



Carmel Adventist College ATHLETICS PROGRAM

Ev	Time	Gen	Yr Group	Event	Div
1	10:00	G	Yr 7/8	800 m	A/B
2	10:00	G	Yr 7/8	Discus 750g	A/B/C
3	10:00	B	Yr 7/8	Shot Put 3kg	A/B/C
4	10:00	G	Yr 9/10	Long Jump	A/B/C
5	10:00	B	Yr 9/10	High Jump (1.1m)	A/B/C
6	10:00	G	Yr 11/12	Triple Jump	A/B/C
7	10:00	B	Yr 11/12	Javelin (700g)	A/B/C
8	10:05	B	Yr 7/8	800 m	A/B
9	10:10	G	Yr 9/10	800 m	A/B
10	10:15	B	Yr 9/10	800 m	A/B
11	10:20	G	Yr 11/12	800 m	A/B
12	10:25	B	Yr 11/12	800 m	A/B
13	10:30	G	Yr 7/8	Javelin (400g)	A/B/C
14	10:30	B	Yr 7/8	Discus (1kg)	A/B/C
15	10:30	G	Yr 9/10	Shot Put (3kg)	A/B/C
16	10:30	B	Yr 9/10	Long Jump	A/B/C
17	10:30	G	Yr 11/12	High Jump (1.1m)	A/B/C
18	10:30	B	Yr 11/12	Triple Jump	A/B/C
19	10:35	G	Yr 7/8	200 m	B
20	10:37	B	Yr 7/8	200 m	B
21	10:39	G	Yr 7/8	200 m	A
22	10:41	B	Yr 7/8	200 m	A
23	10:43	G	Yr 9/10	200 m	B
24	10:45	B	Yr 9/10	200 m	B
25	10:47	G	Yr 9/10	200 m	A
26	10:49	B	Yr 9/10	200 m	A
27	10:51	G	Yr 11/12	200 m	B
28	10:53	B	Yr 11/12	200 m	B
29	10:55	G	Yr 11/12	200 m	A
30	10:57	B	Yr 11/12	200 m	A
31	11:00	G	Yr 7/8	Triple Jump	A/B/C
32	11:00	B	Yr 7/8	Javelin (600g)	A/B/C
33	11:00	G	Yr 9/10	Discus (1kg)	A/B/C
34	11:00	B	Yr 9/10	Shot Put (4kg)	A/B/C
35	11:00	G	Yr 11/12	Long Jump	A/B/C
36	11:00	B	Yr 11/12	High Jump (1.2m)	A/B/C
37	11:02	G	Yr 7/8	400 m	A
38	11:06	B	Yr 7/8	400 m	A
39	11:10	G	Yr 9/10	400 m	A
40	11:14	B	Yr 9/10	400 m	A
41	11:18	G	Yr 11/12	400 m	A
42	11:22	B	Yr 11/12	400 m	A

43	11:27	G	Yr 7/8	100 m	C
44	11:28	B	Yr 7/8	100 m	C
45	11:29	G	Yr 7/8	100 m	B
46	11:30	B	Yr 7/8	100 m	B
47	11:30	G	Yr 7/8	High Jump (0.9m)	A/B/C
48	11:30	B	Yr 7/8	Triple Jump	A/B/C
49	11:30	G	Yr 9/10	Javelin (600g)	A/B/C
50	11:30	B	Yr 9/10	Discus (1kg)	A/B/C
51	11:30	G	Yr 11/12	Shot Put (4kg)	A/B/C
52	11:30	B	Yr 11/12	Long Jump	A/B/C
53	11:31	G	Yr 7/8	100 m	A
54	11:32	B	Yr 7/8	100 m	A
55	11:33	G	Yr 9/10	100 m	C
56	11:34	B	Yr 9/10	100 m	C
57	11:35	G	Yr 9/10	100 m	B
58	11:36	B	Yr 9/10	100 m	B
59	11:37	G	Yr 9/10	100 m	A
60	11:38	B	Yr 9/10	100 m	A
61	11:39	G	Yr 11/12	100 m	C
62	11:40	B	Yr 11/12	100 m	C
63	11:41	G	Yr 11/12	100 m	B
64	11:42	B	Yr 11/12	100 m	B
65	11:43	G	Yr 11/12	100 m	A
66	11:44	B	Yr 11/12	100 m	A
67	11:49	G	Yr 7/8	1500 m	A/B
68	11:56	B	Yr 7/8	1500 m	A/B
69	12:00	G	Yr 7/8	Long Jump	A/B/C
70	12:00	B	Yr 7/8	High Jump (1m)	A/B/C
71	12:00	G	Yr 9/10	Triple Jump	A/B/C
72	12:00	B	Yr 9/10	Javelin (600g)	A/B/C
73	12:00	G	Yr 11/12	Discus (1kg)	A/B/C
74	12:00	B	Yr 11/12	Shot Put (5kg)	A/B/C
75	12:03	G	Yr 9/10	1500 m	A/B
76	12:10	B	Yr 9/10	1500 m	A/B
77	12:17	G	Yr 11/12	1500 m	A/B
78	12:24	B	Yr 11/12	1500 m	A/B
OFFICIAL LUNCH BREAK 12:30pm – 1:00pm					
79	1:00	G	Yr 7/8	Shot Put (3kg)	A/B/C
80	1:00	B	Yr 7/8	Long Jump	A/B/C
81	1:00	G	Yr 9/10	High Jump (1m)	A/B/C
82	1:00	B	Yr 9/10	Triple Jump	A/B/C
83	1:00	G	Yr 11/12	Javelin (600g)	A/B/C
84	1:00	B	Yr 11/12	Discus (1.5kg)	A/B/C
85	1:00	G	Yr 7/8	60 m	C
86	1:01	B	Yr 7/8	60 m	C
87	1:02	G	Yr 7/8	60 m	B
88	1:03	B	Yr 7/8	60 m	B

89	1:04	G	Yr 7/8	60 m	A
90	1:05	B	Yr 7/8	60 m	A
91	1:06	G	Yr 9/10	60 m	C
92	1:07	B	Yr 9/10	60 m	C
93	1:08	G	Yr 9/10	60 m	B
94	1:09	B	Yr 9/10	60 m	B
95	1:10	G	Yr 9/10	60 m	A
96	1:11	B	Yr 9/10	60 m	A
97	1:12	G	Yr 11/12	60 m	C
98	1:13	B	Yr 11/12	60 m	C
99	1:14	G	Yr 11/12	60 m	B
100	1:15	B	Yr 11/12	60 m	B
101	1:16	G	Yr 11/12	60 m	A
102	1:17	B	Yr 11/12	60 m	A
103	1:25	G	Yr 7/8	60 m Hurdles (76cm)	B
104	1:26	G	Yr 7/8	60 m Hurdles (76cm)	A
105	1:27	B	Yr 7/8	60 m Hurdles (76cm)	B
106	1:28	B	Yr 7/8	60 m Hurdles (76cm)	A
107	1:29	G	Yr 9/10	60 m Hurdles (76cm)	B
108	1:30	G	Yr 9/10	60 m Hurdles (76cm)	A
109	1:31	G	Yr 11/12	60 m Hurdles (76cm)	B
110	1:32	G	Yr 11/12	60 m Hurdles (76cm)	A
111	1:33	B	Yr 9/10	60 m Hurdles (84cm)	B
112	1:34	B	Yr 9/10	60 m Hurdles (84cm)	A
113	1:35	B	Yr 11/12	60 m Hurdles (84cm)	B
114	1:36	B	Yr 11/12	60 m Hurdles (84cm)	A
115	1:45	G	Yr 7/8	4 x 100 m Relay	A
116	1:49	B	Yr 7/8	4 x 100 m Relay	A
117	1:53	G	Yr 9/10	4 x 100 m Relay	A
118	1:57	B	Yr 9/10	4 x 100 m Relay	A
119	2:01	G	Yr 11/12	4 x 100 m Relay	A
120	2:05	B	Yr 11/12	4 x 100 m Relay	A
121	2:15	G/B	Yr 7/8/9	2 x boys & 2 x girls 4 x 100 m Relay x 2	N/A
122	2:20	G/B	Yr 10/11/12	Staff vs Student 4 x 100 m Relay	N/A

Track Order	800m 200m, 400m, 100m, 1500m, 60m & Hurdles	Lane Allocation
1	Yr. 7 & 8 Female	1) Forrest
2	Yr. 7 & 8 Male	2) O'Connor
3	Yr. 9 & 10 Female	3) Sturt
4	Yr. 9 & 10 Male	4) Landsdale
5	Yr. 11 & 12 Female	5) Forrest
6	Yr. 11 & 12 Male	6) O'Connor
		7) Sturt
When multiple divisions, always run events in the above order but with division C first, B second and A third.		8) Landsdale

Note: Participants need to be aware that track events take priority over field events. You need to complete track events first and then return to the field events.

Scoring System

	1st	2nd	3rd	4th	5th	6th	7th	8th	9 th – 12 th
A Division	22	16	12	9	6	4	3	2	1
B Division	14	10	7	4	2	1	1	1	1
C Division	8	5	2	1	1	1	1	1	1
Relay Events	20	12	8	4	N/A	N/A	N/A	N/A	N/A