

YEAR 4-9 HOUSE ATHLETICS CANRIVAL 2023

9am	Official Welcome, National Anthem & House Chant.						
Event Schedule	Year 4 & 8 Girls	Year 5 & 9 Girls	Year 5 & 9 Boys	Year 7 Girls	Year 7 Boys	Year 4 & 8 Boys	Year 6 Girls & Boys
9:20am	En Masse Relay – All Students to run continuously for 5minutes. Staff will use counters to record the number of laps that students make for their house. This will contribute to house points.						
9:40am	100m	Discus (2 Pits) Tough Mudder Obstacle Course	300m	High Jump (2 Mats) Face Paint Opportunity	800m	Shot Put (2 Pits) Shuttle Relays	Long Jump (2 Pits) Tug of war
10.20am	Long Jump (2 Pits) Tug of war	100m	Discus (2 Pits) Tough Mudder Obstacle Course	300m	High Jump (2 Mats) Face Paint Opportunity	800m	Shot Put (2 Pits) Shuttle Relays
11.00am	Shot Put (2 Pits) Shuttle Relays	Long Jump (2 Pits) Tug of war	100m	Discus (2 Pits) Tough Mudder Obstacle Course	300m	High Jump (2 Mats) Face Paint Opportunity	800m
11:40am	800m	Shot Put (2 Pits) Shuttle Relay	Long Jump (2 Pits) Tug of war	100m	Discus (2 Pits) Tough Mudder Obstacle Course	300m	High Jump (2 Mats) Face Paint Opportunity
12:20pm	Suggested Lunch Break – Dance with Mr Nichols.						
12.40pm	High Jump (2 Mats) Face Paint Opportunity	800m	Shot Put (2 Pits) Shuttle Relays	Long Jump (2 Pits) Tug of war	100m	Discus (2 Pits) Tough Mudder Obstacle Course	300m

1.20pm	300m	High Jump (2 Mats) Face Paint Opportunity	800m	Shot Put (2 Pits) Shuttle Relays	Long Jump (2 Pits) Tug of War	100m	Discus (2 Pits) Tough Mudder Obstacle Course
2.00pm	Discus (2 Pits) Tough Mudder Obstacle Course	300m	High Jump (2 Mats) Face Paint Opportunity	800m	Shot Put (2 Pits) Shuttle Relays	Long Jump (2 Pits) Tug of war	100m
2.40pm	<p>Relays- 6x100m Event 6xFemale Yr. 5/6 Competitors 6xMale Yr. 5/6 Competitors 6xFemale Yr. 7-9 Competitors 6xMale Yr. 7-9 Competitors</p> <p>Staff V Student Relay</p>						
3pm	<p><u>Fastest on Campus (Yr. 7-9 event)</u> 8x Males Competitors 8x Female Competitors</p>						
3:15pm	<p><u>Presentations:</u> The House trophy will be presented. <i>Due to the amount of data to be collated Age Champion medals may be presented at Year Level assemblies the following week.</i></p>						
3.40pm	<p>Students dismissed from the oval by Homeroom Teacher.</p>						