

VERDON COLLEGE SPORTS DAY PROGRAMME

8.55 am All students go to their homeroom teacher to have absentees checked. Each house will be called to complete a march past and then to assemble inside the track as our Head Boy and Head Girl open our Sports Day. Listen to the announcer for your event and location details.

Track events take precedence over field events. Students need to report to the field event before going to the track.

Event

1	9.00	Roll Check	Centre of the track
2	9.15	1500 m	Boys & Girls U14, U16, Snr
3	9.15	Shot Put	Senior Girls
4	9.15	Shot Put	Year 7 & 8 Girls Circle 2
5	9.15	Discus	U16 Girls
6	9.15	High Jump	U14 Girls
7	9.15	Long Jump	U16 Boys
8	9.35	100 m Heats	All Boys
9	9.45	High Jump	U 14 Boys
10	9.45	Shot Put	Senior Boys
11	9.45	Shot Put	Year 7 & 8 Boys Circle 2
12	9.45	100 m Heats	All Girls
13	9.50	Discus	U14 Girls
14	9.55	Long Jump	U16 Girls
15	10.15	High Jump	Senior Girls Mat 1
16	10.15	High Jump	Year 7 & 8 Girls Mat 2
17	10.15	200 m Heats	All Boys
18	10.25	Discus	U14 Boys
19	10.25	Shot Put	U16 Boys
20	10.30	Long Jump	U14 Girls
21	10.45	High Jump	Senior Boys Mat 1
22	10.45	High Jump	Year 7 & 8 Boys Mat 2
23	10.50	200 m Heats	All Girls
24	10.50	Shot Put	U16 Girls
25	11.00	Discus	Senior Girls
26	11.00	Discus	Year 7 & 8 Girls Circle 2
27	11.00	Long Jump	U14 Boys
28	11.05	100 m Final	U14 Boys
29	11.10	100 m Final	U16 Boys
30	11.15	High Jump	U16 Boys
31	11.15	100 m Final	Senior Boys Yr 7 & 8 Boys
32	11.20	100 m Final	U14 Girls
33	11.20	Shot Put	U14 Girls
34	11.25	100 m Final	U16 Girls
35	11.30	Discus	Senior Boys
36	11.30	Discus	Year 7 & 8 Boys Circle 2
37	11.30	100 m Final	Senior Girls Yr 7 & 8 Girls
38	11.30	Long Jump	Senior Girls
	11.30	Long Jump	Year 7 & 8 Girls Pit 2

39	11.30	400 m Heats	U14 Boys
40	11.35	400 m Heats	U16 Boys
41	11.40	400 m Heats	Senior Boys 7 & 8 Boys
42	11.45	400 m Heats	U14 Girls
43	11.45	High Jump	U16 Girls
44	11.50	400 m Heats	U16 Girls
45	11.55	400 m Heats	Senior Girls 7 & 8 Girls
46	12.00	200 m Final	U14 Boys
47	12.05	200 m Final	U16 Boys
48	12.10	200 m Final	Senior Boys 7 & 8 Boys
49	12.15	Triple Jump	Snr & Int Boys and Girls
50	12.45	Roll Check	Centre of the Track
51	12.55	800 m Final for all entered	All ages Boys and Girls
52	12.55	Shot Put	U14 Boys
53	12.55	Discus	U16 Boys
54	12.55	Long Jump	Senior Boys
55	1.20	Long Jump	Year 7 & 8 Boys Pit 2
56	1.20	200 m Final	U14 Girls
57	1.20	200 m Final	U16 Girls
58	1.35	200 m Final	Senior Girls 7 & 8 Girls
		400 m Final	For all Boys and Girls

Relay Teams: House captains have your teams organised by 1.40 pm.

Lane 1 Dominic

Lane 2 Catherine

Lane 3 Marian

Lane 4 Marcellin

HOUSE RELAYS

59	1.45	Relay 4 x 100	Yrs 7 and 8
60	1.55	Relay 4 x 100	U14 Boys and Girls
61	2.10	Relay 4 x 100	U16 Boys and Girls
62	2.20	Relay 4 x 100	Senior Boys and Girls