

# Koorringal High School Athletics Carnival Program

## Wednesday 15<sup>th</sup> March 2017 - Jubilee Park



Please note that 1500 metre races for all age groups will now be held at 8.45am before the main carnival commences, competitors must arrive before 8.30am so that races can commence at 8.45am

Time & Duty	TRACK	DISCUS	HIGH JUMP	LONG JUMP	SHOT PUT	TRIPLE JUMP	BREAK
A. 9.25 – 9.40 am	<b>Roll Call followed by “Fashions on the Field” parade</b>						
B. 9.40 - 10.20 am	100m						
C. 10.20 - 11 am	800m	14	12/13	16	SEN	15	
D. 11 – 11.20 am	<b>Morning Tea</b>						
E. 11.20 - 12 noon	200m	12/13	14	15	16	SEN	
F. 12 - 12.40 pm	400m	15	SEN	14	12/13	16	
G. 12.40 – 1.20 pm	<b>Lunch</b>	16	15	SEN	14	-	12/13
H. 1.20 – 2 pm	Novelty	SEN	16	12/13	15	-	14
I. 2 – 2.40 pm	<b>Relays</b>						

### **General Information:**

- All students must make sure they get their house ID number written on their arm at roll call.
- Following Roll Call, all students must remain on the hill area.
- The carnival will begin at 9.40am.
- Athletes must compete in their own age group, EXCEPT where an event is not provided, in which case they may compete against the next (older) age group.
- Track takes precedent over field. If a clash occurs, athletes should register at their field event, then, go to the track marshalling area. As soon as their track event is completed, they must return to their field event.
- For safety reasons, shoes must be worn at all times. Spikes and own starting blocks may be used. However, spikes should be removed as soon as the event is finished.
- Athletes must stay in their lane at the end of each race, until instructed by the Finish Marshal. They must then report, in finishing order, to the Recorders.
- Only competitors and officials are allowed within the running track area.
- Relay Lanes:           Bidgee 1 & 2                      Farrar 3 & 4                      Lawson 5 & 6                      Sturt 7 & 8