

Cambridge Inter Schools Athletics

Timetable

Timing is flexible, as we will be running semi-finals for each age group after their heats. We will make this up during sprint finals as there are only 8 races to get through here.

Time	8 Year Olds	9 Year Olds	10 Year Olds	11 Year Olds
9.30am	Welcome / House Keeping / Karakia			
9.40am	400m Sprint 1 boy & 1 girl runner from each school			
9.45am - 10.15am	Long Jump	Shot Put	High Jump	Vortex
10.15am - 10.40am	100m 8 Year Olds			
10.40am - 11.10am	Vortex	Long Jump	Shot Put	High Jump
11.10am - 11.35am	100m 9 Year Olds			
11.35am - 12.05pm	High Jump	Vortex	Long Jump	Shot Put
12.05pm - 12.30pm	100m 10 Year Olds			
12.30pm - 1.00pm	Shot Put	High Jump	Vortex	Long Jump
1.00pm - 1.25pm	100m 11 Year Olds			
1.25pm - 2.00pm	Sprint Finals Pupils assemble by track			
2.00pm - 2.20pm	Relays: 4 x 100m 4 sprinters per age group (2 boys & 2 girls)			
2.25pm - 2.45pm	Closing of the day & returning of equipment Athletes depart			