

AISAA athletics schedule

8am schools arrive and confirm competitors

Colour code of age groups

Varsity – Blue

Junior Varsity – Yellow

Grade 7 – Green

Session 1

1500m – 8.30am – 9.30am

800m – 9.30am – 10am

Shot put and High jump – 8.30am – 10am

1500m (830am-930am)	800m (930am-10am)	Shot put (second field)
First heat – grade 7	First heat – grade 7	All grade levels
Second heat – Junior varsity	Second heat – Junior varsity	triple jump (Left stadium)
Final heat – Varsity	Final heat – Varsity	All grade levels

Awards for 1500m, 800m, shot put and triple jump will be given out after session 1

Session 2

10am – 11.30am (discuss, javelin and Jumping events) rotating stations

9.30am – 10am	10am – 10.30am	10.30am – 11am
Long jump – grade 7	Long jump – Varsity	Long jump – Junior Varsity
High jump - Junior Varsity	High jump – grade 7	High jump – Varsity
Javelin and Discus – Varsity	Javelin and Discus – Junior Varsity	Javelin and Discus – grade 7

Session 3

400m: 11am – 1130am

200m: 1130am – 1150am

100m: 1150am – 12pm

4 x 100m relay: 12pm- 1230pm

400m	200m	100m
First heat – grade 7	First heat – grade 7	First heat – grade 7
Second heat – Junior varsity	Second heat – Junior varsity	Second heat – Junior varsity
Final heat – Varsity	Final heat – Varsity	Final heat – Varsity
4 x 100m relay		
First heat – grade 7	Second heat – Junior Varsity	Final heat - Varsity

Awards 2 and closing

1230 - 1300

Awards for all session 2 and session 3 events will be given out during this time