

Stadium Rules

- No entry without permission.
- Spectators are not allowed on the pitch or track.
- No pets or animals allowed.
- No smoking, spitting or chewing gum.
- No food, sweets or drinks other than water and isotonic drinks.
- No glass containers.
- Astro turf trainers and normal training shoes are permitted. All footwear must be clean.
- Athletes wearing track spikes must not go onto the pitch.
- No screw-in studs, large moulded studs, moulded blades or high heels.
- No jewellery allowed whilst participating.
- No dragging or tugging of furniture & equipment – ensure all furniture & equipment is lifted or wheeled.
- Please report any dirt, debris or damage to staff immediately.

SPORTS DAY(S) THURS/FRI 16/17th NOV 2023

Coordinator:	Mr C. Relton
Marshals:	Mr C. Boast / Ms T. Froehling
Announcer:	Dr M. Orford / Mrs L. Georghiou
GCSE PE video coordinator:	Ms E. Joynes
Head of House: PHEONIX:	Mr A. Nichola
CENTAUR:	Mrs C. Bailey
ARION:	Mr G. Patchias
LAELAPS:	Mrs V. Charalambides
Recorder:	Mr J. Arif
	Mr Z. Zinonos
Starters:	Mr S. Reynolds
	Mr N. Economides
Track Marshals:	Miss C. Neva
	Miss O. Lucas
	Ms A. Christophi
Time Keepers/ Place judges:	Mrs L. Nizam
	Miss L. Petevi
	Miss E. West
	Miss A. Agrotis
	Mr A. Georgiou
	Mrs N K. Lennox
	Miss N. Trifonos
Track recorder (place cards):	Mrs E. Shiakalli / Ms S. Zavrou
Long Jump:	Mr R. Ryder / Mrs C. Bailey / Mr P. Mandralis
High Jump:	Mrs A. Anastasiades / Mr A. Nichola / Mrs T. Georgiou
Shot Put:	Mr A. Michael / Mr G. Patchias / Ms K. Millas
Tennis Ball Throw:	Dr C. Marangos / Mrs K. Parkes / Miss G. Panayi
Tug O'War:	Mrs D. Savva / Mr M. Oxtoby / Mr M. Agathocleous
Relay Judges: Box 1-	Mr A. Nichola
Box 2-	Mrs C. Bailey
Box 3-	Mr R. Ryder
Finish Line:	Miss K L. Hughes / Mrs M. Savva
First Aid:	Mrs Georgia / Miss Wenna
Brass Band &	
Sound Control:	Mrs A. Felekis / Mrs E. Charalambous
General Factotum:	Mr Boris / Mr Leonides / Miss Elena
Crowd Control:	
1) Sports Hall / Netball Court:	Mrs C. Charalambous
2) School Classrooms / Corridors:	Mrs A. Agorou
3) Stands (pupils & parents) :	Mr D. Constantinou
General:	Miss A. Thomas Cook / Mr H. King / Miss E. Neophytou
Supervising Non-Participants:	Mr C. Toumazou / Mrs A. Agorou

Teachers of Lower 6 and Upper 6 on Friday 17th P1, P2, P3 and P4 are not available for the above duties and will be covered by other members of staff.

SPORTS DAY ASSISTANTS

THURSDAY 16TH NOVEMBER

Photography: •Ray Tapaccos
•Sophia Shakhvorostova

Videography: •Veronika Veresenko

Tennis ball : •Lisa

Throw •Yiran (Renee) Zhou

Long Jump : •Bowen Zhang

•Matthias Gulas

High Jump : •Anabela Raptaki

•Mayya Ulitskaya

Shot Put : •Adam Saleh

•Sophia N. Ortiz

Tug O'War : •Emily Zhang

Finish Line : •Alexandra Vershinina

•Suryavansh Thukrol (F1)

General : •Anthi Theodolou

•Izabela Popescu

•Sophia Petridi

FRIDAY 17TH NOVEMBER

•Ray Tapaccos

•Sophia Shakhvorostova

•Veronika Veresenko

•Anastasia Gamobramova

•Yiran (Renee) Zhou

•Bowen Zhang

•Chakameh Ravanpak

•Izabela Popescu

•Sophia Petridi

Matthias Gulas

•Klementina kitiri

•Zoe Wang

•Anatolii Korolikhin

•Valeriya Mintseva

•Suryavansh Thukrol (F1)

•Alexandra Vershinina

•Lea Romer

•Lisa

SPORTS DAY 16th / 17th NOVEMBER 2023

DAY 1

F1 – U6 ORDER OF EVENTS

8.00-8.15 am	REGISTRATION		
8.15-8.45 am	OPENING CEREMONY		
8.45-9.30 am	1 a b	1500m	F1 / F2 Boys
	2 a b	1500m	F1 / F2 Girls
	3 a b	1500m	F3 Boys / Girls
	4 a b	1500m	F4 & F5 / L6 & U6 Boys
	5 a b	1500m	F4 & F5 / L6 & U6 Girls
	6	Long Jump	F1 Boys
	7	Shot Put	F1 Girls
	8 a b	High Jump	F2 / F3 Girls
9.30-10.15 am	9 a b	300m	F1 Boys
	10 a b	300m	F1 Girls
	11 a b	300m	F2 Boys
	12 a b	300m	F2 Girls
	13 a b	300m	F3 Boys
	14 a b	300m	F3 Girls
	15 a b	300m	F4 / F5 Boys
	16 a b	300m	F4 / F5 Girls
	17 a b	300m	L6 / U6 Boys
	18 a b	300m	L6 / U6 Girls
	19 a b	High Jump	F4 / F5 & L6 / U6 Girls
	20	Long Jump	F1 Girls
	21 a b	Shot Put	F4 / F5 & L6 / U6 Boys

PLEASE NOTE THE ORDER OF THE TUG O'WAR CONTESTS HAS BEEN PRE-DETERMINED AND WILL TAKE PLACE IN THE FOLLOWING ORDER:

- 1) Laelaps Vs Arion
- 2) Phoenix Vs Centaur
- 3) Laelaps Vs Centaur
- 4) Arion Vs Pheonix
- 5) Laelaps Vs Pheonix
- 6) Arion Vs Centaur

10.15-11.00 am

22 a b c d e f	Tug O'War	F1 Girls
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23 a b c d e f	Tug O'War	F1 Boys
24	High Jump	F3 Boys
25 a b	Tennis Ball Throw	F4 / F5 & L6 / U6 Girls
26	Long Jump	F4 / F5 Boys
27	Shot Put	F3 Girls

11.00-11.45 am

28	600m	F1 Boys
29	600m	F1 Girls
30	600m	F2 Boys
31	600m	F2 Girls
32	600m	F3 Boys
33	600m	F3 Girls
34	600m	F4 / F5 Boys
35	600m	F4 / F5 Girls
36	600m	L6 / U6 Boys
37	600m	L6 / U6 Girls
38 a b	High Jump	F1 Boys / Girls
39 a b	Tennis Ball Throw	F2 Boys / Girls
40	Shot Put	F2 Boys
41 a b	Long Jump	F4 / F5 & L6 / U6 Girls
42 a b c d e f	Tug O'War	F3 Girls
43 a b c d e f	Tug O'War	F3 Boys

11.45 – 12.25 BREAK

12.15-1.00 pm

44 a b	200m	F1 Boys
45 a b	200m	F1 Girls
46 a b	200m	F2 Boys
47 a b	200m	F2 Girls
48 a b	200m	F3 Boys
49 a b	200m	F3 Girls
50 a b	200m	F4 / F5 Boys
51 a b	200m	F4 / F5 Girls
52 a b	200m	L6 / U6 Boys
53 a b	200m	L6 / U6 Girls
54 a b c d e f	Tug O'War	F2 Boys
55 a b c d e f	Tug O'War	F2 Girls

56	Tennis Ball Throw	F1 Girls
57	Long Jump	F3 Girls
58	Long Jump	F3 Boys

1.00-1.15 pm

RELAY PREPARATION

PLEASE NOTE THE LANES HAVE BEEN PRE-DETERMINED AND ARE AS FOLLOWS:

Lane 1 Laelaps

Lane 2 Centaur

Lane 3 Arion

Lane 4 Pheonix

1.15-2.00 pm

59	4×300m Relay	F1 Boys
60	4×300m Relay	F1 Girls
61	4×300m Relay	F2 Boys
62	4×300m Relay	F2 Girls
63	4×300m Relay	F3 Boys
64	4×300m Relay	F3 Girls
65	4×300m Relay	F4 / F5 Boys
66	4×300m Relay	F4 / F5 Girls
67	4×300m Relay	L6 / U6 Boys
68	4×300m Relay	L6 / U6 Girls

2.00-2.10

MUSICAL INTERLUDE / CLOSE OF DAY 1

DAY 2

8.00-8.15 am REGISTRATION

8.15-8.30 am ANNOUNCEMENTS / MARCH

8.30-9.15 am

69	800m	F1 Boys
70	800m	F1 Girls
71	800m	F2 Boys
72	800m	F2 Girls
73	800m	F3 Boys
74	800m	F3 Girls
75	800m	F4 / F5 Boys

	76	800m	F4 / F5 Girls
	77 a b	Long Jump	F2 Girls / Boys
	78	Shot Put	F1 Boys
	79 a b	Tennis Ball Throw	F3 Boys / Girls

9.15-10.15 am

	80	High Jump	F2 Boys
	81	Tennis Ball Throw	F1 Boys
	82	Shot Put	F2 Girls
	83 a b c d e f	Tug O'War	F4 / F5 Boys
	84 a b c d e f	Tug O'War	F4 / F5 Girls

10.15-11.00 am

	85 a b	400m	F1 Boys
	86 a b	400m	F1 Girls
	87 a b	400m	F2 Boys
	88 a b	400m	F2 Girls
	89 a b	400m	F3 Boys
	90 a b	400m	F3 Girls
	91 a b	400m	F4 / F5 Boys
	92 a b	400m	F4 / F5 Girls
	93	High Jump	F4 / F5 Boys
	94	Shot Put	F3 Boys

11.00-11.30 BREAK

11.30-12.00 pm

	95	800m	L6 / U6 Boys
	96	800m	L6 / U6 Girls
	97 a b	Tennis Ball Throw	F4 / F5 & L6 / U6 Boys
	98 a b	Shot Put	F4 / F5 & L6 / U6 Girls
	99	Long Jump	L6 / U6 Boys

12.00-12.30 pm

	100 a b	High Jump	L6 / U6 Boys
	101 a b	400m	L6 / U6 Boys
	102 a b	400m	L6 / U6 Girls

12.30-12.45 pm

	103 a b c d e f	Tug O'War	L6 / U6 Boys
	104 a b c d e f	Tug O'War	L6 / U6 Girls

12.45-13.15 pm

105 a b	100m	F1 Boys
106 a b	100m	F1 Girls
107 a b	100m	F2 Boys
107 a b	100m	F2 Girls
109 a b	100m	F3 Boys
110 a b	100m	F3 Girls
111 a b	100m	F4 / F5 Boys
112 a b	100m	F4 / F5 Girls
113 a b	100m	L6 / U6 Boys
114 a b	100m	L6 / U6 Girls

13.15-13.30 pm

REST AND RELAY PREPARATION

PLEASE NOTE THE LANES HAVE BEEN PRE-DETERMINED AND ARE AS FOLLOWS:

- Lane 1 Arion
- Lane 2 Pheonix
- Lane 3 Laelaps
- Lane 4 Centaur

13.30-14.00 pm

115	4×100m Relay	F1 Boys
116	4×100m Relay	F1 Girls
117	4×100m Relay	F2 Boys
118	4×100m Relay	F2 Girls
119	4×100m Relay	F3 Boys
120	4×100m Relay	F3 Girls
121	4×100m Relay	F4 / F5 Boys
122	4×100m Relay	F4 / F5 Girls
123	4×100m Relay	L6 / U6 Boys
124	4×100m Relay	L6 / U6 Girls

14.00-14.25 pm

TROPHY PRESENTATION & CLOSING

CEREMONY

INDIVIDUAL TROPHIES : FEMALE / MALE ATHLETES OF THE DAY

RELAY TROPHY : F1 – U6 RELAY RESULTS

SENIOR SCHOOL TROPHY : F1 – U6 OVERALL TEAM WINNERS

SPORTS DAY – 16/ 17th November 2023

F1-U6 SCORING/STANDARDISATION

	POSITION	POINTS
TRACK AND FIELD EVENTS	1 st	9
	2 nd	8
	3 rd	7
	4 th	6
	5 th	5
	Decreasing to 9 th	1
RELAY (4 x 100 m)	1 st	8
	2 nd	6
	3 rd	4
TUG O'WAR	1 st	8
	2 nd	6
	3 rd	4

Events with 9 or more competitors – only the top 9 are awarded points. If a House has 4 competitors in an event and the other Houses do not, only the top 3 competitors are awarded points.

DISQUALIFICATION

No points allocated on score sheet if relevant eg relays, enter “0”.

EQUAL PLACINGS

4th Bob - 3 points

5th Sue - 2 points)

) add original points and divide (ie 1½ points each)

5th Harry - 1 points)

SENIOR SCHOOL TROPHY

Total all events including Relays in Senior School programme.

RELAY TROPHY

Senior Relay results only.

INDIVIDUAL TROPHIES

Awarded to the best male and female athlete of the day in the 4 age categories (Junior 1 & 2/J3 & Prep/Intermediate/Senior).

Centaurs Sports Day Events (F1 Girls)

100m	Antonia Soteriou Elizaveta Nemtsova Anfisa Dashina	1.5k	Anfisa Dashina Ofek Bitterman Ella Hadad
200m	Isabella Charalambous Nikka Kedem Daria Treppides	Long Jump	Isabella Charalambous Charis Kourieos Elizaveta Nemtsova Daria Treppides
300m	Anfisa Dashina Eva Papadopoulou Nikka Kedem	High Jump	Isabella Charalambous Antonia Soteriou Ofek Bitterman Ella Hadad
400m	Andria Ioannou Elizaveta Nemtsova Theodora Pavlidi	Shotput	Charis Kourieos Eva Papadopoulou Melania Ktoridou Andria Ioannou
600m	Daria Treppides Nikka Kedem Melania Ktoridou	Tennis Ball Throw	Anfisa Dashina Nikka Kedem Ofek Bitterman Andria Ioannou
800m	Antonia Soteriou Daria Treppides Charis Kourieos	4x 100m Relay	Antonia Soteriou Elizaveta Nemtsova Isabella Charalambous Anfisa Dashina
Tug of War	Antonia Soteriou Ella Hadad Andria Ioannou Elizaveta Nemtsova Isabella Charalambous Nikka Kedem Ofek Bitterman Daria Treppides Charis Kourieos Melania Ktoridou Anfisa Dashina Eva Papadopoulou Theodora Pavlidi	4x 300m Relay	Anfisa Dashina Eva Papadopoulou Nikka Kedem Elizaveta Nemtsova

Centaurus Sports Day Events (F1 Boys)

100m	Daniel Sabri Kyriacos Lamprou Elias Georghiou	1.5k	Daniel Sabri Ivan Gubashev Petros Khouri
200m	Alexander Golubev Heydar Maktabi Timofey Shtangeyev	Long Jump	Christos Athanasiou Andreas Panteli Elias Georghiou Alexander Golubev
300m	Christos Athanasiou Filipp Vagievskii Daniel Sabri	High Jump	Kyriacos Lamprou Alexander Golubev Daniel Sabri Petros Khouri
400m	Alexander Golubev Ivan Gubashev Christos Athanasiou	Shotput	Christos Athanasiou Heydar Maktabi Filipp Vagievskii Ivan Gubashev
600m	Kyriacos Lamprou Filipp Vagievskii Petros Khouri	Tennis Ball Throw	Heydar Maktabi Andreas Panteli Filipp Vagievskii Elias Georghiou
800m	Elias Georghiou Christos Athanasiou Heydar Maktabi	4x 100m Relay	Daniel Sabri Kyriacos Lamprou Elias Georghiou Alexander Golubev
Tug of War	Christos Athanasiou Heydar Maktabi Andreas Panteli Kyriacos Lamprou Filipp Vagievskii Elias Georghiou Alexander Golubev Daniel Sabri Ivan Gubashev Petros Khouri Timofey Shtangeyev	4x 300m Relay	Christos Athanasiou Filipp Vagievskii Daniel Sabri Alexander Golubev

Laelaps Sports Day Events (F1 Girls)

100m	Anna Bogdanova Maiia Nikitina Liza Soteriou	1.5k	Anna Bogdanova Elizaveta Kovrizhnykh Liza Soteriou
200m	Zarina Koilakaeva Verna Fang Ieva Iatsiuta	Long Jump	Ariana Andone Daniela Fisher Zarina Koilakaeva Elizaveta Kovrizhnykh
300m	Elena Vilchevskaya Emmi Gielen Elizabeth Garnova	High Jump	Ariana Andone Anna Bogdanova Elena Vilchevskaya Maiia Nikitina
400m	Elizaveta Kovrizhnykh Ieva Iatsiuta Anna Bogdanova	Shotput	Amelia Evangelou Daniela Fisher Verna Fang Elizabeth Garnova
600m	Ariana Andone Amelia Evangelou Daniela Fisher	Tennis Ball Throw	Amelia Evangelou Liza Soteriou Verna Fang Elizabeth Garnova
800m	Zarina Koilakaeva Elena Vilchevskaya Emmi Gielen	4x 100m Relay	Anna Bogdanova Maiia Nikitina Liza Soteriou Zarina Koilakaeva
Tug of War	Ariana Andone Amelia Evangelou Daniela Fisher Zarina Koilakaeva Liza Soteriou Anna Bogdanova Elizaveta Kovrizhnykh Elena Vilchevskaya Verna Fang Elizabeth Garnova Maiia Nikitina Emmi Gielen Ieva Iatsiuta	4x 300m Relay	Elena Vilchevskaya Emmi Gielen Elizabeth Garnova Elizaveta Kovrizhnykh

Laelaps Sports Day Events (F1 Boys)

100m	Jacob Zavaliaskas Justin Xie Stepan Glushko	1.5k	Jacob Zavaliaskas Sasha Ciurea Timofei Vasilev
200m	Elias Charalambous Ivan Osipov Timofei Vasilev	Long Jump	Egor Bordin Ivan Osipov Parviz Gafurov Timur Gubaydullin
300m	Sasha Ciurea Stepan Glushko Timur Gubaydullin	High Jump	Maximillian Lawler Sasha Ciurea Timur Gubaydullin Timofei Vasilev
400m	Elias Charalambous Parviz Gafurov Jacob Zavaliaskas	Shotput	Elias Charalambous Frederick Slocombe Stepan Glushko Timofei Vasilev
600m	Egor Bordin Ivan Osipov Frederick Slocombe	Tennis Ball Throw	Egor Bordin Maximillian Lawler Jacob Zavaliaskas Justin Xie
800m	Maximillian Lawler Justin Xie Parviz Gafurov	4x 100m Relay	Jacob Zavaliaskas Justin Xie Sasha Ciurea Elias Charalambous
Tug of War	Egor Bordin Maximillian Lawler Jacob Zavaliaskas Ivan Osipov Justin Xie Elias Charalambous Parviz Gafurov Frederick Slocombe Sasha Ciurea Stepan Glushko Timur Gubaydullin Timofei Vasilev	4x 300m Relay	Sasha Ciurea Stepan Glushko Timur Gubaydullin Jacob Zavaliaskas

Arion Sports Day Events (F1 Girls)

100m	Dylan Menachemi Nika Miklash Isabella Papadopoulou	1.5k	Ekaterina Molchanova Eva Pustova Tatiana Shilyaeva
200m	Eva Pustova Tatiana Shilyaeva Ekaterina Molchanova	Long Jump	Christina Picridou Eva Pustova Tatiana Shilyaeva Isabella Papadopoulou
300m	Alexandra Charalampidi Flora Duan Nika Miklash	High Jump	Konstantina Giasemidou Flora Duan Tatiana Shilyaeva Ekaterina Molchanova
400m	Christina Picridou Konstantina Giasemidou Eva Pustova	Shotput	Daria Dmitrieva Nika Miklash Dylan Menachemi Konstantina Giasemidou
600m	Daria Dmitrieva Isabella Papadopoulou Sofia Vasileva	Tennis Ball Throw	Alexandra Charalampidi Daria Dmitrieva Isabella Papadopoulou Sofia Vasileva
800m	Alexandra Charalampidi Dylan Menachemi Christina Picridou	4x 100m Relay	Dylan Menachemi Nika Miklash Isabella Papadopoulou Eva Pustova
Tug of War	Alexandra Charalampidi Dylan Menachemi Christina Picridou Daria Dmitrieva Konstantina Giasemidou Eva Pustova Flora Duan Nika Miklash Isabella Papadopoulou Tatiana Shilyaeva Ekaterina Molchanova Sofia Vasileva	4x 300m Relay	Alexandra Charalampidi Flora Duan Nika Miklash Christina Picridou

Arion Sports Day Events (F1 Boys)

100m	Constantinos Triantafyllidis Danis Akhmetov Stelios Kyriacou	1.5k	Timofey Romanov Neokli Karaoli Tony Yang
200m	Hariton Harakis Omer Teperberg Mingze Ma	Long Jump	Timofey Romanov Suryavansh Thukral Marco Gonzalez Danis Akhmetov
300m	Tony Yang Timofey Romanov Neokli Karaoli	High Jump	Hariton Harakis Omer Teperberg Constantinos Triantafyllidis Neokli Karaoli Danis Akhmetov
400m	Hariton Harakis Constantinos Triantafyllidis Marco Gonzalez	Shotput	Suryavansh Thukral Marco Gonzalez Neokli Karaoli Mingze Ma
600m	Suryavansh Thukral Stelios Kyriacou Timofey Romanov	Tennis Ball Throw	Tony Yang Stelios Kyriacou Timofey Romanov Mingze Ma
800m	Mingze Ma Hariton Harakis Omer Teperberg	4x 100m Relay	Constantinos Triantafyllidis Danis Akhmetov Stelios Kyriacou Hariton Harakis
Tug of War	Hariton Harakis Omer Teperberg Tony Yang Timofey Romanov Suryavansh Thukral Constantinos Triantafyllidis Marco Gonzalez Neokli Karaoli Danis Akhmetov Stelios Kyriacou Mingze Ma	4x 300m Relay	Tony Yang Timofey Romanov Neokli Karaoli Hariton Harakis

Phoenix Sports Day Events (F1 Girls)

100m	Vittoria Hurney Milena Bakanova Ioanna Koundouros	1.5k	Vittoria Hurney Milena Bakanova Ioanna Koundouros
200m	Celine Samin Valeria Kyperesi Polet Ayiomamitis	Long Jump	Christina Constantinou Polet Ayiomamitis Valeria Kyperesi Ioanna Koundouros
300m	Christina Constantinou Stefaniya Samoiloa Milena Bakanova	High Jump	Vittoria Hurney Milena Bakanova Oleksandra Borysenko Ioanna Koundouros
400m	Polet Ayiomamitis Oleksandra Borysenko Vittoria Hurney	Shotput	Christina Constantinou Polet Ayiomamitis Stefaniya Samoiloa Celine Samin
600m	Stefaniya Samoiloa Oleksandra Borysenko Polet Ayiomamitis	Tennis Ball Throw	Polet Ayiomamitis Valeria Kyperesi Vittoria Hurney Stefaniya Samoiloa
800m	Stefaniya Samoiloa Valeria Kyperesi Celine Samin	4x 100m Relay	Vittoria Hurney Milena Bakanova Ioanna Koundouros Celine Samin
Tug of War	Vittoria Hurney Christina Constantinou Stefaniya Samoiloa Polet Ayiomamitis Valeria Kyperesi Celine Samin Milena Bakanova Oleksandra Borysenko Ioanna Koundouros	4x 300m Relay	Christina Constantinou Stefaniya Samoiloa Milena Bakanova Vittoria Hurney

Phoenix Sports Day Events (F1 Boys)

100m	David Gamobramov Deniel Kuznetsov Michael Pierides	1.5k	Alexander Pierides Achilleas Michael Michael Pierides
200m	Nicolas Shacolas Ahmad Abdullah Aristotelis Constantinou	Long Jump	Nicolas Shacolas Ahmad Abdullah David Gamobramov Sebastien Perrin
300m	Alexander Pierides Maxim Gannota Alexander Der Nishnian	High Jump	Nicolas Shacolas David Gamobramov Michael Pierides Alexander Pierides
400m	Daniel Gron Sebastien Perrin Alexander Der Nishnian	Shotput	Maxim Gannota Daniel Gron Alexander Der Nishnian Sebastien Perrin Michael Pierides
600m	Alexandr Mikhailov Ahmad Abdullah Achilleas Michael	Tennis Ball Throw	Alexandr Mikhailov Deniel Kuznetsov Achilleas Michael Aristotelis Constantinou
800m	Aristotelis Constantinou Deniel Kuznetsov Achilleas Michael	4x 100m Relay	David Gamobramov Deniel Kuznetsov Michael Pierides Ahmad Abdullah
Tug of War	Maxim Gannota Daniel Gron Alexander Pierides Nicolas Shacolas David Gamobramov Deniel Kuznetsov Achilleas Michael Sebastien Perrin Michael Pierides Ahmad Abdullah Aristotelis Constantinou Alexander Der Nishnian Alexandr Mikhailov	4x 300m Relay	Alexander Pierides Maxim Gannota Alexander Der Nishnian Sebastien Perrin

Centaurs Sports Day Events (F2 Girls)

100m	Mailina Drakou Anastasia Tsielepi Sofiia Vorobeve	1.5k	Mailina Drakou Anastasia Tsielepi Sofiia Vorobeve
200m	Ekaterini Pavlidi Sophia Herodotou Qiu Qiya	Long Jump	Mailina Drakou Kira Molchanova Zhuoting Chen Ioanna Loizou Nika Popovic
300m	Nika Popovic Mia Kedem Anna Zaiets	High Jump	Kira Molchanova Nika Popovic Qiu Qiya Yunqi Tong
400m	Kira Molchanova Ioanna Loizou Yunqi Tong	Shotput	Konstantina Kourieos Zhuoting Chen Mia Kedem Anna Zaiets
600m	Konstantina Kourieos Qiu Qiya Ekaterini Pavlidi Nika Popovic	Tennis Ball Throw	Anastasia Tsielepi Sofiia Vorobeve Sophia Herodotou Yunqi Tong
800m	Zhuoting Chen Sophia Herodotou Kira Molchanova	4x 100m Relay	Mailina Drakou Anastasia Tsielepi Sofiia Vorobeve Ekaterini Pavlidi
Tug of War	Mailina Drakou Konstantina Kourieos Anastasia Tsielepi Kira Molchanova Nika Popovic Sofiia Vorobeve Zhuoting Chen Sophia Herodotou Mia Kedem Qiu Qiya Anna Zaiets Ioanna Loizou Ekaterini Pavlidi Yunqi Tong	4x 300m Relay	Nika Popovic Mia Kedem Anna Zaiets Kira Molchanova

Centaurs Sports Day Events (F2 Boys)

100m	Christos Hadjipanayis Michael Patterson Anton Johnson	1.5k	YuMo Lu Emil Mavliutov Maxim Burlov
200m	Chrysanthos Louca Thalis Philippou Kristis Christou	Long Jump	Christos Hadjipanayis Michael Patterson Anton Johnson Alexantr Zafeiropoulos
300m	Emil Mavliutov YuMo Lu Michael Patterson	High Jump	Kristis Christou Chrysanthos Louca Maxim Burlov Emil Mavliutov
400m	Maxim Burlov Christos Hadjipanayis Anton Johnson	Shotput	Alexandros Charitou YuMo Lu Emil Mavliutov Alexantr Zafeiropoulos
600m	Alexandros Charitou Kristis Christou Chrysanthos Louca	Tennis Ball Throw	Thalis Philippou Kristis Christou Anton Johnson Maxim Burlov
800m	Michael Patterson Anton Johnson Emil Mavliutov	4x 100m Relay	Christos Hadjipanayis Michael Patterson Anton Johnson Chrysanthos Louca
Tug of War	Alexandros Charitou Kristis Christou Christos Hadjipanayis YuMo Lu Emil Mavliutov Michael Patterson Anton Johnson Chrysanthos Louca Maxim Burlov Thalis Philippou Alexantr Zafeiropoulos	4x 300m Relay	Emil Mavliutov YuMo Lu Michael Patterson Maxim Burlov

Laelaps Sports Day Events (F2 Girls)

100m	Carla Relton Aelita Ushchapovska Hailey Menachemi	1.5k	Amalia Ibragimova Diana Mitsynska Nicole Kozlova
200m	Hailey Menachemi Natalie Preda Sofiia Molchanova	Long Jump	Carla Relton Nikita Raftis Anastasiia Andrushchyk Sofiia Molchanova
300m	Nikita Raftis Anastasiia Andrushchyk Sofiia Molchanova	High Jump	Diana Mitsynska Aelita Ushchapovska Alkisti Antoniou Carla Relton
400m	Amalia Ibragimova Diana Mitsynska Aelita Ushchapovska	Shotput	Amalia Ibragimova Carla Relton Aeglie Georgiades Isabella Kyriakides
600m	Hailey Menachemi Natalie Preda Sofiia Molchanova	Tennis Ball Throw	Nicole Kozlova Hailey Menachemi Sofiia Molchanova Alkisti Antoniou
800m	Carla Relton Aeglie Georgiades Isabella Kyriakides Diana Mitsynska	4x 100m Relay	Carla Relton Diana Mitsynska Aelita Ushchapovska Hailey Menachemi
Tug of War	Amalia Ibragimova Diana Mitsynska Carla Relton Maria Sokolova Aeglie Georgiades Isabella Kyriakides Aelita Ushchapovska Nicole Kozlova Hailey Menachemi Natalie Preda Anastasiia Andrushchyk Sofiia Molchanova Alkisti Antoniou Nikita Raftis	4x 300m Relay	Nikita Raftis Anastasiia Andrushchyk Sofiia Molchanova Amalia Ibragimova

Laelaps Sports Day Events (F2 Boys)

100m	Ivan Lebedev Yousef Al Diqs Nicholas Athanatos	1.5k	Youssef Maktabi Toni Mavrinac Marko Mijuskovic
200m	Toni Mavrinac Nikolai Maliugin Tahitoa Rohmer Guerra	Long Jump	Ivan Lebedev Youssef Maktabi Yousef Al Diqs Daniil Izyumov
300m	Nikolai Maliugin Tahitoa Rohmer Guerra Marko Mijuskovic	High Jump	Nicholas Athanatos Nikolai Maliugin Yaraslau Baradouski Marko Mijuskovic
400m	Sarvashay Patiyal Yaraslau Baradouski Ivan Lebedev	Shotput	Youssef Maktabi Sarvashay Patiyal Tahitoa Rohmer Guerra Toni Mavrinac
600m	Yousef Al Diqs Tahitoa Rohmer Guerra Daniil Izyumov	Tennis Ball Throw	Ivan Lebedev Toni Mavrinac Sergey Ustinov Tahitoa Rohmer Guerra
800m	Sergey Ustinov Nicholas Athanatos Yaraslau Baradouski Youssef Maktabi	4x 100m Relay	Ivan Lebedev Yousef Al Diqs Nicholas Athanatos Toni Mavrinac
Tug of War	Ivan Lebedev Youssef Maktabi Yousef Al Diqs Toni Mavrinac Sarvashay Patiyal Sergey Ustinov Nicholas Athanatos Nikolai Maliugin Tahitoa Rohmer Guerra Yaraslau Baradouski Daniil Izyumov Marko Mijuskovic	4x 300m Relay	Nikolai Maliugin Tahitoa Rohmer Guerra Marko Mijuskovic Yaraslau Baradouski

Arion Sports Day Events (F2 Girls)

100m	Ioanna Antoniadis Laura Shteynberg Alika Miklash	1.5k	Laura Shteynberg Varvara Romanova Jessica Zhang
200m	Lara Chaarani Varvara Romanova Zoe Efstratiou	Long Jump	Ioanna Antoniadis Anna Shamis Zoe Efstratiou Celina Fan Yaraslava Zholik
300m	Celina Fan Yaraslava Zholik Laura Shteynberg	High Jump	Laura Shteynberg Sireen Ghandourah Alika Miklash Yaraslava Zholik
400m	Athena Maltezakis Anna Shamis Jessica Zhang	Shotput	Ioanna Antoniadis Athena Maltezakis Zoe Efstratiou Varvara Romanova
600m	Lara Chaarani Alika Miklash Sireen Ghandourah	Tennis Ball Throw	Athena Maltezakis Anna Shamis Lara Chaarani Sireen Ghandourah Celina Fan
800m	Laura Shteynberg Yaraslava Zholik Ioanna Antoniadis	4x 100m Relay	Ioanna Antoniadis Zoe Efstratiou Alika Miklash Lara Chaarani
Tug of War	Ioanna Antoniadis Athena Maltezakis Anna Shamis Lara Chaarani Zoe Efstratiou Laura Shteynberg Celina Fan Sireen Ghandourah Alika Miklash Varvara Romanova Jessica Zhang Yaraslava Zholik	4x 300m Relay	Celina Fan Yaraslava Zholik Laura Shteynberg Athena Maltezakis

Arion Sports Day Events (F2 Boys)

100m	Woody Adjadj Ruslan Akhmetov Aliaksandr Lashchanka	1.5k	Woody Adjadj Daniel Kanev Savva Razdorozhnyy
200m	Vladislav Krotenko Rafael Kashiouris Andrey Mikhailov	Long Jump	Aliaksandr Lashchanka Savva Razdorozhnyy Woody Adjadj Vladislav Krotenko
300m	Nicholas Mikellides Ruslan Akhmetov Aliaksandr Lashchanka	High Jump	Nicholas Mikellides Daniel Kanev Andrey Mikhailov Rafael Kashiouris
400m	Savva Razdorozhnyy Demetrios Stylianides Roman Kolbasov	Shotput	Nicholas Mikellides Demetrios Stylianides Andrey Mikhailov Roman Kolbasov
600m	Georgiy Marinkin Rafael Kashiouris Daniel Kanev	Tennis Ball Throw	Georgiy Marinkin Daniel Kanev Rafael Kashiouris Ruslan Akhmetov
800m	Nicholas Mikellides Savva Razdorozhnyy Andrey Mikhailov	4x 100m Relay	Woody Adjadj Ruslan Akhmetov Aliaksandr Lashchanka Vladislav Krotenko
Tug of War	Georgiy Marinkin Nicholas Mikellides Savva Razdorozhnyy Demetrios Stylianides Woody Adjadj Daniel Kanev Andrey Mikhailov Rafael Kashiouris Roman Kolbasov Ruslan Akhmetov Vladislav Krotenko Aliaksandr Lashchanka	4x 300m Relay	Nicholas Mikellides Ruslan Akhmetov Aliaksandr Lashchanka Savva Razdorozhnyy

Phoenix Sports Day Events (F2 Girls)

100m	Alisa Garbovska Emiliya Koltsova Ekaterina Odintsova	1.5k	Margarita Teklou Athina Iacovidou Gabriella Lazari
200m	Frederica Reshetova Anastasia Efremova Yanina Ugokova	Long Jump	Jessenia Malik Anastasia Efremova Ariela Kirilenko Margarita Teklou
300m	Emiliya Koltsova Ekaterina Odintsova Ariela Kirilenko	High Jump	Polina Erdyakova Alisa Garbovska Ekaterina Odintsova Yanina Ugokova Emiliya Koltsova
400m	Polina Erdyakova Alisa Garbovska Yanina Ugokova	Shotput	Emiliya Koltsova Jessenia Malik Yanina Ugokova Stephanie Cunningham
600m	Jessenia Malik Frederica Reshetova Anastasia Efremova	Tennis Ball Throw	Polina Erdyakova Frederica Reshetova Ariela Kirilenko Margarita Teklou
800m	Stephanie Cunningham Alisa Garbovska Ekaterina Odintsova	4x 100m Relay	Alisa Garbovska Emiliya Koltsova Ekaterina Odintsova Frederica Reshetova
Tug of War	Polina Erdyakova Athina Iacovidou Gabriella Lazari Stephanie Cunningham Alisa Garbovska Emiliya Koltsova Jessenia Malik Ekaterina Odintsova Frederica Reshetova Anastasia Efremova Ariela Kirilenko Margarita Teklou Yanina Ugokova	4x 300m Relay	Emiliya Koltsova Ekaterina Odintsova Ariela Kirilenko Polina Erdyakova

Phoenix Sports Day Events (F2 Boys)

100m	Andrey Dobrinskiy Ameer Smeen Fadey Tronev	1.5k	Kyrylo Ivanov Mick Schaapman Leonidas Stylianou
200m	George Charitou Aris Christodoulou Gerasimos Ioannou	Long Jump	Edmon Agekyan Andrey Dobrinskiy Fadey Tronev Aris Christodoulou
300m	Leonidas Stylianou Valery Ershov Mick Schaapman	High Jump	Ameer Smeen Leonidas Stylianou George Charitou Aris Christodoulou
400m	Andrey Dobrinskiy George Charitou Petr Sergeev	Shotput	Edmon Agekyan Ameer Smeen Aris Christodoulou Petr Sergeev
600m	Valery Ershov Kyrylo Ivanov Hritvik Sharma Aris Christodoulou Iasonas Antonakis	Tennis Ball Throw	Leonidas Stylianou Fadey Tronev Iasonas Antonakis Gerasimos Ioannou
800m	Edmon Agekyan Iasonas Antonakis Petr Sergeev	4x 100m Relay	Andrey Dobrinskiy Ameer Smeen Fadey Tronev George Charitou
Tug of War	Edmon Agekyan Andrey Dobrinskiy Ameer Smeen Leonidas Stylianou Fadey Tronev Iasonas Antonakis George Charitou Aris Christodoulou Petr Sergeev Valery Ershov Kyrylo Ivanov Gerasimos Ioannou Mick Schaapman Hritvik Sharma	4x 300m Relay	Leonidas Stylianou Valery Ershov Mick Schaapman Andrey Dobrinskiy

Centaurs Sports Day Events (F3 Girls)

100m	Maria Skorikova Andrea Charalambous Ksenia Leontyeva	1.5k	Alexia Konyaeva Zoe Papadopoulou Ksenia Leontyeva
200m	Tarrini Singh Alexia Konyaeva Ioanna Chaili	Long Jump	Alexia Konyaeva Zoe Tapaccou Ioanna Chaili Daria Iodchina
300m	Nefeli Galatariotis Daria Iodchina Arina Kirilicheva	High Jump	Tarrini Singh Maria Skorikova Daria Iodchina Elina Aman
400m	Taisia Korobova Elina Aman Maria Skorikova	Shotput	Zoe Tapaccou Andrea Charalambous Siya Priyadarshini Zoe Papadopoulou
600m	Tarrini Singh Viktoria Volkova Arina Kirilicheva	Tennis Ball Throw	Ioanna Chaili Andrea Charalambous Nefeli Galatariotis Taisia Korobova
800m	Siya Priyadarshini Ioanna Chaili Daria Iodchina	4x 100m Relay	Maria Skorikova Andrea Charalambous Ksenia Leontyeva Tarrini Singh
Tug of War	Alexia Konyaeva Tarrini Singh Maria Skorikova Zoe Tapaccou Ioanna Chaili Andrea Charalambous Nefeli Galatariotis Siya Priyadarshini Daria Iodchina Taisia Korobova Zoe Papadopoulou Viktoria Volkova Elina Aman Arina Kirilicheva Ksenia Leontyeva	4x 300m Relay	Nefeli Galatariotis Daria Iodchina Arina Kirilicheva Elina Aman

Centaurs Sports Day Events (F3 Boys)

100m	Dimitris Charalambous Elmurad Koilakaev Kavish Gangrade	1.5k	Alexey Ipatov Elmurad Koilakaev Dimitris Charalambous
200m	Maxim Kirilichev Andreas Constantinou Alexey Ipatov	Long Jump	Alexey Ipatov Elmurad Koilakaev Boris Khramov Maxim Kirilichev
300m	Boris Khramov Kavish Gangrade Elmurad Koilakaev	High Jump	Andreas Constantinou Andreas Papadopoulos Dimitris Charalambous Kavish Gangrade
400m	Maxim Kirilichev Andreas Papadopoulos Dimitris Charalambous	Shotput	Elmurad Koilakaev Andreas Papadopoulos Grigorii Nekrasov Maxim Kirilichev
600m	Alexey Ipatov Elmurad Koilakaev Boris Khramov	Tennis Ball Throw	Alexey Ipatov Boris Khramov Andreas Constantinou Grigorii Nekrasov
800m	Andreas Constantinou Andreas Papadopoulos Kavish Gangrade	4x 100m Relay	Dimitris Charalambous Elmurad Koilakaev Kavish Gangrade Maxim Kirilichev
Tug of War	Alexey Ipatov Elmurad Koilakaev Boris Khramov Maxim Kirilichev Andreas Constantinou Andreas Papadopoulos Dimitris Charalambous Kavish Gangrade Grigorii Nekrasov	4x 300m Relay	Boris Khramov Kavish Gangrade Elmurad Koilakaev Maxim Kirilichev

Laelaps Sports Day Events (F3 Girls)

100m	Evdokia Nazarova Arina Atnasheva Xihan Xie	1.5k	Valeria Vasilyeva Elizaveta Kopyltsova Ioli Timinis Lavinia Teica
200m	Anastasiia Kopyltsova Veronika Chervinskaya Lavinia Teica	Long Jump	Anisa Bilalova Xihan Xie Lavinia Teica Arina Atnasheva
300m	Arina Atnasheva Jade Xu Evdokia Nazarova	High Jump	Veronika Chervinskaya Elizaveta Kopyltsova Ioli Timinis Arina Atnasheva
400m	Laura Andone Anisa Bilalova Veronika Chervinskaya	Shotput	Laura Andone Anastasiia Kopyltsova Lavinia Teica Kseniia Zheglova
600m	Anastasiia Kopyltsova Jade Xu Elizaveta Kopyltsova	Tennis Ball Throw	Evdokia Nazarova Jade Xu Valeria Vasilyeva Vasilisa Zudova
800m	Laura Andone Anthia Vassiliades Valeria Vasilyeva	4x 100m Relay	Arina Atnasheva Xihan Xie Anastasiia Kopyltsova Anisa Bilalova
Tug of War	Laura Andone Anisa Bilalova Evdokia Nazarova Arina Atnasheva Anastasiia Kopyltsova Jade Xu Vasilisa Zudova Veronika Chervinskaya Valeria Vasilyeva Anthia Vassiliades Xihan Xie Elizaveta Kopyltsova Lavinia Teica Ioli Timinis Kseniia Zheglova	4x 300m Relay	Arina Atnasheva Jade Xu Evdokia Nazarova Laura Andone

Laelaps Sports Day Events (F3 Boys)

100m	Liam Harpaz Aaditya Kadari	1.5k	Dmitry Simonenko Liam Harpaz
200m	Armen Abgaryan Vladislav Urazaev	Long Jump	Ioannis Papadikkos Armen Abgaryan Aaditya Kadari Boluo Lin
300m	Ioannis Papadikkos Boluo Lin	High Jump	Aris Papaioannou Armen Abgaryan Liam Harpaz Aaditya Kadari
400m	Armen Abgaryan Vladislav Urazaev	Shotput	Ioannis Papadikkos Boluo Lin Liam Harpaz Dmitry Simonenko
600m	Boluo Lin Liam Harpaz	Tennis Ball Throw	Boluo Lin Aaditya Kadari Ioannis Papadikkos Armen Abgaryan
800m	Ioannis Papadikkos Vladislav Urazaev	4x 100m Relay	Liam Harpaz Aaditya Kadari Armen Abgaryan Vladislav Urazaev
Tug of War	Ioannis Papadikkos Aris Papaioannou Armen Abgaryan Boluo Lin Liam Harpaz Vladislav Urazaev Aaditya Kadari Dmitry Simonenko	4x 300m Relay	Ioannis Papadikkos Boluo Lin Armen Abgaryan Vladislav Urazaev

Arion Sports Day Events (F3 Girls)

100m	Amaliya Aman Alisa Larkina Thea Ghandour	1.5k	Melina Lellepi Oleksandra Portnova Thea Ghandour
200m	Taisija Safranova Arina Nekrasova Daniella Mkhitarian	Long Jump	Taisija Safranova Thea Ghandour Ioanna Lellepi Michaela Loizou
300m	Thea Ghandour Melina Lellepi Marta Deryabina	High Jump	Aspasia Michaelidi Amaliya Aman Alisa Larkina Oleksandra Portnova
400m	Ioanna Lellepi Daniella Mkhitarian Oleksandra Portnova	Shotput	Gaurikaa Malhotra Taisija Safranova Marta Deryabina Daniella Mkhitarian
600m	Nektaria Lellepi Gaurikaa Malhotra Marta Deryabina	Tennis Ball Throw	Nektaria Lellepi Gaurikaa Malhotra Arina Nekrasova Vasilisa Kanevtsova
800m	Aspasia Michaelidi Michaela Loizou Vasilisa Kanevtsova	4x 100m Relay	Amaliya Aman Alisa Larkina Thea Ghandour Aspasia Michaelidi
Tug of War	Nektaria Lellepi Gaurikaa Malhotra Aspasia Michaelidi Taisija Safranova Amaliya Aman Marta Deryabina Alisa Larkina Arina Nekrasova Thea Ghandour Ioanna Lellepi Michaela Loizou Vasilisa Kanevtsova Melina Lellepi Daniella Mkhitarian Oleksandra Portnova	4x 300m Relay	Thea Ghandour Melina Lellepi Marta Deryabina Ioanna Lellepi

Arion Sports Day Events (F3 Boys)

100m	Iliya Asadian Konstantinos Hadjikriacou Ioannis Ioannides	1.5k	Henry Frost Michael Duan Konstantinos Hadjikriacou
200m	Michael Duan Michalis Achilleos Gleb Smirnov	Long Jump	Gleb Smirnov Iliya Asadian Michael Duan Konstantinos Hadjikriacou
300m	Ali Samin Konstantinos Hadjikriacou Iliya Asadian	High Jump	Iliya Asadian Michalis Achilleos Konstantinos Hadjikriacou Ioannis Ioannides
400m	Gleb Smirnov Michalis Achilleos Ioannis Ioannides	Shotput	Henry Frost Gleb Smirnov Michalis Achilleos Ali Samin
600m	Ali Samin Michael Duan Ioannis Ioannides	Tennis Ball Throw	Henry Frost Michael Duan Ioannis Ioannides Ali Samin
800m	Gleb Smirnov Michalis Achilleos Henry Frost	4x 100m Relay	Iliya Asadian Konstantinos Hadjikriacou Ioannis Ioannides Michael Duan
Tug of War	Henry Frost Gleb Smirnov Iliya Asadian Michalis Achilleos Michael Duan Konstantinos Hadjikriacou Ioannis Ioannides Ali Samin	4x 300m Relay	Ali Samin Konstantinos Hadjikriacou Iliya Asadian Gleb Smirnov

Phoenix Sports Day Events (F3 Girls)

100m	Nicole Norikova Christina Papapieri Elena Seke	1.5k	Larissa Thomaidis Christina Papapieri Nicole Norikova
200m	Anastasiia Astafyeva Evelina Kolesnikova Nayia Theodoulou	Long Jump	Elena Seke Nicole Si Christina Papapieri Francesca Miller
300m	Elva Liu Larissa Thomaidis Melina Hadjikkoumi	High Jump	Nicole Norikova Melina Hadjikkoumi Christina Papapieri
400m	Athina Lytras Anastasiia Astafyeva Francesca Miller	Shotput	Karina Bogatova Anastasiia Astafyeva Maria Elshamy Melina Kaili Nayia Theodoulou
600m	Karina Bogatova Elena Seke Nicole Si	Tennis Ball Throw	Elva Liu Larissa Thomaidis Athina Lytras Evelina Kolesnikova Melina Hadjikkoumi
800m	Maria Elshamy Melina Kaili Francesca Miller	4x 100m Relay	Nicole Norikova Christina Papapieri Elena Seke Anastasiia Astafyeva
Tug of War	Karina Bogatova Nicole Norikova Elena Seke Nicole Si Anastasiia Astafyeva Elva Liu Larissa Thomaidis Maria Elshamy Melina Kaili Athina Lytras Christina Papapieri Melina Hadjikkoumi Evelina Kolesnikova Francesca Miller Nayia Theodoulou	4x 300m Relay	Elva Liu Larissa Thomaidis Melina Hadjikkoumi Athina Lytras

Phoenix Sports Day Events (F3 Boys)

100m	Nikolas Nolas Andreas Tofas	1.5k	Tikhon Kozyrev Bogdan Tibekin
200m	Bogdan Tibekin Constantinos Tsielepis	Long Jump	Alex Hurney Bogdan Tibekin Tikhon Kozyrev Nikolas Nolas
300m	Alex Hurney Nikolas Nolas	High Jump	Constantinos Tsielepis Tigran Daian Andreas Tofas Andreas Neocleous
400m	Tikhon Kozyrev Andreas Tofas	Shotput	Bogdan Tibekin Andreas Tofas Constantinos Tsappas Andreas Neocleous
600m	Constantinos Tsielepis Alex Hurney	Tennis Ball Throw	Alex Hurney Tikhon Kozyrev Nikolas Nolas Andreas Tofas
800m	Constantinos Tsappas Tigran Daian	4x 100m Relay	Nikolas Nolas Andreas Tofas Bogdan Tibekin Constantinos Tsielepis
Tug of War	Alex Hurney Bogdan Tibekin Tikhon Kozyrev Nikolas Nolas Andreas Tofas Constantinos Tsappas Constantinos Tsielepis Tigran Daian Andreas Neocleous	4x 300m Relay	Alex Hurney Nikolas Nolas Tikhon Kozyrev Andreas Tofas

SPORTS DAY 2023 TEAM SHEETS (SENIORS)

House: ARION

(THURSDAY NOV 16th)

Gender: FEMALE

(FRIDAY NOV 17th)

Year Group: F4 / F5

TRACK

100M	1) Molly	2) Sophie	3) Athena	
200M	1) Sophie	2) Lubov	3) Mai	
300M	1) Jaanya	2) Athena	3) Mai	
400M	1) Athena	2) Lubov	3) Sophie	
600M	1) Molly	2) Guoli	3) Jaanya	
800M	1) Polina K	2) Marianne K	3)	
1500M	1) Guoli	2) Marianne K	3)	
4×100M RELAY	1) Jaanya	2) Athena	3) Molly	4) Sophie
4×300M RELAY	1) Jaanya	2) Lubov	3) Mai	4) Marianne K

FIELD

LONG JUMP	1) Athena	2) Mai T	3) Molly	4) Lubov
HIGH JUMP	1) Jaanya	2)	3) Athena	4) Marianne K
TENNIS BALL THROW	1) Ritika	2) Sophie	3) Marianne K	4) Antoinette
SHOT PUT	1) Ritika	2) Sophie	3) Hoda	4) Antoinette

SPORTS DAY 2023 TEAM SHEETS (SENIORS)

House: ARION

(THURSDAY NOV 16th)

Gender: MALE

(FRIDAY NOV 17th)

Year Group: F4 / F5

TRACK

100M	1) Alexandros A	2) Jamil	3) Nikita	
200M	1) Pavel	2) Michalis Z	3) Dean	
300M	1) Alexandros A	2) Michal K	3) Dean	
400M	1) Pavel	2) Michal K	3) Jay	
600M	1) Marios A	2) Alexander R	3) Jay	4) Alexander R
800M	1) Alexandros A	2) Alexander M	3) Marcus	
1500M	1) Alexander R	2) Alexander M	3) Marios A	4) Adam
4×100M RELAY	1) Alexandros A	2) Dean	3) Jay	4) Pavel
4×300M RELAY	1) Alexandros A	2) Michal K	3) Alexander R	4) Adam

FIELD

LONG JUMP	1) Marios A	2) Michal K	3) Jay	4) Alexander R	5) Marcus	6) Adam	7) Jack
HIGH JUMP	1) Dean	2) Alexandros A	3) Nikita	4) Alexander R			
TENNIS BALL THROW	1) Adam	2) Pavel	3) Nikita	4) Michalis Z	5) Jack		
SHOT PUT	1) Adam	2) Alexander M	3) Nikita	4) Simon	5) Jack		

SPORTS DAY 2023 TEAM SHEETS (SENIORS)

House: ARION

(THURSDAY NOV 16th)

Gender: FEMALE

(FRIDAY NOV 17th)

Year Group: L6 / U6

TRACK

100M	1) Annabel	2) Angelina	3) Sali	
200M	1) Olivia	2) Joanna	3) Sali	
300M	1) Olivia	2) Angelina	3) Alexandra T	
400M	1) Annabel	2) Maria I	3) Alexandra T	
600M	1) Alisa B	2)	3) Maria I	
800M	1)	2) Eleniy	3) Sissi	
1500M	1)	2) Eleniy	3) Eva I	
4×100M RELAY	1) Olivia	2) Sali	3) Annabel	4) Joanna
4×300M RELAY	1) Angelina	2) Maria I	3) Annabel	4) Eleniy

FIELD

LONG JUMP	1) Ekaterina	2) Sissi	3) Annabel	4) Maria I
HIGH JUMP	1) Annabel	2) Joanna	3) Alexandra T	4) Alisa B
TENNIS BALL THROW	1) Sali	2) Vasilisa	3) Olivia	4) Eleniy
SHOT PUT	1) Sali	2) Ekaterina	3) Olivia	4) Angelina

SPORTS DAY 2023 TEAM SHEETS (SENIORS)

House: ARION

(THURSDAY NOV 16th)

Gender: MALE

(FRIDAY NOV 17th)

Year Group: L6 / U6

TRACK

100M	1) Loukas	2) Constantin	3) Alexandros P	
200M	1) Daniel H	2) Freddy	3) Nikita K	
300M	1) Alexandros P	2) Daniel H	3) Freddy	
400M	1) Constantin	2) Freddy	3) Alexandros P	
600M	1) Brandon	2) Nikita K	3) Loukas	
800M	1) Brandon	2) Vladimir U	3) Nicolas P	
1500M	1) Loukas	2) Vladimir U	3) Nicolas P	
4×100M RELAY	1) Freddy	2) Alexandros P	3) Brandon	4) Loukas
4×300M RELAY	1) Freddy	2) Alexandros P	3) Loukas	4) Vladimir U

FIELD

LONG JUMP	1) Alexandros	2) Constantin	3) Vladimir	4) Daniel H	
HIGH JUMP	1) Loukas	2) Freddy	3) Brandon	4) Nikita K	
TENNIS BALL THROW	1) Freddy	2) Vladimir U	3) Nicolas P	4) Alexandros	
SHOT PUT	1) Nicolas P	2) Brandon	3) Nikita K	4) Constantin	5) Vlad

SPORTS DAY 2023 TEAM SHEETS (SENIORS)

House: CENTAUR

(THURSDAY NOV 16th)

Gender: FEMALE

(FRIDAY NOV 17th)

Year Group: F4 / F5

TRACK

100M	1) Valeriya	2) Lili	3) Katerina S	
200M	1) Donia	2) Lili	3) Anastasia N	
300M	1) Natalie	2) Anastasia N	3) Veronika	
400M	1) Stephanie	2) Siena	3) Hara	
600M	1) Zoe	2) Maiia	3) Stephanie	
800M	1) Veronika	2) Maiia	3) Teya	
1500M	1) Siena	2) Maiia	3) Victoria	
4×100M RELAY	1) Lili	2) Sofia	3) Anastasia N	4) Stephanie
4×300M RELAY	1) Lili	2) Maiia	3) Veronika	4) Siena

FIELD

LONG JUMP	1) Lili	2) Stephanie	3) Anastasia	4) Veronika	5)Victoria
HIGH JUMP	1) Lili	2) Theofania	3) Siena	4) Victoria	
TENNIS BALL THROW	1) Anastasia	2) Valeriya	3) Elizaveta	4) Stephanie	
SHOT PUT	1) Elizaveta	2) Natalie	3) Maiia	4) Victoria	5) Daria

SPORTS DAY 2023 TEAM SHEETS (SENIORS)

House: CENTAUR

(THURSDAY NOV 16th)

Gender: MALE

(FRIDAY NOV 17th)

Year Group: F4 / F5

TRACK

100M	1) Platon	2) Victor	3) Artem M	
200M	1) Victor	2)	3) Artem M	
300M	1) George C	2) Giorgos	3) Platon	
400M	1) Victor	2) Fedor	3) Arseny	
600M	1) Chengdao	2) Adit	3) Marco G	
800M	1)	2) Adit	3) Constantinos	
1500M	1) Platon	2) Marco G	3) George C	
4×100M RELAY	1)	2) Platon	3) George C	4) Fedor
4×300M RELAY	1) Marco G	2) Victor	3) Artem	4) Adit

FIELD

LONG JUMP	1) Artem M	2) George C	3) Arseny	4) Chengdao
HIGH JUMP	1)	2) Arseny	3) Fedor	4) George C
TENNIS BALL THROW	1) Constantinos	2) Victor	3) Marco G	4) Artem M
SHOT PUT	1) Fedor	2) Marco G	3) George C	4) Platon

SPORTS DAY 2023 TEAM SHEETS (SENIORS)

House: CENTAUR

(THURSDAY NOV 16th)

Gender: FEMALE

(FRIDAY NOV 17th)

Year Group: L6 / U6

TRACK

100M	1) Maria C	2) Veronika M	3) Artemis G	
200M	1) Monika	2) Lydia	3) Artemis G	
300M	1) Francesca	2) Jude	3) Veronika M	
400M	1) Alexia P	2) Jude	3) Antonia K	
600M	1) Vanessa	2) Tania	3) Antonia K	
800M	1) Francesca	2) Tania	3) Antonia A	
1500M	1) Vanessa	2) Antonia A	3) Victoria V	
4×100M RELAY	1) Helena	2) Tania	3) Maria C	4) Artemis G
4×300M RELAY	1) Antonia K	2) Francesca	3) Antonia A	4) Vanessa

FIELD

LONG JUMP	1) Artemis G	2) Monika	3) Alexia P	4) Maria C
HIGH JUMP	1) Helena S	2) Tania	3) Antonia K	4) Victoria V
TENNIS BALL THROW	1) Artemis G	2) Antonia A	3) Tania	4) Helena S
SHOT PUT	1) Maria C	2) Antonia A	3) Francesca	4) Jude

SPORTS DAY 2023 TEAM SHEETS (SENIORS)

House: CENTAUR

(THURSDAY NOV 16th)

Gender: MALE

(FRIDAY NOV 17th)

Year Group: L6 / U6

TRACK

100M	1) Ivan	2) Harry	3) Lou	
200M	1) Andreas L	2) Lou	3) Kirill	
300M	1) Harry	2) Ahil	3) Hassan	
400M	1) Loucas A	2) Markos	3) Pavel D	
600M	1) Romanos	2) Pavel D	3) Fyodor	
800M	1) Daniel Y	2) Markos	3) Demetres P	
1500M	1) Daniel Y	2) Andreas L	3) Demetres P	
4×100M RELAY	1) Loucas	2) Lou	3) Harry	4) Hassan
4×300M RELAY	1) Loucas	2) Markos	3) Kirill	4) Lou

FIELD

LONG JUMP	1) Fyodor	2) Markos	3) Ahil	4) Loucas	5) Andreas L	6) Kirill
HIGH JUMP	1) Lou	2) Harry	3) Loucas	4) Fyodor		
TENNIS BALL THROW	1) Romanos	2) Hassan	3) Ahil	4) Pavel D		
SHOT PUT	1) Lou	2) Romanos	3) Daniel Y	4) Hassan		

SPORTS DAY 2023 TEAM SHEETS (SENIORS)

House: LAELAPS

(THURSDAY NOV 16th)

Gender: FEMALE

(FRIDAY NOV 17th)

Year Group: F4 / F5

TRACK

100M	1) Salome	2) Ielyzaveta	3) Julia	
200M	1) Christine V	2) Sai	3) Elena	
300M	1) Pam	2) Anthi	3) Elena	
400M	1) Salome	2) Ielyzaveta	3) Pam	
600M	1) Pam	2) Yasmine	3) Anthi	
800M	1) Christine V	2) Yasmine	3) Judy	
1500M	1) Lea	2) Chakameh	3) Anthi	
4×100M RELAY	1) Ielyzaveta	2) Pam	3) Elena	4) Sai
4×300M RELAY	1) Ielyzaveta	2) Pam	3) Anthi	4) Christine V / Elena

FIELD

LONG JUMP	1) Emilia	2) Arianna	3) Anthi	4) Elena	
HIGH JUMP	1) Ielyzaveta	2) Julia	3) Christine V	4) Angelina	5) Arianna
TENNIS BALL THROW	1) Alexandra V	2) Lea	3) Salome	4) Sai	5) Anabella
SHOT PUT	1) Alexandra V	2) Pam	3) Yasmine	4) Elena	5) Emilia

SPORTS DAY 2023 TEAM SHEETS (SENIORS)

House: LAELAPS

(THURSDAY NOV 16th)

Gender: MALE

(FRIDAY NOV 17th)

Year Group: F4 / F5

TRACK

100M	1) Demetris	2) Leonid	3) Arsen D	
200M	1) Hanlin	2)Christoforos	3) Judy	
300M	1) Carl L	2) Matvey	3) Arsen D	
400M	1) Ricardo	2) Gian	3) Grigory	
600M	1) Leonid	2) Thomas	3) Charles	
800M	1) Carl L	2) Romans	3) Grigory	4) Charles
1500M	1) Thomas	2) Aleczander S	3) Kirill K	
4×100M RELAY	1) Arsen D	2)Christoforos	3) Leonid	4) Judy
4×300M RELAY	1) Matvey	2) Gian	3)Aleczander	4) Hanlin

FIELD

LONG JUMP	1) Romans	2) Thomas	3)Christoforos	4)Aleczander	5)Matvey
HIGH JUMP	1) Arsen D	2) Carl L	3)Christoforos	4) Hanlin	
TENNIS BALL THROW	1) Charles	2) Leonid	3) Judy	4) Gian	
SHOT PUT	1) Arsen D	2) Demetris	3) Gian	4) Grigory	

SPORTS DAY 2023 TEAM SHEETS (SENIORS)

House: LAELAPS

(THURSDAY NOV 16th)

Gender: FEMALE

(FRIDAY NOV 17th)

Year Group: L6 / U6

TRACK

100M	1) Andriana	2) Anastasia L	3) Christina K	
200M	1) Emily	2) Alexandra D	3) Joy	
300M	1) Christina K	2) Uma	3) Andrea P	
400M	1) Emily	2) Alexandra D	3) Simone N	
600M	1) Nadia	2) Andrea P	3) Emma	
800M	1) Pari	2) Maria I	3) Emma	
1500M	1) Pari	2) Maria I	3) Tavvishi	
4×100M RELAY	1) Emily	2) Joy	3) Christina	4) Anastasia L
4×300M RELAY	1) Christina	2) Emma	3) Andrea P	4) Tavvishi

FIELD

LONG JUMP	1) Anastasia L	2) Sarah	3) Joy	4) Christina K
HIGH JUMP	1) Tavvishi	2) Emma	3) Nadia	4) Christina K
TENNIS BALL THROW	1) Tavvishi	2) Andriana	3) Uma	4) Emily
SHOT PUT	1) Andrea P	2) Shivalika	3) Sarah	4) Pari

SPORTS DAY 2023 TEAM SHEETS (SENIORS)

House: LAELAPS

(THURSDAY NOV 16th)

Gender: MALE

(FRIDAY NOV 17th)

Year Group: L6 / U6

TRACK

100M	1) Savvas	2) Leonardo	3) Andreas AK	
200M	1) Noah	2) Samar	3) Jason	
300M	1) Sami	2) Leonato	3) Marco	
400M	1) Mateusz	2) Andreas AK	3) Marco	
600M	1) Alexandru P	2) Leonardo	3) Jason	
800M	1) Dany	2) Marco	3) Mateusz	
1500M	1) Dany	2) Leonato	3) Mateusz	
4×100M RELAY	1) Noah	2) Alex P	3) Sami	4) Marco
4×300M RELAY	1) Marco	2) Dany	3) Andreas AK	4) Mateusz

FIELD

LONG JUMP	1) Alexandru P	2) Leonardo	3) Dany	4) Mateusz
HIGH JUMP	1) Dany	2) Noah	3) Leonato	4) Alexandru P
TENNIS BALL THROW	1) Joshua	2) Samar	3) Noah	4) Sami
SHOT PUT	1) Joshua	2) Samar	3) Noah	4) Sami

SPORTS DAY 2023 TEAM SHEETS (SENIORS)

House: PHEONIX

(THURSDAY NOV 16th)

Gender: FEMALE

(FRIDAY NOV 17th)

Year Group: F4 / F5

TRACK

100M	1) Ariadne	2) Athina	3) Mayya U	
200M	1) Arina	2) Maria D	3) Ariadne	
300M	1) Despina M	2) Melaniya	3) Nayia	
400M	1) Sofia Y	2) Melaniya	3) Kamila	
600M	1) Marina	2) Kamila	3) Athina	
800M	1) Rada	2) Hara	3) Maiia T	
1500M	1) Nayia	2) Rada	3) Athena P	
4×100M RELAY	1) Ariadne	2) Athina	3) Nayia	4) Rada
4×300M RELAY	1) Ariadne	2) Arina	3) Melaniya	4) Kamila

FIELD

LONG JUMP	1) Nayia	2) Arina	3) Maria	4) Athina	
HIGH JUMP	1) Marina	2) Melaniya	3) Sofia Y	4) Elysia	
TENNIS BALL THROW	1) Rada	2) Arina	3) Hara	4) Athena P	
SHOT PUT	1) Melaniya	2) Anastasia C	3) Elysia	4) Athina	5) Despina M

SPORTS DAY 2023 TEAM SHEETS (SENIORS)

House: PHEONIX

(THURSDAY NOV 16th)

Gender: MALE

(FRIDAY NOV 17th)

Year Group: F4 / F5

TRACK

100M	1) Christos C	2) Vasilios	3) Samir H	
200M	1) Seif	2) Vasilios	3) Martin	
300M	1) Christos C	2) Demetres H	3) Samir H	
400M	1) Martin	2) Marios P	3) Nekta	
600M	1) Anatolii	2) Michael M	3) Orpheas	
800M	1) Amr	2) Marios P	3) Seif	
1500M	1) Amr	2) Michael M	3) Orpheas	
4×100M RELAY	1) Vasilios	2) Christos C	3) Samir	4) Orpheas
4×300M RELAY	1) Vasilios	2) Christos C	3) Marios P	4) Amr / Seif

FIELD

LONG JUMP	1) Andreas P	2) Vasilios	3) Seif	4)	
HIGH JUMP	1)	2) Vasilios	3) Amr	4) Samir	
TENNIS BALL THROW	1) Michael M	2) Demetres H	3) Christos C	4) Orpheas	
SHOT PUT	1) Andreas P	2) Michael M	3) Seif	4) Nekta	5) Martin

SPORTS DAY 2023 TEAM SHEETS (SENIORS)

House: PHEONIX

(THURSDAY NOV 16th)

Gender: FEMALE

(FRIDAY NOV 17th)

Year Group: L6 / U6

TRACK

100M	1) Angelina B	2) Amber	3) Michelle	
200M	1) Layla	2) Joy	3) Michelle	
300M	1)	2) Amber	3) Julia	
400M	1) Veronika V	2) Rayne	3) Andria P	
600M	1) Angelina B	2)	3) Layla	
800M	1) Joy	2) Eva N	3) Fiona	
1500M	1) Andria P	2) Eva N	3) Rayne	
4×100M RELAY	1) Michelle	2) Eva N	3) Layla	4) Angelina B
4×300M RELAY	1) Michelle	2) Amber	3) Eva	4) Andria P

FIELD

LONG JUMP	1) Veronika V	2)	3) Michelle	4) Amber
HIGH JUMP	1) Amber	2) Eva	3) Layla	4) Julia
TENNIS BALL THROW	1) Georgia	2) Layla	3) Tori	4) Chrystalleni
SHOT PUT	1) Georgia	2) Dimitra	3) Tori	4) Chrystalleni

SPORTS DAY 2023 TEAM SHEETS (SENIORS)

House: PHEONIX

(THURSDAY NOV 16th)

Gender: MALE

(FRIDAY NOV 17th)

Year Group: L6 / U6

TRACK

100M	1) Kevin	2) Christos C	3) Denis	
200M	1) Denis	2) Christos C	3) Kevin	
300M	1) Vassilis	2) Nikolas L	3) Michael	
400M	1) Luca	2) Kushagra	3) Alex S	
600M	1) Luca	2) Nikolas K	3) Nikolas L	
800M	1) Vyacheslav	2) Savvas	3) Daniel R	
1500M	1) Alex S	2) Nikolas K	3) Daniel R	
4×100M RELAY	1) Vassilis	2) Christos C	3) Denis	4) Kevin
4×300M RELAY	1) Alex S	2) Vassilis	3) Daniel R	4) Luca

FIELD

LONG JUMP	1) Denis	2) Christos C	3) Michael	4) Kevin
HIGH JUMP	1) Kushagra	2) Denis	3) Kevin	4) Konstantin
TENNIS BALL THROW	1) Vassilis	2) Savvas	3) Kushagra	4) Konstantin
SHOT PUT	1) Luca	2) Savvas	3) Nikolas L	4) Denis

CAPTAINS

	ARION	PHEONIX	CENTAUR	LAELAPS
F1	Hariton Herakis Ekaterina Molchanova Isabella Papadopoulou Danis Akhmetov	Daniel Gron Milena Bakinova Valeria Kyperesi Achilleas Michael	Charis Kourieos Antonia Soteriou Daniel Sabri Heydar Maktabi	Zarina Koilakaeva Sasha Ciurea Elizabeth Garnova Elias Charalambous
F2	Nicholas Mikelides Daniel Kanev Aliaksandr Leshchanka Celina Fan	Ameer Smeen Aris Christodoulos Ariella Kirilenko Frederica Reshetova	Anastasia Tsielepi Michael Patterson Maxim Burlov Mia Kedem	Carla-Rose Relton Youssef Al Digs Daniil Izyumov Nicole Kozlova
F3	Henry Frost Konstantinos Hadjikyriakou Thea Ghandour Alisa Larkina	Constantinos Tsappas Karina Bogatova Nikolas Nolas Melina Hadjijkoumi	Daria Iodchina Elina Aman Kavish Gangrade Boris Khramov	Ioannis Aaditya Kadari Anisa Bilalova Elizaveta Kopyltsova
F4/F5	Alexander Rhodes Jaanya Singh Alexander Marinkin Ritika Dubey	Ariadne Hatzis Martin Seke Amr Smeen Melaniya Agekyan	Adam Pustene Stephanie Petrou Maiia Berenstein Platon Bykov	Christine Vera Gregory Kramaranko Pam Schaapman Arsen Dalarian
L6/U6	Vladimir Uvarov Alisa Balakina Sali Abbara Brandon Wong	Alexander Smirnov Layla O'Flynn Denis Roussasnis Andria Papageorgiou	Lou Neva Tania Hamboulla Artemis Georghiou Pavel Dashin	Dany Tabet Emily Darker Christina Kyriakou Marco Issa

STAFF HOUSES

Teaching Staff	House	Teaching Staff	House
Mrs Lucy Georghiou	Neutral	Ms Kyriaki Millas	Laelaps
Ms J Pascall (Deputy)	Arion	Mrs Charlene Neva	Centaur
Mrs A Thomas Cook (Deputy)	Phoenix	Mr Samuel Neva	Arion
Mr Z Zinonos (Deputy)	Arion	Mr Andreas Nichola	Phoenix
Dr M Orford (Deputy)	Phoenix	Mrs Gabriella Panayi	Centaur
Ms L Nizam (Deputy)	Laelaps	Mrs Katy Parkes	Phoenix
Mr A Michael (Deputy)	Centaur	Mr George Patchias	Arion
Mr M Agathocleous	Arion	Mrs Karine Petevi	Phoenix
Mrs Angeliki Agorou	Arion	Mrs Sarah Potter	Phoenix
Mrs Antonia Agorou	Centaur	Ms Maria Prastiti	Centaur
Ms Athena Agrotis	Laelaps	Mr Colin Relton	Neutral
Mrs Siew Anastasiou	Arion	Mr Stephen Reynolds	Laelaps
Mrs Alex Anastasiades	Centaur	Mr Richard Ryder	Centaur
Mr James Arif	Phoenix	Mrs Demetra Savva	Phoenix
Mr Alexandros Avgousti	Amazon	Mrs Maria Savva	Phoenix
Mrs Carol Bailey	Centaur	Ms Egli Shiakalli	Centaur
Mr Christopher Boast	Neutral	Mrs C Timotheou	Laelaps
Ms Veronica Charalambides	Laelaps	Mr Charalambos Toumazou	Laelaps
Mrs Chrissida Charalambous	Phoenix	Mrs Nikoletta Tryfonos	Arion
Mrs Elina Charalambous	Phoenix	Ms Lucinda West	Laelaps
Mr Demetrios Constantinou	Phoenix	Ms Stephanie Zavrou	Phoenix
Ms Angela Christophi	Centaur		
Ms Zoi Dimosthenous	Laelaps	Admin	
Mr Nicholas Economides	Laelaps	Mr M Foley	Neutral
Mr Rafail Eleftheriou	Arion	Mrs G Foley	Neutral
Mrs Andria Felekis	Phoenix	Mrs L Charalambous	Neutral
Mr Andreas Foti	Centaur	Mrs S Charitou	Neutral
Ms Tayler Froehling	Neutral	Mr B Defranceschi	Neutral
Mr Andreas Georgiou	Laelaps	Ms T Gedeon	Neutral
Mrs Stella Georgiou	Laelaps	Mr B Ghita	Neutral
Ms Thekla Georgiou	Arion	Mrs G Karavasili	Neutral
Ms Emma Joynes	Centaur	Mrs J Kyriacou	Neutral
Dr Armen Kasparian	Phoenix	Mr I Mircica	Neutral
Dr Sohail Razi Khan	Arion	Mr L Papadopoulos	Neutral
Mr Hywel King	Centaur	Mrs W Snaith	Neutral
Mrs Keira Lapsley-Hughes	Laelaps	Mrs T Zourek	Neutral
Mrs Natalie Kyriakidou-Lennox	Centaur		

Mrs Olivia Lucas	Laelaps	Swimming	
Mr Petros Mandralis	Arion	Mr Mark Oxtoby	Neutral
Dr Christos Marangos	Arion	Ms Katerina Orrou	Neutral

FOLEY'S SCHOOL (updated after Sports Days 2023)

1979

2023

ATHLETICS RECORDS

FORM 1 BOYS

100 m	A Christodoulou	12.88 secs	2023
200 m	I Papaioannou	27.90 secs	2008
300 m (new event April 2018)	K Sabri	46.93 secs	2019
400 m	I Asadian	61.85 secs	2022
600 m (new event April 2018)	S Agrotis	1.47.85 mins	2022
800 m	M Steliou	2.36.0 mins	1986
1500 m	D Agathangelou	5.04.0 mins	1990
JAVELIN - 400 gms	E Esse	31.31 metres	1986
SHOT - 2.72 Kg	J Abou-Jaoude	10.22 metres	1986
DISCUS - 1.00 Kg	E Ayiomamitis	24.62 metres	1993
HIGH JUMP	A Televantides	1.50 metres	2023
LONG JUMP	A Televantides	4.80 metres	2023
RELAY 4 x 100 m	Amazon	57.06 secs	2023

FORM 2 BOYS

100 m	I Asadian	11.76 secs	2023
200 m	M Goodall	27.43 secs	1993
300 m (new event April 2018)	N Koval	45.37 secs	2019
400 m	M Scott	60.80 secs	1980
600 m (new event April 2018)	A Dalarian	1.58.07 mins	2022
800 m	V Tyan	2.34.0 mins	1986
800m	A Argyriou	2.34.0 mins	2008
1500 m	G Nikolic	5.06.43 mins	2012
JAVELIN - 500 gms	V Kuznetsov	29.50 metres	2000
SHOT - 2.72 Kg	A Koukkoullis	12.30 metres	1996
SHOT - 3.00 Kg	N Christofi	11.59 metres	1996
DISCUS - 1.00 Kg	P Boerger	27.23 metres	2000
HIGH JUMP	L Tkachenko	1.58 metres	2023
LONG JUMP	C A Tsielepis	4.75 metres	2023
RELAY 4 x 100 m	Amazon	55.42 secs	2023

FORM 3 BOYS

100 m	V Loizides	11.74 secs	2023
200 m	V Koval	24.65 secs	2016
300 m (new event April 2018)	V Loizides	39.54 secs	2023
400 m	A Rhodes	58.25 secs	2022
600 m (new event April 2018)	D Prodromou	1.46.06 mins	2018
800 m	V Tyan	2.19.15 mins	1987
1500 m	G Nikolic	4.56.47 mins	2013
JAVELIN - 600 gms	A Britton	34.90 metres	1991
SHOT - 3.25 Kg	M Knezevic	12.3 metres	1979
DISCUS - 1.25 Kg	A Koukkoullis	31.16 metres	1997
HIGH JUMP	A Andreou	1.72 metres	2023
LONG JUMP	A Mavrommatis	5.26 metres	1987

RELAY 4 x 100 m

Amazon

52.31 secs

2022

FOLEY'S SCHOOL**1979 2023****ATHLETICS RECORDS****FORM 1 GIRLS**

100 m	C Relton	14.19 secs	2023
200 m	E Odintsova	30.99 secs	2023
300 m (new event April 2018)	A Rhodes	49.59 secs	2018
400 m	E Kopyltsova	72.58 secs	2022
600 m (new event April 2018)	M Sokolova	1.59.42 mins	2023
800 m	M Argyriou	2.45.00 mins	2008
1500 m	M Argyriou	5.27.00 mins	2008
JAVELIN - 400 gms	M Haraki	16.07 metres	1984
SHOT - 2.72 Kg	A Kopylstsova	9.50 metres	2022
DISCUS - 1.00 Kg	M Makarova	14.95 metres	2000
HIGH JUMP	S Anastasi	1.41 metres	2016
LONG JUMP	Z Nicolaidis	4.15 metres	1994
RELAY 4 x 100	Hercules	1.03.16 mins	2022

FORM 2 GIRLS

100 m	M Loginova	13.71 secs	2019
200 m	P Schaapman	28.78 secs	2022
300 m (new event April 2018)	P Schaapman	45.65 secs	2022
400 m	C Eracleous	71.20 secs	1990
600 m (new event April 2018)	E Kopyltsova	2.09.63 mins	2023
800 m	N Leitch	2.41.55 mins	1993
1500 m	N Leitch	5.22.66 mins	1993
JAVELIN - 400 gms	G Pashias	19.86 metres	1993
SHOT - 2.72 Kg	D Kordenkova	9.40 metres	2019
DISCUS - 1.00 Kg	T Tchacos	19.81 metres	2002
HIGH JUMP	S Anastasi	1.52 metres	2018
LONG JUMP	D Boukata	4.15 metres	2000
RELAY 4 x 100	Theseus	58.94 secs	2019

FORM 3 GIRLS

100 m	K Menelaou	13.42 secs	1988
200 m	D Papoutsakis	29.53 secs	1997
300 m (new event April 2018)	S Iaskina	43.82 secs	2019
400 m	S Iaskina	64.32 secs	2019
600 m (new event April 2018)	N Papageorgiou	1.51.60 mins	2022
800 m	M Argyriou	2.41.2 mins	2010
1500 m	M Argyriou	5.31.50 mins	2010
JAVELIN - 400 gms	K Bonai	19.80 metres	1989
SHOT - 3.00 Kg	K Bonai	9.68 metres	1989

DISCUS - 1.00 Kg	R Yenovkian	22.60 metres	1989
HIGH JUMP	S Anastasi	1.51 metres	2019
LONG JUMP	D Boukata	4.54 metres	2000
RELAY 4 x 100m	Theseus	59.07 secs	2022

FOLEY'S SCHOOL

1979 2023

ATHLETICS RECORDS

FORM 4/5 BOYS (As from November 2000)

100 m	A Elias	11.84 secs	2011
200 m	D Prodromou	23.90 secs	2019
300 m (new event April 2018)	D Prodromou	39.18 secs	2019
400 m	J Hajiroussos	56.56 secs	2011
600 m (new event April 2018)	J Mudd	1.52.46 mins	2018
800 m	M Antoniadis	2.07.84 mins	2023
1500 m	A Smirnov	4.45.58 mins	2023
JAVELIN - 800 gms	O Mamedov	26.40 metres	2006
SHOT	A Geddes	12.39 metres	2014
DISCUS	X Ioannou	33.40 metres	2003
HIGH JUMP	A Geddes	1.81 metres	2014
LONG JUMP	E Mechkov	5.50 metres	2000
RELAY 4 x 100 m	Theseus	47.72 secs	2023

SENIOR BOYS

100 m	Z Dawas	11.49 secs	1998
200 m	I Papaioannou	23.62 secs	2013
300 m (new event April 2018)	A Saleh	42.93 secs	2019
400 m	R Sovmiz	54.30 secs	2007
600 m (new event April 2018)	R Efstathiou	1.53.04 mins	2018
800 m	A Elias	2.09.40 mins	2012
1500 m	F Abu Manneh	4.49.0 mins	2000
JAVELIN - 800 gms	J Laghoutis	43.86 metres	1987
SHOT - 4 kg	A Onisiforou	13.95 metres	2013
SHOT - 5 kg	A Galatariotis	12.08 metres	1996
DISCUS - 1.50 Kg	N Anastasiades	52.85 metres	1985
(DISCUS - 1.50 Kg	A Galatariotis	30.34 metres	1996)
DISCUS - 1.25 Kg (Fm4)	A Koukkoullis	32.20 metres	2000
HIGH JUMP	A Geddes	1.78 metres	2016
LONG JUMP	C Roussos	6.18 metres	1994
RELAY 4 x 100 m	Amazon	50.36 secs	2000

FOLEY'S SCHOOL

1979 2023

ATHLETICS RECORDS

FORM 4/5 GIRLS (As from November 2000)

100 m	A Papoutsakis	13.64 secs	2001
200 m	M Wallis	28.30 secs	2008
300 m (new event April 2018)	S Kuznetsova	56.20 secs	2019
400 m	T Essipovitch	1.13.08 mins	2003
600 m (new event April 2018)	N Papageorgiou	1.51.58 mins	2023
800 m	M Argyriou	2.43.14 mins	2011
1500 m	M Argyriou	5.28.40 mins	2011
Javelin	A Patsalides	18.27 m	2003
Shot	M Argyriou	9.15 m	2012
Discus	T Tchacos	19.90 m	2004
High Jump	M Mudd	1.45 m	2013
Long Jump	M Wallis	4.12 m	2007
Relay 4 x 100 m	Theseus	58.3 secs	2007

SENIOR GIRLS

100 m	M Mudd	13.29 secs	2016
200 m	M Mudd	29.12 secs	2016
300 m (new event April 2018)	C Snaith	54.03 secs	2018
400 m	D Papoutsakis	61.01 secs	1998
600 m (new event April 2018)	C Snaith	2.37.00 mins	2018
800 m	A Abdel-Hadi	2.29.00 mins	1983
1500 m	A Britton	6.00.05 mins	1988
JAVELIN - 600 gms	J Rudall	23.55 metres	1996
SHOT - 3.25 Kg	M Lamari	9.48 metres	1996
DISCUS - 1.00 Kg	P Agnello	22.87 metres	2003
HIGH JUMP	N Gore	1.48 metres	1999
LONG JUMP	A Rhodes	4.69 metres	2023
RELAY 4 x 100 m	Zeus	1.00.68 mins	1996

ADDITIONAL OFFICIAL SCHOOL RECORDS

Set by pupils competing regionally and nationally while representing Foley's School. (These records stand only if they are stronger than those set on Sports Day or for non-traditional events).

DROMOS YGEIAS 3KM ROAD RACE

Boys: Markos Antoniadis **10.16.47 mins** (2023)
Girls: Nayia Papageorgiou **12.17.55 mins** (2023)

REGIONAL & NATIONAL ATHLETICS CHAMPIONSHIPS

Lyceum Girls (F4 -L6)

Long Jump: Anabel Rhodes **5.29 metres** (2023)
4x400 relay: Antonia Achilleos; Jaanya Singh; Nayia Papageorgiou; Emma Vaki **5.14.49 mins** (2023)

Lyceum Boys (F4 -L6)

1.5km: Markos Antoniadis **4.25.13 mins** (2023)
3km (track): Alexandr Smirnov **10.07.08 mins** (2023)
4x400 relay: Dany Tabet; Mateusz Mazurek; Martin Seke; Karim Sabri **3.59.48 mins** (2023)

Gymnasium Girls (F1 -3)

80m hurdles: Ielyzaveta Iatsiuta **17.38 secs** (2023)
80m: Lili Neva **11.94 secs** (2023)
150m: Carla-Rose Relton **21.94 secs** (2023)

Gymnasium Boys (F1 -3)

80m: Vasilios Loizides **9.25 secs** (2023)
150m: Iliya Asadian **17.80 secs** (2023)
600m: Alexander Rhodes **1.34.79 mins** (2022)
1000m: Sergei Rodnov **3.09.21 mins** (2023)
4x100 relay: Vasilios Loizides; Iliya Asadian; Alexandros Andreou; Aris Christodoulou **48.25 secs** (2023)

SAFETY PROCEDURES IN ATHLETICS

TUG-OF-WAR

All sport can be intrinsically dangerous and therefore it is important to ensure that all necessary precautions are taken to prevent accidents and injury. Before the event even takes place, make sure all potentially hazardous objects (loose stones, glass, etc, etc) are removed from the throwing area. Also, forewarn pupils about the correct footwear, especially if the surface area is slippery. Because of the nature of the activity the 'Tug of War' should take place on relatively soft ground such as sand or grass. Try to ensure that the competition takes place on even ground to avoid children tripping on unseen raised ground on the back pull.

During the actual event it is imperative that pupils follow the referees commands which are:

- "Take your position" – competitors align themselves besides the rope in an alternate manner ie one on the right side, the next on the left and so on.
- "Lift" – competitors lift the rope without pulling. No one should wrap the rope around their arms or hands. (The 'anchorman' is permitted to wrap the rope around his/her waist).
- "Take the strain" – pupils maximise the tension on the rope without pulling. To minimise friction burns a tight grip should be maintained.
- "Pull" – the competition commences, after one team wins it is important to announce the victors so that all competitors can hear. Neither team should drop the rope immediately otherwise competitors could 'tumble' onto one another in a 'domino effect'. It is preferable to release the tension slowly. Prior to the event pupils should be warned that the few seconds after the completion of the 'tug' are the most potentially dangerous.
- **REMEMBER**
- Make sure both teams are of equal number.
- Make sure no one has gripped the rope in a dangerous manner.
- Make sure all spectators are approximately 10 metres away from the competitors area. Ideally the area should be cordoned off with tape, cones and/or rope.

Throwing Equipment

Weights and colour coding system for Shotput in Athletics training and on Sports Day.

Year Group	Weight and Colour
Form 1/2 Girls/ Boys	2.72kg Blue
Form 3/4/5 Girls	3kg Yellow
Form 3 Boys	3.25kg Silver
Form 4/5 Boys	4kg Red
L6/U6 Girls	3.25kg Silver
L6/U6 Boys	5kg Green