shot – Year 7/8 Discus – Year 10 Javelin – Year 7 Javelin – Year 8 Long Jump – Year 9 High Jump – Year 10	10.10am – 7An 10.15am – 7Be 10.20am – 7Ca
10.20am	B Race *New* 100m – Year 7 100m – Year 8 100m – Year 9 100m – Year 10	Shot – Year 10	10.25am – 7Fr 10.30am – 7Ma 10.35am – 7Te

10.45am	1500m – yr7/8 - combined 1500m- yr9/10 - combined	Discus – Year 9 Javelin – Year 9 Long Jump – Year 10 High Jump – Year 7/8	10.40am – 7Ur 10.50am – 9An 10.55am – 9Be
11.10am	Skipping – Year 7 Skipping – Year 8 Skipping – Year 9 Skipping – Year 10 Skipping – Year 12 *New*	Discus yr7/8 When the field events finish the TUG OF WAR will begin – First Yr10 & yr9 All Teams	11.00am – 9Ca 11.10am – 9Fr
11.25	200m – Year 7 200m – Year 8 200m – Year 9 200m – Year 10		11.20am – 9Ma
11.45am	Egg/Spoon – Year 7 Egg/Spoon – Year 8 Egg/Spoon – Year 9 Egg/Spoon – Year 10 Egg/Spoon – Year 12 *New*	TUG OF WAR – Yr7 & yr8 All Teams – You will be called by year by Mrs Corrigan to the centre of the track.	11.25am – 9Te 11.30am – 9Ur
12.10am	RELAY – Year 7 RELAY – Year 8 RELAY – Year 9 RELAY – Year 10 Inter-House RELAY *New* Yr12 RELAY *New* Staff Relay		12.00 - All Year 10 Cheerleading Groups
12.30pm (time allowed for over run 30mins)	Results and presentations & thank you's		

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

Follow us on Twitter @UHSPEDept sports day pictures will be tweeted!