

REGIONAL ATHLETICS PROGRAMME 2015

	YEAR 4	YEAR 5	YEAR 6	YEAR 7	YEAR 8	AWD
9:00-9:15am	Officials & Team Manger Briefing					
9.00 – 9.25am	Warm-Up					
9.30 – 10.30am	1000 metres – Years 5 - 8 Yr5 Girls, Yr5 Boys, Yr6 Girls, Yr6 Boys, Yr7 Girls, Yr7 Boys, Yr8 Girls, Yr8 Boys & Discus					
10.30 - 11.10am	Quoit	High Jump	Vortex	Long Jump	Sprints 100m 200m	Vortex Quoit
11.15 - 11.50am	Vortex	Long Jump	High Jump	Sprints 100m 200m	n/a	Long Jump Sprints
11.55 - 12.30pm	Sprints 60m 100m	Quoit	Long Jump	High Jump	Vortex	
12.35 – 1.15pm	High Jump	Vortex	Sprints 80m 150m	n/a	Long Jump	
1.20 – 1.55pm	Long Jump	Sprints 80m 150m	Quoit	Vortex	High Jump	
2.00 - 3.00pm	Relays Y4 Girls - Y4 Boys Y5 Girls - Y5 Boys Y6 Girls - Y6 Boys Yr7 Girls - Yr7 Boys Yr8 Girls - Yr8 Boys					



Porirua - Intermediates Association - Kapiti - South Wairarapa - Masterton Cluster - Parumoana