



Carmel Adventist College ATHLETICS PROGRAM

Ev	Time	Gen	Yr Group	Event	Div
1	10:00	G/B	Yr 7/8	800 m	B
2	10:00	G	Yr 7/8	Discus 750g	A/B/OPEN
3	10:00	B	Yr 7/8	Shot Put 3kg	A/B/OPEN
4	10:00	G	Yr 9/10	Long Jump	A/B/OPEN
5	10:00	B	Yr 9/10	High Jump (1.1m)	A/B/OPEN
6	10:00	G	Yr 11/12	Triple Jump	A/B/OPEN
7	10:00	B	Yr 11/12	Javelin (700g)	A/B/OPEN
8	10:05	G/B	Yr 7/8	800 m	A
9	10:10	G/B	Yr 9/10	800 m	B
10	10:15	G/B	Yr 9/10	800 m	A
11	10:20	G/B	Yr 11/12	800 m	B
12	10:25	G/B	Yr 11/12	800 m	A
13	10:30	G	Yr 7/8	Javelin (400g)	A/B/OPEN
14	10:30	B	Yr 7/8	Discus (1kg)	A/B/OPEN
15	10:30	G	Yr 9/10	Shot Put (3kg)	A/B/OPEN
16	10:30	B	Yr 9/10	Long Jump	A/B/OPEN
17	10:30	G	Yr 11/12	High Jump (1m)	A/B/OPEN
18	10:30	B	Yr 11/12	Triple Jump	A/B/OPEN
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/OPEN
32	11:00	B	Yr 7/8	Javelin (600g)	A/B/OPEN
33	11:00	G	Yr 9/10	Discus (1kg)	A/B/OPEN
34	11:00	B	Yr 9/10	Shot Put (4kg)	A/B/OPEN
35	11:00	G	Yr 11/12	Long Jump	A/B/OPEN
36	11:00	B	Yr 11/12	High Jump (1.2m)	A/B/OPEN
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 (0.8m)	A/B/OPEN
48	11:30	B	Yr 7/8	Triple Jump	A/B/OPEN
49	11:30	G	Yr 9/10	Javelin (600g)	A/B/OPEN
50	11:30	B	Yr 9/10	Discus (1kg)	A/B/OPEN
51	11:30	G	Yr 11/12	Shot Put (4kg)	A/B/OPEN
52	11:30	B	Yr 11/12	Long Jump	A/B/OPEN
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/OPEN
70	12:00	B	Yr 7/8	High Jump (1m)	A/B/OPEN
71	12:00	G	Yr 9/10	Triple Jump	A/B/OPEN
72	12:00	B	Yr 9/10	Javelin (600g)	A/B/OPEN
73	12:00	G	Yr 11/12	Discus (1kg)	A/B/OPEN
74	12:00	B	Yr 11/12	Shot Put (5kg)	A/B/OPEN
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
LUNCH BREAK 12:30pm – 1:00pm					
79	1:00	G	Yr 7/8	Shot Put (3kg)	A/B/OPEN
80	1:00	B	Yr 7/8	Long Jump	A/B/OPEN
81	1:00	G	Yr 9/10	High Jump (0.9m)	A/B/OPEN
82	1:00	B	Yr 9/10	Triple Jump	A/B/OPEN
83	1:00	G	Yr 11/12	Javelin (600g)	A/B/OPEN
84	1:00	B	Yr 11/12	Discus (1.5kg)	A/B/OPEN
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	2) Forrest
2	Yr. 7 & 8 Male	3) O'Connor
3	Yr. 9 & 10 Female	4) Sturt
4	Yr. 9 & 10 Male	5) Forrest
5	Yr. 11 & 12 Female	6) O'Connor
6	Yr. 11 & 12 Male	7) Sturt
When multiple divisions, always run events in the above order but with division C first, B second and A third.		

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