



# Syndicates 3 & 4

## Athletics Day Programme

### 2015

Rotation	Time	Station Number							
		1 – 100m Sprints	2 – 400m	3 – Rest	4 – Discus	5 – Tug o War	6- Shot Put	7 – High Jump	8 – Long Jump
1	9.30 – 10.00	7yr B/G	8yr Girls	8yr Boys	9yr Girls	9yr Boys	10yr Girls	10yr Boys	11yr B/G
2	10.00 – 10.30	11yr B/G	7yr B/G	8yr Girls	8yr Boys	9yr Girls	9yr Boys	10yr Girls	10yr Boys
3	10.30 – 11.00	10yr Boys	11yr B/G	7yr B/G	8yr Girls	8yr Boys	9yr Girls	9yr Boys	10yr Girls
4	11.00 – 11.30	10yr Girls	10yr Boys	11yr B/G	7yr B/G	8yr Girls	8yr Boys	9yr Girls	9yr Boys
5	11.30 – 12.00	9yr Boys	10yr Girls	10yr Boys	11yr B/G	7yr B/G	8yr Girls	8yr Boys	9yr Girls
6	12.00 – 12.30	9yr Girls	9yr Boys	10yr Girls	10yr Boys	11yr B/G	7yr B/G	8yr Girls	8yr Boys
	12.30 – 1.00	<b>LUNCH</b>							
7	1.00-1.30	8yr Boys	9yr Girls	9yr Boys	10yr Girls	10yr Boys	11yr B/G	7yr B/G	8yr Girls
8	1.30-2.00	8yr Girls	8yr Boys	9yr Girls	9yr Boys	10yr Girls	10yr Boys	11yr B/G	7yr B/G
9	2.00-2.30	<b>RELAYS</b>							