

Dunsandel School Athletics Friday 20 October 2017

PRIDE of the Plains

We encourage all children to run, jump and throw in all their events with PRIDE and we encourage our parents and caregivers to spectate with PRIDE as well.

Time	High Jump	Long Jump	Sprints	Bazooka or Discus	Cricket Ball or Shot Put
945am	Welcome and 9, 10, & 11 year - Distance Races				
1015am	10yr	9yr	7 yr	11 yr	8 yr
1050am	7 yr	11 yr	8 yr	10 yr	9 yr
1125am	9 yr	7 yr	Junior Sprint Heats	8 yr	10yr
1200pm	Lunch Break				
1230pm	Assemble for March Past				
1240pm	March Past of Athletes				
100pm	<p>Junior Athletics – School Side</p> <p>The junior sports programme teaches the children the fundamental skills of running, jumping and throwing. These skills will prepare them for the Senior Athletics in the future. The children will be in teams and will move around 6 stations practising their skills.</p>				
100pm	11 yr	8 yr	10/11 yr	9 yr	7 yr
135pm	8 yr	10 yr	9 yr	7 yr	11 yr
210pm	Junior & Senior Sprint Finals House Relays' Parent Staff Relay.				

Dunsandel School PRIDE of the Plains Participate Respect Initiative Determination Excellence