

2024 GMAS Inter House Secondary Athletics Carnival

Tuesday 7th May.

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| 8.50 – 9.25 Field Events  | Javelin throw Yr 7 BoysShot put Yr 8 BoysDiscus throw Yr 9 BoysLong Jump Yr 10 Boys |
| 8.50 - 9.25 Track Events  | 200 metres Yr 11 Girls200 metres Yr 12 Girls200 metres Yr 7 Girls200 metres Yr 8 Girls200 metres Yr 9 Girls200 metres Yr 10 Girls |
| 8.50 – 10.00 House Activity Year 11/12s | Year 11 and 12 boys and girls combined for House activities. (Year 11 and 12 boys to wait until girls have completed their 200m before starting activities. Activities include tunnel ball, over and under and bean bag toss. Once activities complete boys to run 200m).  |
| 9.25 – 10.00 Field Events  | Javelin throw Yr 7 GirlsShot put Yr 8 GirlsDiscus throw Yr 9 GirlsLong Jump Yr 10 Girls |
| 9.25 – 10.00 Track Events  | 200 metres Yr 7 Boys200 metres Yr 8 Boys200 metres Yr 9 Boys200 metres Yr 10 Boys200 metres Yr 11 Boys200 metres Yr 12 Boys |
| 10.00 – 10.35 Field Events  | Javelin throw Yr 8 BoysShot put Yr 9 BoysDiscus Yr 10 BoysLong Jump Yr 11 BoysLong Jump Yr 12 Boys |
| 10.00 – 10.35 Track Events  | 400 metres Yr 7 Girls400 metres Yr 8 Girls 400 metres Yr 9 Girls 400 metres Yr 10 Girls 400 metres Yr 11 Girls 400 metres Yr 12 Girls |
| 10.35 – 11.10 Field Events  | Javelin throw Yr 8 GirlsShot put Yr 9 GirlsDIscus Yr 10 GirlsLong Jump Yr 11 GirlsLong Jump Yr 12 Girls |
| 10.00 – 11.10 House Activity Year 7 | Year 7 boys and girls combined for House activities. (Year 7 boys to wait until girls have completed their 400m before starting activities. Activities include tunnel ball, over and under and bean bag toss. Once activities complete boys to run 400m).  |
| 10.35 – 11.10 Track Events  | 400 metres Yr 8 Boys 400 metres Yr 9 Boys 400 metres Yr 10 Boys 400 metres Yr 11 Boys 400 metres Yr 12 Boys400 metres Yr 7 Boys |
| 11.10 – 11.45 Field Events | Javelin throw Yr 9 BoysShot Put Yr 10 BoysDiscus Yr 11 BoysDIscus Yr 12 BoysLong Jump Yr 7 Boys |
| 11.10 – 11.45 Track Events | 90 metres hurdles Yr 8 Girls 90 metres hurdles Yr 7 Girls90 metres hurdles Yr 9 Girls 90 metres hurdles Yr 10 Girls 90 metres hurdles Yr 11 Girls 90 metres hurdles Yr 12 Girls |
| 11.45 – 12.20 Field Events | Javelin throw Yr 9 GirlsShot Put Yr 10 GirlsDIscus Yr 11 GirlsDIscus Yr 12 GirlsLong Jump Yr 7 Girls |
| 11.10 – 12.20 House Activity Year 8 | Year 8 boys and girls combined for House activities. (Year 8 boys to wait until girls have completed their hurdles before starting activities. Activities include tunnel ball, over and under and bean bag toss. Once activities complete boys to run hurdles). |
| 11.45 – 12.20 Track Events | 90 metres hurdles Yr 7 Boys90 metres hurdles Yr 9 Boys 90 metres hurdles Yr 10 Boys 90 metres hurdles Yr 11 Boys 90 metres hurdles Yr 12 Boys90 metres hurdles Yr 8 Boys  |
| 12.20 – 12.55 Field Events | Javelin Yr 10 BoysShot Put Yr 11 BoysShot Put Yr 12 BoysDIscus Yr 7 BoysLong Jump Yr 8 Boys |
| 12.20 – 12.55 | Girls Lunch Break (Yrs 7, 8, 10, 11 and 12) |
| 12.20 – 1.30 | Year 9 boys and girls combined for House activities and lunch break.  |
| 12.55 – 1.30 Field Events | Javelin throw Yr 10 GirlsShot Put Yr 11 GirlsShot put Yr 12 GirlsDiscus throw Yr 7 GirlsLong Jump Yr 8 Girls |
| 12.55 – 1.30 | Boys Lunch Break (Yrs 7, 8, 10, 11 and 12) |
| 1.30 – 2.05 Field Events | Javelin Yr 11 BoysJavelin Yr 12 BoysShot Put Yr 7 BoysDIscus Yr 8 BoysLong Jump Yr 9 Boys |
| 1.30 – 2.05 Track Events | 100 metres Yr 10 Girls 100 metres Yr 7 Girls100 metres Yr 8 Girls 100 metres Yr 9 Girls 100 metres Yr 11 Girls 100 metres Yr 12 Girls |
| 1.30 – 2.40 House Activity Year 10 | Year 10 boys and girls combined for House activities. (Year 10 boys to wait until girls have completed their 100m before starting activities. Activities include tunnel ball, over and under and bean bag toss. Once activities complete boys to run 100m). |
| 2.05 – 2.40 Field Events | Javelin Yr 11 GirlsJavelin Yr 12 GirlsShot Put Yr 7 GirlsDIscus Yr 8 GirlsLong Jump Yr 9 Girls |
| 2.05 – 2.40 Track Events | 100 metres Yr 7 Boys100 metres Yr 8 Boys 100 metres Yr 11 Boys 100 metres Yr 12 Boys100 metres Yr 9 Boys 100 metres Yr 10 Boys  |
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| 2.45 - 3.10 Relays(Will vary according to how many competitors there are for each house) | 4 x 100 Yr 7 Girls4 x 100 Yr 7 Boys4 x 100 Yr 8 Girls4 x 100 Yr 8 Boys4 x 100 Yr 9 Girls4 x 100 Yr 9 Boys4 x 100 Yr 10 Mixed4 x 100 Yr 11 and 12 Mixed |