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2024 GMAS Inter House Secondary Athletics Carnival

Tuesday 7th May.

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| 8.50 – 9.25 Field Events | Javelin throw Yr 7 Boys  Shot put Yr 8 Boys  Discus throw Yr 9 Boys  Long Jump Yr 10 Boys |
| 8.50 - 9.25 Track Events | 200 metres Yr 11 Girls  200 metres Yr 12 Girls  200 metres Yr 7 Girls  200 metres Yr 8 Girls  200 metres Yr 9 Girls  200 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 Girls  Shot put Yr 8 Girls  Discus throw Yr 9 Girls  Long Jump Yr 10 Girls |
| 9.25 – 10.00 Track Events | 200 metres Yr 7 Boys  200 metres Yr 8 Boys  200 metres Yr 9 Boys  200 metres Yr 10 Boys  200 metres Yr 11 Boys  200 metres Yr 12 Boys |
| 10.00 – 10.35 Field Events | Javelin throw Yr 8 Boys  Shot put Yr 9 Boys  Discus Yr 10 Boys  Long Jump Yr 11 Boys  Long Jump Yr 12 Boys |
| 10.00 – 10.35 Track Events | 400 metres Yr 7 Girls  400 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 Girls  Shot put Yr 9 Girls  DIscus Yr 10 Girls  Long Jump Yr 11 Girls  Long 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 Boys  400 metres Yr 7 Boys |
| 11.10 – 11.45 Field Events | Javelin throw Yr 9 Boys  Shot Put Yr 10 Boys  Discus Yr 11 Boys  DIscus Yr 12 Boys  Long Jump Yr 7 Boys |
| 11.10 – 11.45 Track Events | 90 metres hurdles Yr 8 Girls  90 metres hurdles Yr 7 Girls  90 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 Girls  Shot Put Yr 10 Girls  DIscus Yr 11 Girls  DIscus Yr 12 Girls  Long 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 Boys  90 metres hurdles Yr 9 Boys  90 metres hurdles Yr 10 Boys  90 metres hurdles Yr 11 Boys  90 metres hurdles Yr 12 Boys  90 metres hurdles Yr 8 Boys |
| 12.20 – 12.55 Field Events | Javelin Yr 10 Boys  Shot Put Yr 11 Boys  Shot Put Yr 12 Boys  DIscus Yr 7 Boys  Long 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 Girls  Shot Put Yr 11 Girls  Shot put Yr 12 Girls  Discus throw Yr 7 Girls  Long 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 Boys  Javelin Yr 12 Boys  Shot Put Yr 7 Boys  DIscus Yr 8 Boys  Long Jump Yr 9 Boys |
| 1.30 – 2.05 Track Events | 100 metres Yr 10 Girls  100 metres Yr 7 Girls  100 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 Girls  Javelin Yr 12 Girls  Shot Put Yr 7 Girls  DIscus Yr 8 Girls  Long Jump Yr 9 Girls |
| 2.05 – 2.40 Track Events | 100 metres Yr 7 Boys  100 metres Yr 8 Boys  100 metres Yr 11 Boys  100 metres Yr 12 Boys  100 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 Girls  4 x 100 Yr 7 Boys  4 x 100 Yr 8 Girls  4 x 100 Yr 8 Boys  4 x 100 Yr 9 Girls  4 x 100 Yr 9 Boys  4 x 100 Yr 10 Mixed  4 x 100 Yr 11 and 12 Mixed |