

St Patrick's Athletic Sports 2019
Villa Maria College
Friday, November 1, 2019

Times:	Organisation
8:40am	Buses depart school for Villa Maria - Year 4 - 8
9:30am	Sprints (Heat winners to be given a laminated card 1st, 2nd, 3rd)
10:30am	Sports Begin with First Rotation (see organisation below)
11:00am	Juniors to have lunch break at school
12:00pm	Juniors leave school - Year 1 - 3
12:30pm	Lunch for Seniors Juniors arrive. Juniors to use the track for sprints while the Seniors sit and eat lunch. They will do a 50m and 80m
1:00pm	Seniors to continue rotations Juniors to do rotation of four activities run by Fran, Petrea, Amber and Carl
2:00pm	House Relay
2:30pm	Buses return all children to school



Senior Athletics Rotations

	Time	Year 4	Year 5	Year 6	Year 7	Year 8
Sprints	9.30	Sprints	Sprints	Sprints	Sprints	Sprints
Mid Dist 1000m	10.30	Break	Long Jump	Discus	High Jump	Shot Put
Break/Support	11.00	Long Jump	Discus	High Jump	Shot Put	Mid Dist 1200m
Long Jump	11.30	Discus	High Jump	Shot Put	Mid Dist 1200m	Break
Discus	12.00	High Jump	Shot Put	Mid Dist 1000m	Break	long jump
High Jump	1.00	Shot Put	Mid Dist 1000m	Break	long jump	discuss
Shot Put	1.30	Mid Dist 1000m	Break	long jump	discuss	high jump
	2.00	House Relays				
All Pack up	2.30	End of Athletics				

Junior Athletics Rotations

	Group 1	Group 2	Group 3	Group 4	Group 5	Group 6
12.30	Sprints					
1:00	Shotput	Hurdles	Long Jump	High Jump	Discus	Relays
1:10	Hurdles	Long Jump	High Jump	Discus	Relays	Shotput
1:20	Long Jump	High Jump	Discus	Relays	Shotput	Hurdles
1:30	High Jump	Discus	Relays	Shot put	Hurdles	Long Jump
1:40	Discus	Relays	Shot put	Hurdles	Long Jump	High Jump
1:50	Relays	Shot put	Hurdles	Long jump	High Jump	Discus
2:00	Watch Relays - write on juniors hand who is in house relay					