



Artwork by Ankalika Mondal J3S

### Sports Day Junior School Officials & Assistants

Coordinators/Marshals	Miss Froehling/ Mr Boast
New Record Keeper	Mr Relton
Announcer	Mrs L Georghiou
First Aid	Ms G Panayides/ Ms T Gedeon
Recorder	Mr T Miller
Timekeepers/Place Judges	Miss Froehling/ Mr Boast
Crowd Control	All
General Factotum	Mr Leonidas/ Mr Boris

#### **Event Referees & Assistants**

80m/100m	Miss T Froehling/ Mr C Boast/ Mr T Miller
600m/800m	Miss T Froehling/Mr C Boast/ Mr T Miller
Hoopla	Ms H Anwar
Tug o' War	Ms L Polycarpou
Baton Relay	Ms T Nicolaou
Cone Hold (J1-J3)	Ms M Papaelissaiou
Cone Hold (Prep)	Ms M Drakos
Bean Bag Toss	F4 Student
Vortex Throw	Ms E Kyriacou
Standing Broad Jump	F4 Student
Long Jump	Ms A Papadopoulou
Tennis Ball Throw	F4 Student
Sack Race	F4 Student
Hammer Throw	F4 Student
Crowd Control/General Assistants	F4 Student

### Class Teachers & Houses

J1C	Ms H Colclough	J1 Y Boys
J1H	Ms N Hadjiyianni	J1 X Girls
J1P	Ms M Mylordou	J1 Y Girls
J1T	Ms M Tryfonidou	J1 Y Girls
J2A	Ms H Anwar/A Metaxa	J2 X Boys
J2K	Ms G Keravnou	J2 Y Boys
J2M	Mr T Miller	J2 X Girls
J2T	Ms D Theophanous	J2 Y Girls
J3H	Mr C Hunter	J3 X Boys
J3J	Ms I Johnson	J3 Y Boys
J3S	Ms S Singh	J3 X Girls
J3	Ms S Ranjan	J3 Y Girls
Prep G	Ms V Ktisti	Prep X Boys
Prep L	Ms I Lott	Prep Y Boys
Prep P	Ms T Kyriacou	Prep X Girls
Prep	Ms M Drakos	Prep Y Girls

### **Class Teaching Assistants**

J1	Ms A Papadopoulou, Ms L Polycarpou, Ms H Anwar and Ms M Papaelissaiou
J2	Ms D Theophanous, Ms T Nicolaou, Ms I Papadopoulou and Ms S Gentleman
J3	Ms S Ranjan and Ms E Kyriacou
Prep	Ms M Drakos

## **Junior Sports Day**

### **House Captains**

<b>Class</b>	<b>Centaurs</b>	<b>Laelaps</b>	<b>Arion</b>	<b>Phoenix</b>
<b>J1</b>	Maria Gridneva Marvin Ostrovskiyi	Veronika Kuznetsova Sebastian Savvides	Lorina Lambraki Ioannis Filaktou	Maria Litvina George Srivaros
<b>J2</b>	Elizabeth Starace Alexandre Mashin	Ioanna Kypparis Sasha Vatsovskyi	Sophie Alexa Bunge Paris Miller	Lydia Koundouros Maximilian Economou
<b>J3</b>	Uliana Chudakova Noah Azzam	Jana Al Diqs Nikita Hotins	Dorothea Neophytou Phillip Hota	Nichole Stylianidis Loucas Stylianou
<b>Prep</b>	Daria Lazarevica Matthew Burlov	Amy Yao Nikita Mashin	Maria Pankrashkina Savvas Teklos	Malvina Kyriacou Alexandru Ciochina

Please note that Junior Captains have been selected based on their athletic ability (the students in each year with the most points in the 5\* Award Scheme) as well as their behaviour and attitude.

<b>J1</b>	<b>Girls X</b>	<b>Girls Y</b>
<b>Centaurus</b>	Maria Gridneva Christina Patata Stefania Vasileva Eleni Iakovou Vasilisa Ignatova Iniya Arunmozhi	Ariana Danae Verhoef Alex Shaybeen Melina Rose Puddick Natalia Koullourou
<b>Laelaps</b>	Veronika Kuznetsova Nora Klinghoffer Victoria Romanova Alisa Nikiforova Fleur Van Lunen Victoria Romanova	Alisa Nikiforova Melina Galatariotis Evangelia (Liza) Zachariou Ana Maria Gryaznova Allison Ceaicovschi Van Gessel Jamila Gazar Talia Smeen Elizabeth Khokhlova Eliza Adamidou Anna-Maria Michael Alaya Radzhibaeva
<b>Phoenix</b>	Maria Litvina Evelina Lavrynovych Anna Zamboglou Sofia Lezhen Ioanna Patrioti Anastasia Popeta	Liza Tsielepi Ella Harpaz Maria Talaeva Polina Smirnova Anna Theodorou Nefeli Khouri Anna Dvas Vera Zgurska
<b>Arion</b>	Lorina Christina Lambraki Nayia Neofytou Evgenia Lambouri Milana Pachko Issy Cox Polina Soteriou	Issy Cox Polina Soteriou Anastasia Christofide Varvara Shilova Sophia Kokkini Xiao Yi (Lilian)Sun Ariana Zinonos Nitya Vaish Eva Soynikova Ana Carolina Squires

<b>J1</b>	<b>Boys X</b>	<b>Boys Y</b>
<b>Centaurs</b>	Marvin Ostrovskiy Philip Veselov Solonas Cikatricis Vova Dobrinskiy Robert Dubilet Christian Grunin	Maksim Filatov Iaroslav Lysenko Erofei Frolikov Fedor Frolov Martin Dudarenko Mark Ulitskiy Mazen Tohme William Parkes Kris Kitiris Stefanos Lampaditis Andreas Panayides
<b>Laelaps</b>	Nikolas Bojagin Sebastian Savvides Aris Ioannides Timur Bilalov Iaroslav Astafev Kirill Gninenko	Peter Borysenko Stephanos Lanitis Mark Pandey Ivan Reshetov Mike Biton Leon Raphael Papadopoulos
<b>Phoenix</b>	George Srivaros Trey Jones Maxim Mikhailov Georgios Economou Michael Dubilet Theodoros Chrysaphinis	Daniel Winograd Nik Leoshka Egor Melekestsev Andrei Volkov Maor Mishkal Emin Sardarov Thiseas Michael
<b>Arion</b>	Ioannis Filaktou Azad Al Kurdi Leif Korcz Achilleas Dimofanous Dimitrios Lamprou Nicolas Kleanthous	Dimitrios Lamprou Nicolas Kleanthous Phillip Cox Faris Abbara Marcos Xenophontos Costa Ieropoulos Chris Dimitris Moustakas

<b>J2</b>	<b>Girls X</b>	<b>Girls Y</b>
<b>Centaur</b>	Elizabeth Starace Daria Sedova Eva Ianson Anthia Christou Zoe Christoforou Yvonne Attikouri	Alisa Danchenko Aleksandra Nemtsova Uliana Smoliazhenko Karolina Kazak Alexandra Gron Nika Zgurska Rada Molchanova Anna Trifonova Uliana Kondrateva Juliana Cook
<b>Laelaps</b>	Ioanna Kypparis Anna Lycana Kyprianou Victoria Pankrashkina Ariana Pavelko Nancy Bidewi Eva Jungblut Sohn	Eva Luzan Neda Antoniadis Diana Tsoupikova Felicity Lapsley Hughes Kadriia Koilakaeva Aphrodite Hajiyianni Elena Deriabina Jasmine Agha
<b>Phoenix</b>	Lydia Koundouros Vasilisa Kuznetsova Athena Yiacoumi Aurora Christina Kritikou Salma Abdullah Emily Christodoulou	Sophia Gron Evelina Kyriacou Alisa Stiskina Adriana Richa Ella Winograd Marianna Dematha
<b>Arion</b>	Sophie Alexa Bunge Mariia Malysheva Marina Sakerin Leana Nadarasz Daria Ermolenko Dara Ramanava	Tanirika Bhargava Maria Mamaeva Ariana Chaili Svitlana Honcharova Anshikaa Sharma Olivia Maltezoakis

<b>J2</b>	<b>Boys X</b>	<b>Boys Y</b>
<b>Centaurs</b>	Alexandre Mashin Sebastian Azzam Martin Loshak Markos – Alexander Georgiou Nicholas Mclean Semyon Piyanykh	Lorenzos Drakos Robert Alexander Babikian Tefkros Iacovides Nikita Shamis Seb Street Giorgos Theodoulou Miron Pirogov
<b>Laelaps</b>	Sasha Vatsovskiy Matvei Khomiakov Artem Dalarian Ayaan Gangrade Daniil Smirnov Alexey Voloshin	Luciano Justiniani Arkady Fisher Thomas Pastides Loucas Lucian Kyprianou Daniel Gorojankine Nikitas Vakanas Lev Valdes Khaburzaniya
<b>Phoenix</b>	Maximilian Economou Anthony Litvak Kairi Xuancheng Chen Max Cieben Dima Radchenko Oscar Kirilenko	Vladimir Drozdov Alexis Marolt Kirill Velichko Alex Shacolas Sebastian Manea Alexandros Alexandrou Arnold Staroverov Daniel Nekhaevski
<b>Arion</b>	Paris Miller Damian Dimitriou Michalis Lambrakis Aleksandre Sakerin Anastasios Sofokleous Peter Zakharov	Alexandros Panayides Dimitri Rebillard Theo Onoufriou Dmitriy Marinkin Andreas Christodoulou Martin Mironov Gleb Deinega



<b>J3</b>	<b>Girls X</b>	<b>Girls Y</b>
<b>Centaurs</b>	Uliana Chudakova Amelia Nikitsiuk Maria Zotova	Christiana Bekiaris Maria Tsielepi Alisa Furman Sonia Singh Zoe Ioannou Nika Zgurska
<b>Laelaps</b>	Jana Al Diqs Eva Markova Nina Lawler	Emilia Lavrynovych Olena Mykhailina Anisiya Skiba Gabriela Oratis Sofiya Kuznetsova Melissa Theodorou Anastasiia Uvarova
<b>Phoenix</b>	Nichole Stylianidis Milena Kopnova Irina Theodorou	Sofia Neofutou Kseniia Plekhanova Yasmina Papadopoulou Zoe Klinghoffer Ankalika Mondal Ioanna Polydefki Anna Melekestseva Chloe Rodrigues Valeria Evangelou
<b>Arion</b>	Dorothea Neophytou Aleksia Gewrgiadis Elena Gubanenko	Eva Sementsova Sofia Shapiro Taisia Leontyeva Samaira Thukral Felicia Xu Safiya Baradouskaya

<b>J3</b>	<b>Boys X</b>	<b>Boys Y</b>
<b>Centaurs</b>	Noah Azzam Omri Bitterman Konstantin Kishinets	Demian Zafeiropoulos Alexander Ledonius Aron Athanasopoulos Mark Vorobev Grigorii Kovrizhnykh Yichen Yan Hristo Vassilev
<b>Laelaps</b>	Nikita Hotins Kirill Maliugin Kikis Treppides	Fynn Korcz Mark Nikitin Chris Christoforou Alex Abramov Ethan Thuruthikara Bogdan Kotua
<b>Phoenix</b>	Loucas Stylianou Fotios Achileos Pavel Iodchin	Maximilian Grunin Paris Tsielepis Philippe Larroque Iosif Rosset Nikolay Nikishin Alexander Zhbannikov
<b>Arion</b>	Phillip Hota Mattia Ciurea Timur Mitsynskyy	Kirill Veselov Ivan Polchenko Savvas Teklos Henry Kuzin Timofei Astafev Adam Elshamy Lopes Bruce Steve Joseph Harakis

<b>Prep</b>	<b>Girls X</b>	<b>Girls Y</b>
<b>Centaurs</b>	Daria Lazarevica Polina Nekrasova Sophie Philippou	Dawn Zhang Sofia Daian Mira Abou Halloun Michelle Norikova
<b>Laelaps</b>	Amy Yao Sofia Kashouris Zoi Nola	Themis Vytinarou Athina Nikolaou Michaela Nikolaou Elli Economou Antonia Pastides Marina Christoforou
<b>Arion</b>	Maria Pankrashkina Ksenia Voronova Polina Palivoda	Charlotte Starace Arisa Chowdhury Sophia Peng Veronika Kramarenko Iana Uzbekova Daria Zabolotnia Daria Mamaeva
<b>Phoenix</b>	Malvina Kyriacou Alyssa Athanasopoulou	Mai Frankenstein Elina Ioannou Jolie Zhuo Chloe De Boer Evi Charitou Valentina Verhoef

<b>Prep</b>	<b>Boys X</b>	<b>Boys Y</b>
<b>Centaurs</b>	Costa Tsielepis Matthew Burlov Daniel Shaybeen	Artem Gninenko Samuel Davidov Jeremy Hu Nicos Drakos
<b>Laelaps</b>	Bassel Sayed Nikita Mashin Maksim Dudarenko	Maxim Marolt Ivan Vatsovskiy Artur Gubaydullin Andrey Hertman Maksim Martynov Lucas Squires
<b>Arion</b>	Marios Evangelou Savvas Teklos Alexis Serghides	Marios Loizides Christos Vassiliou Markos Antoniadis Alex Hadjisavvas
<b>Phoenix</b>	Dominick Kuznetsov Alexandru Ciochina Ali Samin	Vova Gudz Ionas Antonakis Alex Teklos Niko Panayides Victor Soynikov

### J3 & PREP SCHOOL RECORDS (From 2000)

800 METRES	Boys	Alexander Rhodes	2.45.11 mins
	Girls	Nayia Papageorgiou	2.48.23 mins
LONG JUMP	Boys	Thomas Kramer Jakub Drabik	3m 92cm
	Girls	Megan Wallis	3m 79cm
IRON MAN CONE HOLD (2 small cones)	Boys	Alexander Helal	4.30 mins
IRON WOMAN CONE HOLD (2 small cones)	Girls	Sophie Rose	3.10 mins
CRICKET BALL THROW	Boys	Joshua Kramer	40m 36cm
	Girls	Samantha Nebel	32m 12cm
FLING SOCK	Boys	Jack Harris	52m 16cm
	Girls	Mai Samin	49m 10cm
TENNIS BALL THROW	Boys	Alexander Geddes	39m
	Girls	Antonia Achilleos	36.42m
VORTEX THROW	Boys	Alexander Rhodes	41.13m
	Girls	Milly Wallis	27m
HAMMER THROW	Boys	Jakub Drabik	29.60m
	Girls	Antonia Achilleos	27.68m

## JUNIOR SCORING/STANDARDISATION

Each individual will be awarded 1, 2, 3, 4 or the maximum 5 points for each event (recorded on individual score sheets).

In the event of disqualification a 'O' will be given.

A bonus of 5 points will be awarded to any individual who breaks or sets a new junior record.

Each age group is divided into x & y competitors – x will compete with x athletes only & y will compete with y athletes only, boys and girls separately (unless otherwise specified).

EVENT	POINTS	JUNIOR 1	JUNIOR 2	JUNIOR 3	PREP
<b>LONG JUMP</b>	1	0- 60 cm	0- 70 cm	0- 80 cm	0- 90 cm
	2	61-120 cm	71-140 cm	81-160 cm	91-180 cm
	3	121-180 cm	141-210 cm	161-240 cm	181-270 cm
	4	181-240 cm	211-280 cm	241-320 cm	271-360 cm
	5	240-270cm	280-320 cm	320-370 cm	360-420 cm
	6	271 cm +	321 cm +	371 cm	421 cm +

EVENT	POINTS	JUNIOR 1	JUNIOR 2	JUNIOR 3	PREP
<b>STANDING BROAD JUMP</b>	1	40-80 cm	80-100 cm	1-120 cm	120-140 cm
	2	81-100 cm	101-120 cm	121-140 cm	141-160 cm
	3	101-120 cm	121-140 cm	141-160 cm	161-180 cm
	4	121-140 cm	141-160 cm	161-180 cm	181-200 cm
	5	140-160 cm	160-180 cm	180-200 cm	200-220 cm
	6	161 cm +	181 cm +	201 cm +	221 cm +

EVENT	POINTS	JUNIOR 1	JUNIOR 2	JUNIOR 3	PREP
		<b>Medium Yellow/Red Cones x2</b>	<b>Medium Yellow/Red Cones x2</b>	<b>Medium Yellow/Red Cones x2</b>	<b>Large Yellow Cone x1</b>
<b>CONE HOLD</b>	1	0 -15 secs	15-30 secs	25-40 secs	0 -25 secs
	2	16-30 secs	31-45 secs	41-55 secs	26-50 secs
	3	31-45 secs	46-1 min	56-1.10 min	51-1.15 min
	4	46-1min	1.01-1.15min	1.11-1.25 min	1.16-1.40 min
	5	1.01-1.15 min	1.156 -1.30 min	1.26-1.40 min	1.40-2.05 min
	6	Over 1.16 min	Over 1.31 min	Over 1.41 min	Over 2.06 min

<b>EVENT</b>	<b>POINTS</b>	<b>JUNIOR 1</b>	<b>JUNIOR 2</b>	<b>JUNIOR 3</b>	<b>PREP</b>
<b>VORTEX THROW</b>	1	0-6.99 m	0-7.99 m	0-8.99 m	0-9.99 m
	2	7-12.99 m	8-14.99 m	9-16.99 m	10-18.99 m
	3	13-18.99 m	15-21.99 m	17-24.99 m	19-27.99 m
	4	19-24.99 m	22-28.99 m	25-32.99 m	28-36.99 m
	5	24-29.99 m	28-34.99 m	32-39.99 m	36-45.99 m
	6	Over 30 m	Over 35 m	Over 40 m	Over 46 m
<b>TENNIS BALL THROW</b>	1	0-4.99 m	0-5.99 m	0-6.99 m	0-7.99m
	2	5-8.99 m	6-10.99 m	7-12.99 m	8-14.99 m
	3	9-12.99 m	11-15.99 m	13-18.99 m	15-21.99 m
	4	13-16.99 m	16-20.99 m	19-24.99 m	22-28.99 m
	5	17-20.99m	21-25.99 m	25-30.99 m	29-35.99 m
	6	Over 21 m	Over 26 m	Over 31 m	Over 36 m
<b>HAMMER THROW</b>	1	-	-	0-5.99 m	0-6.99 m
	2	-	-	6-10.99 m	7-12.99 m
	3	-	-	11-15.99 m	13-18.99 m
	4	-	-	16-20.99 m	19-24.99 m
	5	-	-	21-25.99 m	25-30.99 m
	6	-	-	Over 26 m	Over 31 m
<b>HOOPLA BEAN BAG TOSS</b>	1 point for each successful throw (6 attempts per competitor)				

<b>MIDDLE DISTANCE RACES 600 &amp; 800 m</b>
1 <sup>st</sup> place 18 points
2 <sup>nd</sup> place 17 points
3 <sup>rd</sup> place 16 points
4 <sup>th</sup> place 15 points
5 <sup>th</sup> place 14 points
Decreasing all the way down to 1 point for 18 <sup>th</sup> place

<b>SPRINTS 80 &amp; 100 m</b>
1 <sup>st</sup> place 8 points
2 <sup>nd</sup> place 6 points
3 <sup>rd</sup> place 4 points
4 <sup>th</sup> place 2 points

## **BATON RELAY/TUG O'WAR/ AGILITY RUN RELAY**

Every competitor will be awarded 8 points for their team finishing first, 6 points for finishing second, 4 points for finishing third and 2 points for finishing fourth. In the event of a tie, ie two teams finish joint second, add points (6 + 4) and divide by 2, so each competitor will be awarded 5 points.

In the Tug o' War x & y boys are together, likewise x & y girls (J3 & Prep separately). Equal numbers to compete.

In the Agility Run Relay x & y boys are together, likewise x & y girls are together. (J1 & J2 separately).

If a House has less competitors, work out the mean average and award that sum to the house concerned.

**If a House has extra competitors in the y category, omit the last competitor(s) in that House whatever the position eg. Phoenix 2 competitors, Centaurs 3, Arion 2, omit 3<sup>rd</sup> Centaurs Athlete from score sheet. Please note that this should only happen in y heats in track races and certain field events, jumps and throws).**

## **JUNIOR SCHOOL TROPHY**

Total all events including relays in Junior School programme.

## **INDIVIDUAL TROPHIES**

Awarded to the best male and female athletes (Junior 1 & 2/Junior 3 & Prep) of the day for outstanding performances over a series of events characterised by a positive and sporting attitude.



## Junior Sports Day Order of Events

Notes:

- Junior Teams are divided into X and Y categories

7.45 – 8.00 am REGISTRATION

8.00 – 8.20 am JUNIOR SPORTS DAY OPENING CEREMONY

8.20 – 9.10 am

1 a b	600m	J1 x Boys/Girls
1 c d	600m	J1 y Boys/Girls
2 a b	600m	J2 x Boys/Girls
2 c d	600m	J2 y Boys/Girls
3 a b c	Tug o' War	J3 x / y Boys Centaurs v Phoenix Laelaps v Arion Arion v Laelaps Phoenix v Centaurs Centaurs v Arion Pheonix v Laelaps
3 d e f	Tug o' War	J3 x / y Girls Centaurs v Phoenix Laelaps v Arion Arion v Laelaps Phoenix v Centaurs Centaurs v Arion Pheonix v Laelaps
4 a b c d	Hammer Throw	Prep x Boys/Girls Prep y Boys/Girls
5 a b c d	Standing Broad Jump	Prep y Boys/Girls Prep x Boys/Girls

9.10 – 9.40 am

6 a b	800m	J3 x Boys/Girls
6 c d	800m	J3 y Boys/Girls
7 a b	800m	Prep x Boys/Girls
7 a b	800m	Prep y Boys/Girls
9 a b	Long Jump	J2 x Boys/Girls
9 c d	Long Jump	J2 y Boys/Girls

10 a b	Cone Hold	J1 x Boys/Girls
10 c d	Cone Hold	J1 y Boys/Girls
11 a b	Standing Broad Jump	J2 x Boys/Girls
11 c d	Standing Broad Jump	J2 y Boys/Girls

9.40 – 10.10 am

12 a b	80m	J1 x Boys
12 c d	80m	J1 x Girls
13 a b c	80m	J1 y Boys
13 d e f	80m	J1 y Girls
14 a b	Sack Race Relay	J2 x Boys/Girls
14 c d	Sack Race Relay	J2 y Boys/Girls
15 a b	Long Jump	Prep x Boys/Girls
15 c d	Long Jump	Prep y Boys/Girls

10.10 – 10.40 am

16 a b	80m	J2 x Boys
16 c d	80m	J2 x Girls
17 a b c	80m	J2 y Boys
17 d e f	80m	J2 y Girls
18 a b	100m	Prep x Boys
18 c d	100m	Prep x Girls
19 a b c	100m	Prep y Boys
19 d e f	100m	Prep y Girls
20 a b	Long Jump	J3 x Boys/Girls
20 c d	Long Jump	J3y Boys/Girls

10.40 – 11.00 am BREAK/ SNACK

11.00 – 11.25 am

21 a b	100m	J3 x Boys
21 c d	100m	J3x Girls
22 a b c	100m	J3y Boys
22 d e f	100m	J3 y Girls
23 a b	Cone Hold	Prep x Boys/Girls
23 c d	Cone Hold	Prep y Boys/Girls
24 a b	Cone Hold	J2 x Boys/Girls
24 c d	Cone Hold	J2 y Boys/Girls
25 a b	Sack Race Relay	J1 x Boys/Girls
25 c d	Sack Race Relay	J1 y Boys/Girls

11.25 – 11.50 am

26 a b	Agility Run Relay	J2 x Boys/Girls
26 c d	Agility Run Relay	J2 y Boys/Girls
27 a b	Hammer Throw	J3 x Boys/Girls
27 c d	Hammer Throw	J3 y Boys/Girls
28 a b c	Tug o' War	Prep x / y Boys

Centaurs v Phoenix  
Laelaps v Arion  
Arion v Laelaps  
Phoenix v Centaurs  
Centaurs v Arion  
Pheonix v Laelaps

28 d e f	Tug o' War	Prep x / y Girls Centaurs v Phoenix Laelaps v Arion Arion v Laelaps Phoenix v Centaurs Centaurs v Arion Pheonix v Laelaps
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29 a b	Bean Bag Toss	J1 x Boys/Girls
29 c d	Bean Bag Toss	J1 y Boys/Girls
30 a b	Hoopla	J1 y Boys/Girls
30 c d	Hoopla	J1 x Boys/Girls

11.50 – 12.15

31 a b	Cone Hold	J3 x Boys/Girls
31 c d	Cone Hold	J3 y Boys/Girls
33 a b	Hoopla	Prep y Boys/Girls
33 c d	Hoopla	Prep x Boys/Girls
34 a b	Bean Bag Toss	Prep y Boys/Girls
34 c d	Bean Bag Toss	Prep x Boys/Girls
35 a b	Long Jump	J1 x Boys/Girls
35 c d	Long Jump	J1 y Boys/Girls
36 a b	Vortex Throw	J2 x Boys/Girls
36 c d	Vortex Throw	J2 y Boys/Girls

12.15 – 12.40

37 a b	Tennis Ball Throw	Prep x Boys/Girls
37 c d	Tennis Ball Throw	Prep y Boys/Girls
38 a b	Vortex Throw	J3 x Boys/Girls
38 c d	Vortex Throw	J3 y Boys/Girls
39 a b	Bean Bag Toss	J2 x Boys/Girls

39 c d	Bean Bag Toss	J2 y Boys/Girls
40 a b	Hoopla	J2 y Boys/Girls
40 c d	Hoopla	J2 x Boys/Girls
41 a b	Tennis Ball Throw	J1 x Boys/Girls
41 c d	Tennis Ball Throw	J1 y Boys/Girls

12.40 – 13.10 BREAK/ SNACK

13.10 – 13.35

42 a b	Vortex Throw	Prep x Boys/Girls
42 c d	Vortex Throw	Prep y Boys/Girls
43 a b	Hoopla	J3 x Boys/Girls
43 c d	Hoopla	J3 y Boys/Girls
44 a b	Bean Bag Toss	J3 y Boys/Girls
44 c d	Bean Bag Toss	J3 x Boys/Girls
45 a b	Tennis Ball Throw	J2 x Boys/Girls
45 c d	Tennis Ball Throw	J2 y Boys/Girls
46 a b	Vortex Throw	J1 x Boys/Girls
46 c d	Vortex Throw	J1 y Boys/Girls

13.35 – 14.00

47 a b	Standing Broad Jump	J3 x Boys/Girls
47 c d	Standing Broad Jump	J3 y Boys/Girls
48 a b	Tennis Ball Throw	J3 y Boys/Girls
48 c d	Tennis Ball Throw	J3 x Boys/Girls
49 a	Baton Relay	J1 x/y Boys
49 b	Baton Relay	J1 x/y Girls
50 a	Baton Relay	J2 x/y Boys
50 b	Baton Relay	J2 x/y Girls
51 a	Baton Relay	J3 x/y Boys
51 b	Baton Relay	J3 x/y Girls
52 a b	Tennis Ball Throw	Prep x Boys/Girls
52 c d	Tennis Ball Throw	Prep y Boys/Girls

14.00 – 14.25 Announcements and Closing Ceremony

# **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:

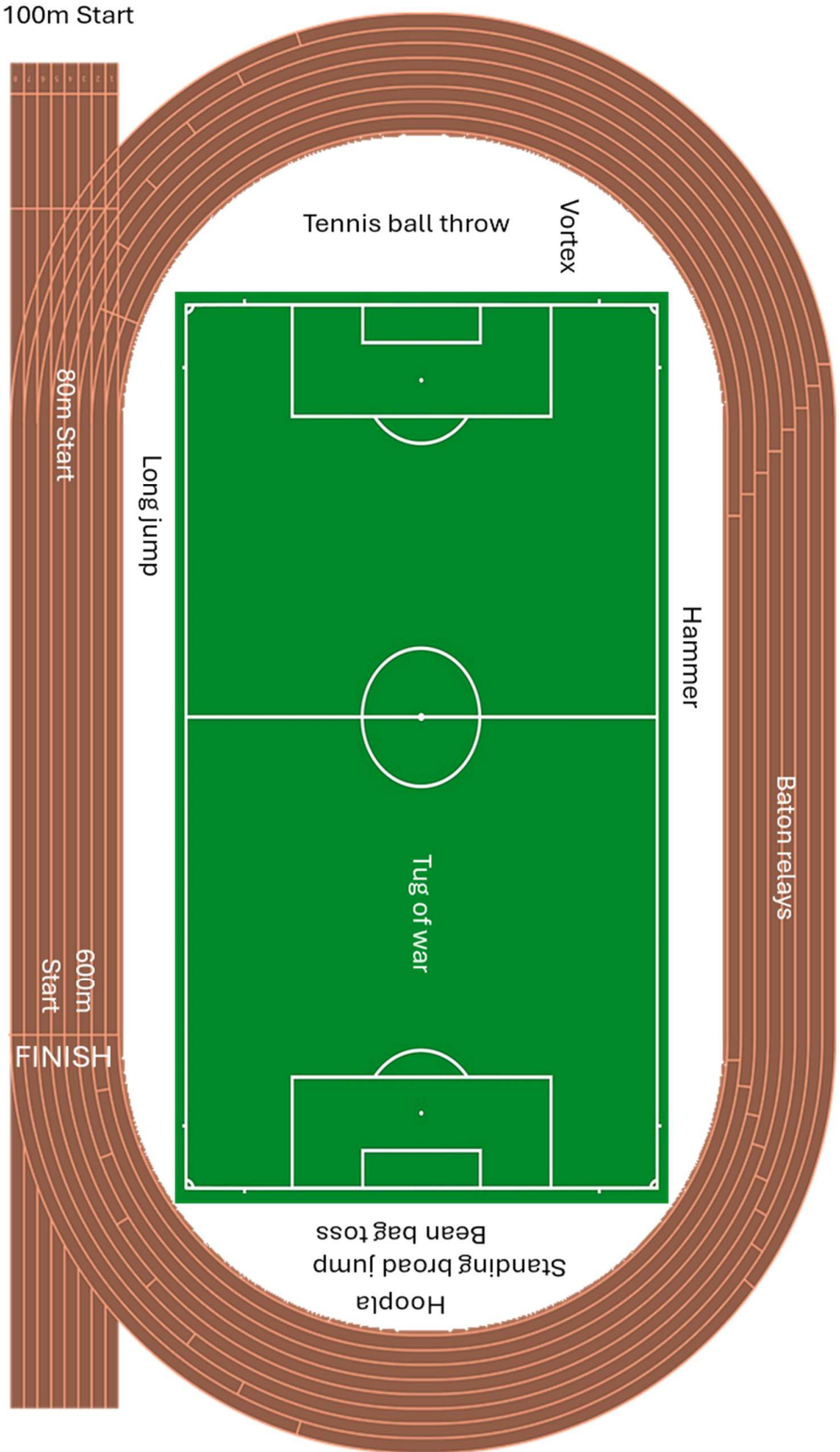
- "Take your position" – competitors align themselves besides the rope in an alternate manner ie one on the right side, the next on the left and so on.
- "Lift" – competitors lift the rope without pulling. No one should wrap the rope around their arms or hands. (The 'anchorman' is permitted to wrap the 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.

# Foley's School Sports Day

Parents



Centaur
Laelaps
Arion
Phoenix

**FIRST AID**  
station 