



Sport

# ST MARGARET'S INTERHOUSE ATHLETICS PROGRAM OVERVIEW



Sport

TIME	12 Years	13 Years	Under 13 Years	14 Years	15 Years	Under 15 Years	16 Years	17+ Years	Over 16 Years
9:00 AM	Arrival								
9:20 AM	1500m – 13 – 17+ Years								
9:30 AM	Discus	High Jump		Javelin	Long Jump		Shot Put	High Jump	Triple Jump
10:00 AM	100m Division A-C	100m Division A-D		100m Division A - D	100m Division A - D		100m Division A - D	100m Division A-D	
10:15 AM	Long Jump	Shot Put		High Jump	Javelin			Discus	
10:45 AM	High Jump	400m Division A/B		400m Division A/B	400m Division A/B		400m Division A/B	400m Division A/B	
11:15 AM		Discus		Shot Put	High Jump	Triple Jump	Long Jump		
11:45 AM	Shot Put	Javelin		Discus			High Jump	Long Jump	
12:15 PM	200m Division A/B	200m Division A/B Long Jump		200m Division A/B	200m Division A/B Discus		200m Division A/B Javelin	200m Division A/B Shot Put	
12:45 PM	800m Division A	800m Division A	Triple Jump	800m Division A Long Jump	800m Division A Shot Put		800m Division A Discus	800m Division A Javelin	
1:15 PM	St Margaret's Gift 100m and Lunch								
1:50 PM	4 x 100m Relay Division A	4 x 100m Relay Division A/B		4 x 100m Relay Division A/B	4 x 100m Relay Division A/B		4 x 100m Relay Division A/B	4 x 100m Relay Division A/B	
2:20 PM	Clean - Up								
2:25 PM	Presentations								
2:30 PM	Roll Call Departure – Please wait for your Year Group to be called								