

UNDERDALE HIGH SCHOOL
Sports Day
2020



SA Athletics Stadium
Tuesday 25th February, 2020

Programme

8.45 am	ROLL CALL – ASSEMBLE IN HOME GROUPS
9.00am	YRS 8 – 12 TEAM EVENTS START
10.00am	ATHLETICS PROGRAMME BEGINS
12.30pm	STAFF RELAY (if time permits)
12..40pm	TUG OF WAR
1.45pm	RELAY TEAMS MEET IN CENTRE
2.00pm	RELAYS BEGIN
2.15pm	FINAL CLEAN UP AND PACK UP
2.30pm	PRESENTATIONS
3.00pm	ROLL CALL AND DISMISSAL

UNDERDALE HIGH SCHOOL

Sports Day

2020

INFORMATION FOR STAFF – PLEASE READ CAREFULLY

- ◆ Roll Call will be at 8.45am in Year Level Areas (refer to map on page 15). Senior Home Groups meet at the back of the grandstand. Rolls will be taken to the stadium and can be collected from Jane at the start of the day and the end.
- ◆ The morning programme will begin with the Team Events of Tunnel Ball, Corner Spry and Water Carry to be carried out. Send students competing in those events to the grassed area on the main arena immediately after roll call.
- ◆ At 10.00am the Track and Field events will begin. Officials for these events will need to be at their stations by 10.00am.
- ◆ Make sure you know where your area is and pick up your equipment / recording sheets from Dimi or Paul at the Recording Desk area near the finish line by 9.45am.
- ◆ All equipment etc will need to be returned at the conclusion of your event. Rakes from long jump and triple jump pits need to be returned and the covers for the high jump and jump pits need to be replaced after the last events at that venue. The area needs to be swept up.
- ◆ All event folders contain information, rules, result sheets and ribbons.
- ◆ Please remember to send all results to Dimi or Paul at the results desk as soon as the event is concluded and not in a bundle later on otherwise main recorders won't have time to process them.
- ◆ Staff organising events NEED TO ORGANISE A COUPLE OF STUDENT HELPERS to assist. I have asked that students from each Sub School nominate if they want to be helpers so you may be able to co-opt them at your final Sub School meeting, but it must be your responsibility to get this assistance. If you are having difficulty with this please see Dimi or Paul for help.
- ◆ It will be gratefully appreciated if any staff can get to the stadium by 7.30am on the day to assist with the set-up. It would also be appreciated if you could assist with the pack up of equipment at the end of the day.
- ◆ Lets hope we all have a GREAT day.

THANK YOU FOR YOUR ASSISTANCE

UNDERDALE HIGH SCHOOL

RULES

Championship Points

- ◆ Competitors can enter as many events as they wish.. They may enter **TUG OF WAR** and **AS MANY TEAM EVENTS** as they like. **Championship points are only awarded for the athletics events.**

Championship Points (For Medal)

POSITION	1	2	3	4	5	6	7	8
POINTS	10	8	6	5	4	3	2	1

Team Event Points

POS	1	2	3
POINTS	10	8	6

Relay Points

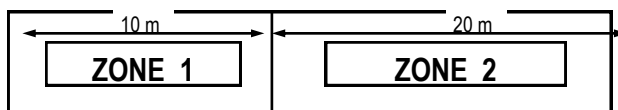
POSITION	1	2	3
POINTS	15	10	5

- ◆ Championship points will be contested for the following age groups:
GIRLS: Yr 8; Yr 9; Yr 10; Yr 11; Yr 12
BOYS: Yr 8; Yr 9; Yr 10; Yr 11; Yr 12
- ◆ Only **ONE** champion will be selected for each division, unless two students are placed identically. Otherwise a count-back system will be used to determine the overall champion.
- ◆ The Sub School gaining the most points from both the **“TEAM EVENTS”** and **“TRACK & FIELD EVENTS** will be awarded the **SUB SCHOOL CHAMPIONSHIP SHIELD**. A **Separate shield will also be awarded to the best Middle School Sub School and Senior Sub school for the most points in the respective School..**

Event Details

- ◆ **RELAYS:** Teams will be disqualified unless **“CHANGE OVER”** requirements are met ie. Runners can begin in first zone, but must not take the baton until they are in the second zone. The baton cannot be received outside zone two.
- ◆ If there is a shortage of relay runners, then a student may run in relays that are in higher age groups to their own ie. Students may not compete in relays below their age group.

Incoming Runner



Event Clashes

- ◆ Team organisers will need to watch that students are aware of procedures where they have more than one event scheduled at the same time. Please inform students that Track always takes priority over Field events as Track events will not be delayed. They should turn up for the field event, record their name, then leave and compete in their track event and return upon its completion. If they are in two field events at the same time they should split their time accordingly or complete one out of turn and go to the other.

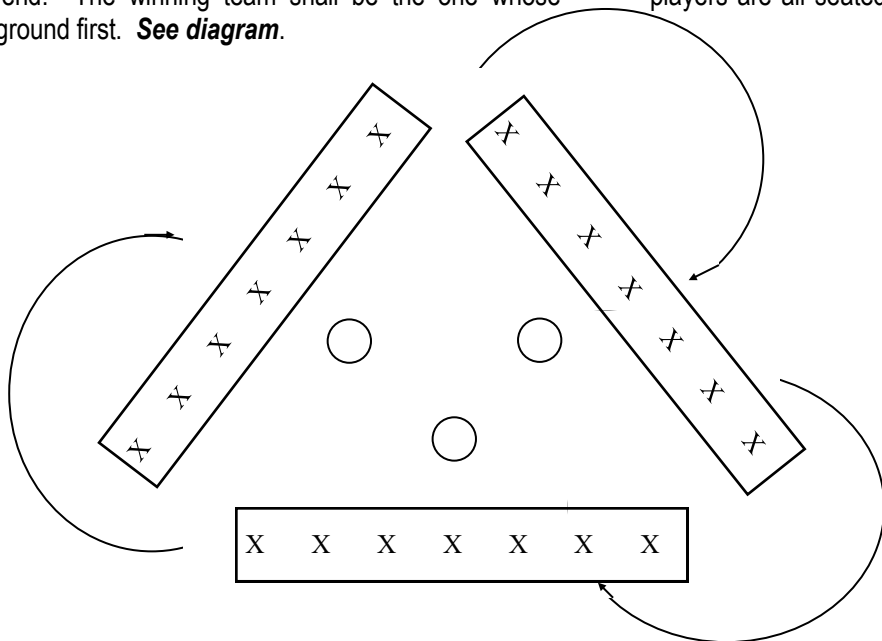
Tug of War

- ◆ Spikes are not allowed, but moulded rubbers soled boots are. Each competition will involve a play off against the other sub schools. The time recorded to move the middle flag over the finish line in each case will be recorded and used if there is a tie situation
- ◆ Students not competing are to be seated in the stand in sub school areas. Sub School captains and vice captains may cheer their team on, however:

Team Events Teachers responsible for Sub Schools control may take responsible students to a marked location on the track to observe the novelty events. Others should be left under supervision in the stand.

- ◆ **Tunnel Ball** - Teams comprise 4 females and 4 males from the respective year level. When marshalled students should line up as boy, girl etc. When the starter begins the game the team leader rolls the ball along the ground between all participants legs to the person at the end of the team. This person then retrieves the ball from the ground, races to the front of the team and does the same. When the team has gone right the way through the first team to be seated shall be the winning team. If the ball is fumbled, it must be returned to the place of the mistake and continued on. Failure to do so will result in disqualification.
- ◆ **Water Carry** - Teams comprise 4 females and 4 males from the respective year level. Students line up in a line facing west 1 behind the other. When the starter begins the game the first person sprints to a bucket containing water and fills their container. They race back to their own bucket and deposit the water in the empty bucket. They hand the container to player 2 who repeats this action. Each player then follows in turn. The game is run for 2 minutes. The winning team is the team that has the most water in their once empty bucket.

Corner Spry - Teams comprise 4 females and 4 males from the respective year level. This game is played inside a triangle. Cones will mark the perimeter. When marshalled students should line up with seven students facing 1 student who begins with the ball. The seven should be set as boy, girl etc. When the starter starts the game the team member out the front holding the ball passes the ball in turn to each member of his/her team. When the ball reaches the last of the seven others this student then runs the perimeter of the triangle not cutting any corners. While this player is running, the student who began the passing moves to the front of the line and the others shuffle down 1 place. At the last turn the player running around the square comes back and takes the front position. He then corner sprys the ball to the other seven. When the ball reaches the end the run is repeated. When the original starting person is back to the corner spry position this shall be the end. The winning team shall be the one whose _____ players are all seated on the ground first. **See diagram.**



Track & Field Events

- ◆ Because the time frame between field events is very tight (25 minutes), the following changes will be made to the 'normal' rules so that a quick progression from one field event to another is facilitated.
- ◆ **Long Jump, Discus, Shot, Triple Jump & Javelin – ie.,** For all events other than High Jump allow two attempts only instead of the usual three. Mark distances with markers provided and only measure the distances for first and second place. Get your student helper to do this.

High Jump

- ◆ **Year 8 & 9** – begin at 110 cm and go up in lots of 5cm until you reach 125cm. Then progress in lots of 2cm. Allow competitors two attempts at each height instead of three. In the event of a draw, exercise a count back based on the number of successful attempts
- ◆ **Year 10 & 11/12 Girls** – begin at 115cm and go up in lots of 5cm until you reach 130cm. Then progress in lots of 2cm. Allow competitors two attempts at each height instead of 3. In the event of a draw, exercise a count back based on the number of successful attempts.
- ◆ **Year 10 Boys** – begin at 115cm and go up in lots of 5cm until you reach 135cm. The progress in lots of 2cm. Allow competitors two attempts at each height instead of the usual three. In the event of a draw, exercise a count back based on the number of successful attempts.
- ◆ **Year 11/12 Boys** – begin at 120cm and go up in lots of 5cm until you reach 135cm. Then progress in lots of 2cm. Allow competitors two attempts at each height instead of the usual three. In the event of a draw, exercise a count back based on the number of successful attempts.

It doesn't matter if on the first attempt 5/8 fail to progress. That's the idea! Give them all a point for competing, then progress with whom ever is left until an eventual winner is identified.

Track Information

Because of lane restrictions only 8 competitors will be allowed in each heat of the 100m, 200m and 400m.

- ◆ In the Field Events give all Competitors two attempts.

TRACK AND FIELD EVENTS – 10.00am – 2.15pm

Time	Event No.	Event	Location	Time	Event No.	Event	Location
10.00	1	Yr 8 Girls 100m	Track	10.50	35	Yr 9 Girls High Jump	H Jump 2
10.00	2	Yr 8 Girls Long Jump	L Jump 1		36	Yr 10 Girls Discus	Discus 1
	3	Yr 9 Girls Triple Jump	T Jump 1		37	Yr 11 Girls Shot Put	Shot 1
	4	Yr 10 Girls High Jump	H Jump 1		38	Yr 12 Girls Javelin	Jav 1
	5	Yr 11 Girls Long Jump	L Jump 2		39	Yr 8 Boys Discus	Discus 2
	6	Yr 12 Girls Triple Jump	T Jump 2		40	Yr 9 Boys Shot Put	Shot 2
	7	Yr 8 Boys High Jump	H Jump 2		41	Yr 10 Boys Javelin	Jav 2
	8	Yr 9 Boys Discus	Discus 2		42	Yr 11 Boys Long Jump	L Jump 1
	9	Yr 10 Boys Shot Put	Shot 2		43	Yr 12 Boys Triple Jump	T Jump 2
	10	Yr 11 Boys Javelin	Jav 1	10.51	44	Yr 9 Boys 200m	Track
	11	Yr 12 Boys Javelin	Jav 2	10.53	45	Yr 10 Girls 200m	
10.02	12	Yr 8 Boys 100m	Track	10.55	46	Yr 10 Boys 200m	
10.04	13	Yr 9 Girls 100m		10.57	47	Yr 11 Girls 200m	
10.06	14	Yr 9 Boys 100m		10.59	48	Yr 11 Boys 200m	
10.08	15	Yr 10 Girls 100m		11.01	49	Yr 12 Girls 200m	
10.10	16	Yr 10 Boys 100m		11.03	50	Yr 12 Boys 200m	
10.12	17	Yr 11 Girls 100m		11.15	51	Yr 8 Girls High Jump	H Jump 1
10.14	18	Yr 11 Boys 100m			52	Yr 9 Girls Discus	Discus 1
10.16	19	Yr 12 Girls 100m			53	Yr 10 Girls Shot Put	Shot 1
10.18	20	Yr 12 Boys 100m			54	Yr 11 Girls Javelin	Jav 2
10.25	21	Yr 8 Girls Discus	Discus 1		55	Yr 12 Girls Long Jump	L Jump 1
	22	Yr 9 Girls Shot Put	Shot 1		56	Yr 8 Boys Shot Put	Shot 2
	23	Yr 10 Girls Javelin	Jav 1		57	Yr 9 Boys Long Jump	L Jump 2
	24	Yr 11 Girls Triple Jump	T Jump 1		58	Yr 10 Boys Triple Jump	T Jump 1
	25	Yr 12 Girls High Jump	H Jump 1		59	Yr 11 Boys High Jump	H Jump 2
	26	Yr 8 Boys Long Jump	L Jump 2		60	Yr 12 Boys Discus	Discus 2
	27	Yr 9 Boys Triple Jump	T Jump 2	11.45	61	Yr 8 Girls Shot Put	Shot 1
	28	Yr 10 Boys High Jump	H Jump 2		62	Yr 9 Girls Javelin	Jav 1
	29	Yr 11 Boys Discus	Discus 2		63	Yr 10 Girls Triple Jump	T Jump 2
	30	Yr 12 Boys Shot Put	Shot 2		64	Yr 11 Girls High Jump	H Jump 1
10.45	31	Yr 8 Girls 200m	Track		65	Yr 12 Girls Discus	Discus 1
10.47	32	Yr 8 Boys 200m			66	Yr 8 Boys Javelin	Jav 2
10.49	33	Yr 9 Girls 200m			67	Yr 9 Boys High Jump	H Jump 2
10.50	34	Yr 8 Girls Triple Jump	T Jump 1		68	Yr 10 Boys Long Jump	L Jump 1

Time	Event No.	Event	Location	Time	Event No.	Event	Location
11.45	69	Yr 11 Boys Shot Put	Shot 2			Yr 12 Girls Tug of War	
	70	Yr 12 Boys Long Jump	L Jump 2			Yr 12 Boys Tug of War	
12.15	71	Yr 8 Girls 400m	Track				
	72	Yr 8 Girls Javelin	Jav 1	1.30		All Relay teams assemble In Centre of arena	
	73	Yr 9 Girls Long Jump	L Jump 1				
	74	Yr 10 Girls Long Jump	L Jump 2	1.45	92	Yr 8 Girls 4 x 100m Relay	Track
	75	Yr 11 Girls Discus	Discus 1		93	Yr 8 Boys 4 x 100m Relay	
	76	Yr 12 Girls Shot Put	Shot 1		94	Yr 9 Girls 4 x 100m Relay	
	77	Yr 8 Boys Triple Jump	T Jump 1		95	Yr 9 Boys 4 x 100m Relay	
	78	Yr 9 Boys Javelin	Jav 2		96	Yr 10 Girls 4 x 100m Relay	
	79	Yr 10 Boys Discus	Discus 2		97	Yr 10 Boys 4 x 100m Relay	
	80	Yr 11 Boys Triple Jump	T Jump 2		98	Yr 11 Girls 4 x 100m Relay	
	81	Yr 12 Boys High Jump	H Jump 1		99	Yr 11 Boys 4 x 100m Relay	
12.15	82	Yr 8 Girls 400m	Track		100	Yr 12 Girls 4 x 100m Relay	
12.17	83	Yr 8 Boys 400m			101	Yr 12 Boys 4 x 100m Relay	
12.19	84	Yr 9 Girls 400m					
12.21	85	Yr 9 Boys 400m					
12.23	86	Yr 10 Girls 400m		2.15		Final Clean Up	
12.25	87	Yr 10 Boys 400m				Pack up	
12.27	88	Yr 11 Girls 400m		2.30		Presentations	
12.29	89	Yr 11 Boys 400m					
12.31	90	Yr 12 Girls 400m		3.00 - 3:15		Roll Calls & Dismissal	
12.33	91	Yr 12 Boys 400m					
12.35	XX	Staff Relay					
12.40		Assemble for Tug of Wars					
12.45		Yr 8 Girls Tug of War					
		Yr 8 Boys Tug of War					
		Yr 9 Girls Tug of War					
		Yr 9 Boys Tug of War					
		Yr 10 Girls Tug of War					
		Yr 10 Boys Tug of War					
		Yr 11 Girls Tug of War					
		Yr 11 Boys Tug of War					

OFFICIALS - 2020

Referee	Paul Davies
Event Coordinators + Information/Enquiries:	Dimi Sianis & Paul Davies
Announcer & Music Recorders	Jillian Gulliver Ian Groom, Ash Brook
Sub School Heads Ensure teams are filled for the day	Phoebe Virgo (Resilience) Green Josh Hilditch (Optimism) Yellow Peter Savvas (Courage) Red
Starter	David Harriss
Starter Marshal	Paul Davies
Finish Marshal	Rod del Nido
Chief Judge	Don Pappageorgiou
Judges/Timekeepers	1. Natalie Zuccon 2. Alana Birrell 3. Ted Keeley 4. David Baker
Team Events Marshals Organise teams to be ready to participate on time	Josh Hilditch (Optimism) Peter Savvas (Courage) Phoebe Virgo (Resilience)
Team Events Recorder Team Events Starter/Judge	Paul Gavini Rod del Nido
Track Event Recorders	1. Tina Sadedin 2. Charlotte Heywood
High Jump	Field 1 – Jason Simmonds, Thamarai Vetrivelu, Elena Hadar, Mikaela Pearce Field 2 - Michelle Bersagliere, Vanessa Savino, Loula Dacolias
Javelin	Field 1 – Michael Lane, Brenton Daddow, Kellie Woolford, Brad Tucker Field 2 – Vito Silvestri, Lauren De Bono, Debbie Scholfield
Discus	Field 1 – Leanne Ingerson, Glenn Clarke, Eleni Doufos, Chizuru Lock Field 2 – Luke Granleese, Paige Visentin, Lyn Rowberry
Shot Put	Field 1 – Sonia Ghimire, Heather Moyes, Rosie Piovesan Field 2 – Arefa Hassani, Mary Karic, Biljana Praksic
Long Jump	Field 1 – Lisa Quinn, Claudia Barbaro, Aram Rafaat Field 2 - Sophie Pyromallis, Caitlin Videon, Robert Schultz
Triple Jump	Field 1 – Lee Knight, Anne Bell, Terry Hortop Field 2 – Jonathon Djietror, Sabrina Prisco, Gregg Matthews
Relay Marshals	1 st Change – Jason Simmonds 2 nd Change – Brenton Daddow 3 rd Change – Luke Granleese
Results & Information Runners: Photographer:	Dimi Sianis, Student Helpers Rod del Nido

Crowd Control/Rubbish Wardens/Toilets/Gate Supervision: Anyone who is on a break from field events is to supervise students in the grandstand and around the perimeter of the track, as well as someone at the front gate at all times. There should be approx. 10-12 staff on break at any time when field events are on allowing for all staff on field events to have a sufficient break.

First Aid + Class Rolls: Jane Roberts

2020 HOUSE CAPTAINS

COURAGE

Year 8 - Harshjot Singh & Paige Hudson

Year 9 - Peter Panagiotidis & Kayla Sulistyo

Year 10 - Kosta Balaban & Mariam Noella

Year 11 - Sini Panagiotidis & Alice Sua

Year 12 - Nikolina Mrkajic & Jemma Manfre

House Leader - Mr Savvas

RESILIENCE

Year 8 - Marko Dobric & Willow Richards

Year 9 - Tommy Papageorgiou & Sophie Herczeg

Year 10 - Basim Durrani & Mannat Khosa

Year 11 - Anthony Gatis & Theodora Kasimidou

Year 12 - Petar Maric & Erin Murphy

Team Manager - Chloe Sciancalepore

House Leader - Ms Virgo

OPTIMISM

Year 8 - Cavyn Mirawan & Nick Ianella

Year 9 - Roman Safi & Jessica Corns

Year 10 - Sotiri Hristakopoulos & Mohaedeseh Morad Ali

Year 11 - Mikeson Latona & Jasmine Reusch

Year 12 - Sav Scriva & Diya Bueno

Vice Captains - Stan Velinov & Kasey Bauer

Team Manager - Phoebe Field

House Leader - Mr Hilditch

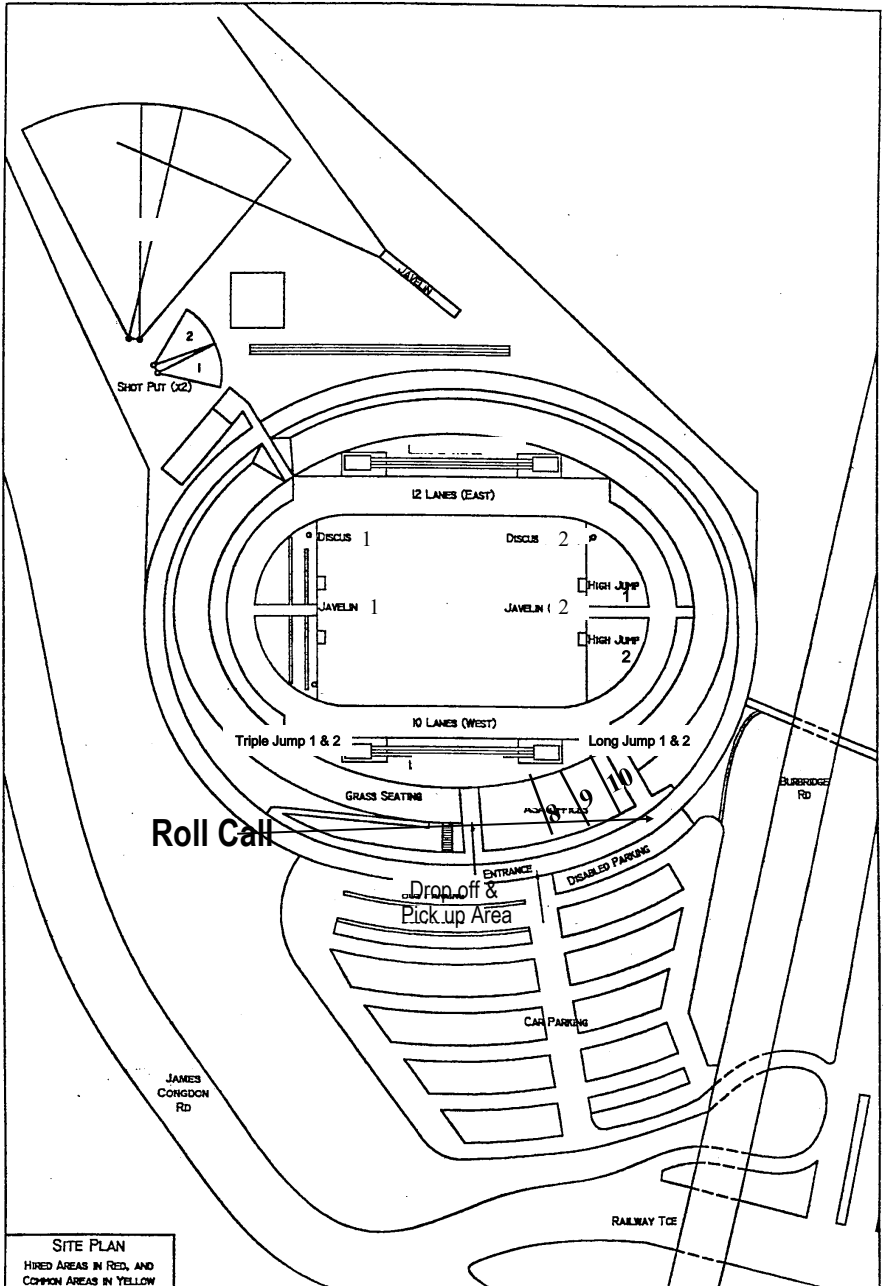
Underdale High School Sports Day Records

Year	Girls / Boys	Event	Student	Record
8	Girls	100m	O'SULLIVAN Kiara	13.6 sec
		200m	RANKINE Krystal	29.19 sec
		400m	MUIR Alex	1 min 08sec
		800m	BORG Emily	2 min 34.93 sec
		1500m	BORG Emily	5 min 40 sec
		Discus	CRANFIELD Joanne	19m 20cm
		High Jump	MASON-FYFE Helen	1m 31cm
		Javelin	Lea Jangam	20m 50cm
		Long Jump	MUIR Alex	5m 35cm
		Shot Put	WILSON Isabel	7m 45cm
	Triple Jump	STEWART Bethany	8m 21cm	
	Boys	100m	VAN WYK Malcolm	11.97 sec
		200m	VAN WYK Malcolm	25.69 sec
		400m	JOSEPH Daniel	1 min 0.65sec
		800m	REZENDE Pedro	2 min 25.15 sec
		1500m	TAHA Saad	4 min 41 sec
		Discus	FRANGOS Mathew	22m 41cm
		High Jump	SEMOLA James	1m 49cm
		Javelin	MOORE Connor	30m 32cm
		Long Jump	MORAKIS Thanasi	4m 95cm
Shot Put		SHEEHY Patrick	10m 55cm	
Triple Jump	VAN WYK Malcolm	11m 00cm		
9	Girls	100m	MURPHY Erin	13.84 sec
		200m	WATSON Kiara	29.46 sec
		400m	DAVEY Djkeera	1 min 10.38 sec
		800m	COLE Hannah	2 min 56.84 sec
		1500m	AL-YOUSEF Sara	5 min 16 sec
		Discus	HOBBS Gemma	18m 05cm
		High Jump	WATSON Kiara	1m 33.5cm
		Javelin	ZIEPES Claire	18m 50cm
		Long Jump	SUMAORO Manamen	4m 20cm
		Shot Put	ORSULIC Branka	8m 34cm
	Triple Jump	SUMAORO Manamen	8m 80cm	
	Boys	100m	LAV Jonathon	11.81 sec
		200m	MUNU Ishmail	25.16 sec
		400m	REZENDE Pedro	59.82 sec
		800m	HALL Lachlan	2min 23.15 sec
		1500m	MUNU Ishmail	4 min 44 sec
		Discus	Aldous Ergina	28m 0cm
		High Jump	SHEEHY Patrick	1m 57cm
		Javelin	ERGINA Alex	29m 80cm
		Long Jump	YABIO Tom	7m 04cm
Shot Put		Aldous Ergina	10m 43cm	
Triple Jump	HALL Lachlan	10m 35cm		

Underdale High School Sports Day Records

Year	Girls / Boys	Event	Student	Record
10	Girls	100m	STEWART Bethany	13.93 sec
		200m	MASON-FYFE Helen	30.91 sec
		400m	MASON-FYFE Helen	1 min 14 sec
		800m	MASON-FYFE Helen	2 min 52 sec
		1500m	COLE Hannah	6 min 42 sec
		Discus	ALCANTARA Reyzyl	19m 90cm
		High Jump	MASON-FYFE Helen	1m 38cm
		Javelin	VASELLI Elisa	23m 27cm
		Long Jump	INGLIS Isabella	4m 65cm
		Shot Put	ORSULIC Branka	8m 72cm
		Triple Jump	BORG Emily	8m 44cm
		Boys	100m	JOSEPH Achie
	200m		JOSEPH Achie	24.3 sec
	400m		KAMARA Mohammed	55.81sec
	800m		KOSMANIS Stephen	2 min 19 sec
	1500m		IANELLA Harley	4 min 23 sec
	Discus		WHATMAN Shaun	29m 76cm
	High Jump		BLACKSELL Todd	1m 72cm
	Javelin		BLACKSELL Todd	34m 35cm
	Long Jump		LETONA Jimmy	5m 85cm
Shot Put	HAYWARD Jack		12m 30cm	
Triple Jump	BAYNES Henry	10m 95cm		
11/12	Girls	100m	SUMAORO Manamen	13.44 sec
		200m	SUMAORO Manamen	28.25 sec
		400m	STEWART Bethany	1 min 13 sec
		800m	CHAPPEL Sarah	2 min 54.06sec
		1500m	STEWART Bethany	7 min 05 sec
		Discus	PILCHER Lisa	20m
		High Jump	STEWART Bethany/MOON Elyse	1m 40cm
		Javelin	CHAPPEL Sarah	22m 19cm
		Long Jump	WILSON Marley/KAMARA Mohammed	4m 85cm
		Shot Put	ORSULIC Branka	8m 41cm
		Triple Jump	SCRIVA Angela	8m 89cm
		Boys	100m	JOSEPH Achie
	200m		SCHUIT Phillip	22.84 sec
	400m		DAY Luke	52.59 sec
	800m		HALL Lachlan	2 min 15.38 sec
	1500m		ASEFA Biniam	4 min 14 sec
	Discus		LAZAROU Michael	35m 71cm
	High Jump		STEWART Trevor	1m 84cm
	Javelin		BLACKSELL Todd	39m 30cm
	Long Jump		MAKOSA Craig	6m
Shot Put	ROKONAI Sanaila		11m 37cm	
Triple Jump	HALL Lachlan	11m 10cm		

Santos Stadium Venue Map



RULES AND REGULATIONS

1. ACCESS:

The Main Gate within the car park will be the only gate open for entering and exiting the facility during the day. A written request for additional access is to be submitted to ORS prior to the day of Hire.

NO vehicles are allowed into Santos Stadium without prior arrangement. NO vehicles are allowed onto the track surface without prior arrangement by Stadium Management.

2. FACE & BODY PAINT:

NO face paint or body paint permitted within the stadium grounds

3. OUTLINE - BASIC RULES OF TRACK USAGE:

- No food or drink (spectators only)
- No Smoking
- No spitting
- No chewing gum
- Use garbage bins provided
- No glass or sharp objects
- Report damage
- Spikes (as outlined - track & field specific)

4. TRACK AND FIELD SPECIFIC:

Long and Triple Jumping Events:

No sand is to be put on the long jump or triple jump run ups. Masking tape is not to be used as markers on the track or run ups.

Sand in the long and triple jump pits must be raked or swept back at the end of the day.

6. THROWS:

All events are to be conducted at either the South East Corner or the North East Corner except Shot Put which will be held at the training area at the back of the stadium.

THE SHOT PUT CIRCLES in the main stadium are not available.

100m, 200m, 400m RACE LANES

Resilience - 1, 4, 7

Optimism - 2, 5, 8

Courage - 3, 6, 9

RELAY LANES

<u>Lane</u>	1	3	5
All Relays	C	O	R

To be rotated each year

GOOD LUCK
TO ALL
PARTICIPANTS
RECENT PAST WINNERS

Middle School Champion:

2017—Optimism

2018— Optimism

2019—Resilience

Senior School Champion:

2017 - Resilience

2018 - Resilience

2019—Optimism

Sub-School Trophy:

2017 - Resilience

2018—Optimism

2019— Resilience

Spirit Award

2017- Resilience

2018 - Resilience

2019 - Resilience