



ARION



LAELA

19/4/2024

Foley's school
**Sports Day
2024**

Boys Army Y. Prep L.



CENTUARS



PHEONIX

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

| Class | Centaurs | Laelaps | Arion | Phoenix |
|--------------|---------------------------------------|---|-------------------------------------|--|
| J1 | Maria Gridneva Marvin Ostrovskiyi | Veronika Kuznetsova Sebastian Savvides | Lorina Lambraki Ioannis Filaktou | Maria Litvina George Srivaros |
| J2 | Elizabeth Starace Alexandre Mashin | Ioanna Kypparis Sasha Vatsovskyi | Sophie Alexa Bunge Paris Miller | Lydia Koundouros Maximilian Economou |
| J3 | Uliana Chudakova Noah Azzam | Jana Al Diqs Nikita Hotins | Dorothea Neophytou Phillip Hota | Nichole Stylianidis Loucas Stylianou |
| Prep | 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.

| J1 | Girls X | Girls Y |
|------------------|--|---|
| Centaurus | Maria Gridneva Christina Patata Stefania Vasileva Eleni Iakovou Vasilisa Ignatova Iniya Arunmozhi | Ariana Danae Verhoef Alex Shaybeen Melina Rose Puddick Natalia Koullourou |
| Laelaps | 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 |
| Phoenix | 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 |
| Arion | 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 |

| J1 | Boys X | Boys Y |
|-----------------|--|---|
| Centaurs | 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 |
| Laelaps | 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 |
| Phoenix | 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 |
| Arion | 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 |

| J2 | Girls X | Girls Y |
|----------------|--|---|
| Centaur | 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 |
| Laelaps | 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 Hajjiyanni Elena Deriabina Jasmine Agha |
| Phoenix | 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 |
| Arion | 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 |

| J2 | Boys X | Boys Y |
|-----------------|---|---|
| Centaurs | 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 |
| Laelaps | 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 |
| Phoenix | 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 |
| Arion | 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 |

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

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

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

| Prep | Boys X | Boys Y |
|-----------------|---|--|
| Centaurs | Costa Tsielepis Matthew Burlov Daniel Shaybeen | Artem Gninenko Samuel Davidov Jeremy Hu Nicos Drakos |
| Laelaps | Bassel Sayed Nikita Mashin Maksim Dudarenko | Maxim Marolt Ivan Vatsovskyi Artur Gubaydullin Andrey Hertman Maksim Martynov Lucas Squires |
| Arion | Marios Evangelou Savvas Teklos Alexis Serghides | Marios Loizides Christos Vassiliou Markos Antoniadis Alex Hadjisavvas |
| Phoenix | 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 |
|------------------|--------|------------|------------|------------|------------|
| LONG JUMP | 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 |
|----------------------------|--------|------------|------------|------------|------------|
| STANDING BROAD JUMP | 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 Medium Yellow/Red Cones x2 | JUNIOR 2 Medium Yellow/Red Cones x2 | JUNIOR 3 Medium Yellow/Red Cones x2 | PREP Large Yellow Cone x1 |
|------------------|--------|--|--|--|---------------------------------|
| CONE HOLD | 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 |

| EVENT | POINTS | JUNIOR 1 | JUNIOR 2 | JUNIOR 3 | PREP |
|---------------------------------|---|-----------------|-----------------|-----------------|-------------|
| VORTEX THROW | 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 |
| TENNIS BALL THROW | 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 |
| HAMMER THROW | 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 |
| HOOPLA BEAN BAG TOSS | 1 point for each successful throw (6 attempts per competitor) | | | | |

| MIDDLE DISTANCE RACES 600 & 800 m |
|---|
| 1 st place 18 points |
| 2 nd place 17 points |
| 3 rd place 16 points |
| 4 th place 15 points |
| 5 th place 14 points |
| Decreasing all the way down to 1 point for 18 th place |

| SPRINTS 80 & 100 m |
|-----------------------------------|
| 1 st place 8 points |
| 2 nd place 6 points |
| 3 rd place 4 points |
| 4 th 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 3rd 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 |
|----------|------------|---|

| | | |
|--------|---------------|-----------------|
| 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:

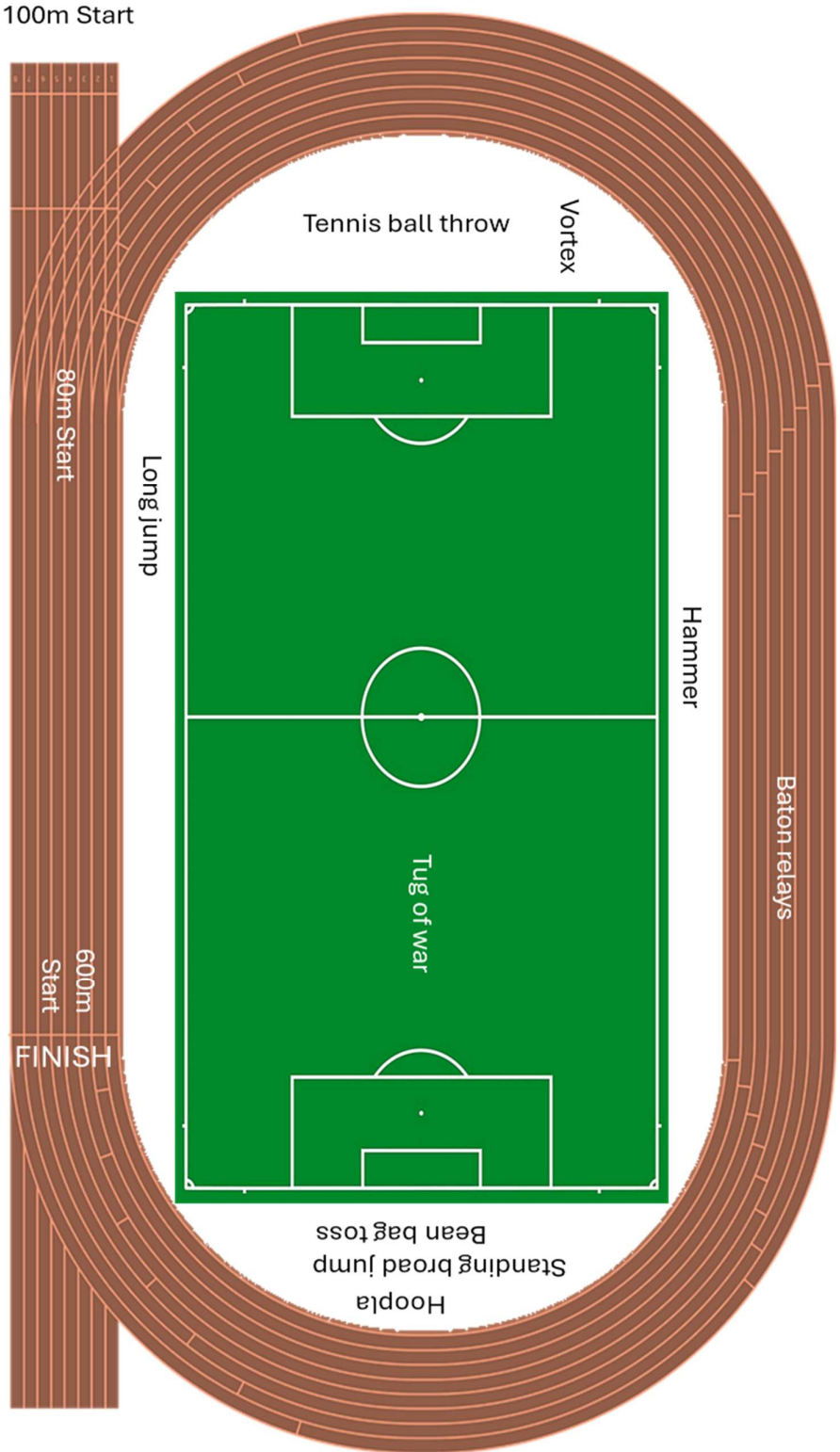
- "Take your position" – competitors align themselves besides the rope in an alternate manner ie one on the right side, the next on the left and so on.
- "Lift" – competitors lift the rope without pulling. No one should wrap the rope around their arms or hands. (The 'anchorman' is permitted to wrap the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

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