

WAIAU AREA SCHOOL

Programme for Athletics 2015

Time	Event	Age Group (Senior)		Event	Age Group (Junior)	
9.00	Track			Field		
	800 meters' Finals	Under 12 Girls	Combined Finals	High jump 1	5 & 6 yr old Boys	14
		Under 12 Boys		High jump 2	5 & 6 yr old Girls	25
		Under 13 Girls	Combined Finals	Long Jump 1	7 & 8 yr old Boys	25
		Under 13 Boys		Long Jump 2	7 & 8 yr old Girls	21
		Junior Girls	Combined Finals	Shot Put 1	9 & 10 yr old Boys	18
		Junior Boys		Shot Put 2	9 & 10 yr old Girls	18
		Intermediate Girls	Combined Finals	Discus 2	Bye	
		Intermediate Boys		Discus 1	Bye	
		Senior Girls	Combined Finals			
Senior Boys						
9.30	Field			Track		
	High jump 1 High jump 2 Long Jump 1 Long Jump 2 Shot Put 1 Shot Put 2 Discus 2 Discus 1 Javelin	Under 12 Girls	No Field Events For the Under 12 Boys	Long Distance	9 & 10 yr old Boys	200m
		Senior Boys			9 & 10 yr old Girls	200m
		Intermediate Boys				
		Under 13 Girls				
		Junior Girls				
		Junior Boys				
		Under 13 Boys				
		Intermediate Girls				
		Senior Girls				
10.00	Track			Field		
400 meters' Finals	Under 12 Girls			High jump 1	7 & 8 yr old Boys	
	Under 12 Boys			High jump 2	7 & 8 yr old Girls	
	Under 13 Girls			Long Jump 1	9 & 10 yr old Boys	
	Under 13 Boys			Long Jump 2	9 & 10 yr old Girls	
	Junior Girls			Shot Put 1	Bye	
	Junior Boys			Shot Put 2	Bye	
	Intermediate Girls			Discus 2	5 & 6 yr old Boys	
	Intermediate Boys			Discus 1	5 & 6 yr old Girls	
	Senior Girls					
	Senior Boys					
	10.35			Field		
High jump 1 High jump 2 Long Jump 1 Long Jump 2 Shot Put 1 Shot Put 2 Discus 2 Discus 1 Javelin	Under 13 Girls	No Field Event For the Under 12 Girls	100m Sprints	9 & 10 yr old Boys		
	Intermediate Boys			9 & 10 yr old Girls		
	Junior Boys			7 & 8 yr old Boys		
	Junior Girls			7 & 8 yr old Girls		
	Intermediate Girls					
	Under 13 Boys					
	Senior Girls					
	Under 12 Boys					
Senior Boys						

11.05	Track			Field		
	200 meters'	Under 12 Girls		High jump 1	9 & 10 yr old Boys	
	Finals	Under 12 Boys		High jump 2	9 & 10 yr old Girls	
		Under 13 Girls		Long Jump 1	Bye	
		Under 13 Boys		Long Jump 2	Bye	
		Junior Girls		Shot Put 1	5 & 6 yr old Boys	
		Junior Boys		Shot Put 2	5 & 6 yr old Girls	
		Intermediate Girls		Discus 2	7 & 8 yr old Boys	
		Intermediate Boys		Discus 1	7 & 8 yr old Girls	
		Senior Girls				
		Senior Boys				
11.40		Field			Track	
	High jump 1	Junior Girls	No field event For the Under 13 Girls	60m Sprints	5 & 6 yr old Boys	
	High jump 2	Junior Boys			5 & 6 yr old Girls	
	Long Jump 1	Under 13 Boys			7 & 8 yr old Boys	
	Long Jump 2	Intermediate Girls			7 & 8 yr old Girls	
	Shot Put 1	Under 12 Boys				
	Shot Put 2	Senior Girls				
	Discus 2	Senior boys				
	Discus 1	Under 12 Girls				
	Javelin	Intermediate Boys				
12.15	Track			Field		
	100 meters	Under 12 Girls		High jump 1	Bye	
	Finals	Under 12 Boys		High jump 2	Bye	
		Under 13 Girls		Long Jump 1	5 & 6 yr old Boys	
		Under 13 Boys		Long Jump 2	5 & 6 yr old Girls	
		Junior Girls		Shot Put 1	7 & 8 yr old Boys	
		Junior Boys		Shot Put 2	7 & 8 yr old Girls	
		Intermediate Girls		Discus 2	9 & 10 yr old Boys	
		Intermediate Boys		Discus 1	9 & 10 yr old Girls	
		Senior Girls				
		Senior Boys				
12.50 Lunch Break – Shortened						
Be on time for next event						
1.20	Field			Track		
	High jump 1	Under 13 Boys		Long Distance	5 & 6 yr old Boys	100m
	High jump 2	Intermediate Girls			5 & 6 yr old Girls	100m
	Long Jump 1	Under 12 Boys			7 & 8 yr old Boys	200m
	Long Jump 2	Senior Girls			7 & 8 yr old Girls	200m
	Shot Put 1	Senior Boys				
	Shot Put 2	Under 12 Girls				
	Discus 2	Intermediate Boys				
	Discus 1	Under 13 Girls				
	Javelin	Junior Girls / Junior Boy				

1.45	Field		
	High jump 1	Under 12 Boys	No field event For the Under 13 Boys
	High jump 2	Senior Girls	
	Long Jump 1	Under 12 Girls	
	Long Jump 2	Senior Boys	
	Shot Put 1	Under 13 Girls	
	Shot Put 2	Intermediate Boys	
	Discus 2	Junior Girls	
	Discus 1	Junior Boys	
	Javelin	Intermediate Girls	
2.20	House Relay		
	Middle Scho		
	Lane 1	Rowallan - Boys	
	Lane 2	Rowallan - Girls	
	Lane 3	Longwood - Boys	
	Lane 4	Longwood - Girls	
	Lane 5	Dean - Boys	
	Lane 6	Dean - Girls	
	Senior Scho		
	Lane 1	Rowallan	
	Lane 3	Longwood	
	Lane 5	Dean	

1.45 House Relays Junior School		
Lane 1	Hauroko	
Lane 2	Longwood	
Lane 3	Rowallan	
Lane 4	Dean	
Lane 5	Blackmount	

4 x 100m Relays

Junior School

You will need: 2x 7/8 yr old (boy and girl), 2x 9/10 yr old (boy and girl)

Middle School

You need one U12, one U13, one Junior and one Intermediate runner per team, male and female teams.

Senior School Mixed Relay

Rowallan	Lane 1	Senior	2x Boys, 2x Girls
Longwood	Lane 3	Senior	2x Boys, 2x Girls
Dean	Lane 5	Senior	2x Boys, 2x Girls
Staff/Parents	Lane 7		4 x Staff/Parents