

VSSA Athletics 2024
Day 2 – Langford Athletics – Thursday 7th November 2024

9:20am - Long Distance Running - Years 4 – 6: 200m (1 heat each division using timing gates)

10:00am – Event Rotation

Rotation	Track	Flag Relay	Multi-Ball	Leaderball
10:00am	Year 3 Boys 75m (Div A-F) Year 3 Girls 75m (Div A-F)	Year 6 Girls Championship event Year 6 Boys Championship event MIXED Year 6 Spirit Event	Year 5 Girls Championship event Year 5 Boys Championship event MIXED Year 5 Spirit Event	Year 4 Girls Championship event Year 4 Boys Championship event MIXED Year 4 Spirit Event

10:30am- Recess (20 mins)

10:50am	Year 4 Boys 75m (Div A-F) Year 4 Girls 75m (Div A-F)	Year 3 Girls Championship event Year 3 Boys Championship event MIXED Year 3 Spirit Event	Year 6 Girls Championship event Year 6 Boys Championship event MIXED Year 6 Spirit Event	Year 5 Girls Championship event Year 5 Boys Championship event MIXED Year 5 Spirit Event
11:20am	Year 5 Boys 100m (Div A-F) Year 5 Girls 100m (Div A-F)	Year 4 Girls Championship event Year 4 Boys Championship event MIXED Year 4 Spirit Event	Year 3 Girls Championship event Year 3 Boys Championship event MIXED Year 3 Spirit Event	Year 6 Girls Championship event Year 6 Boys Championship event MIXED Year 6 Spirit Event
11:50pm	Year 6 Boys 100m (Div A-F) Year 6 Girls 100m (Div A-F)	Year 5 Girls Championship event Year 5 Boys Championship event MIXED Year 5 Spirit Event	Year 4 Girls Championship event Year 4 Boys Championship event MIXED Year 4 Spirit Event	Year 3 Girls Championship event Year 3 Boys Championship event MIXED Year 3 Spirit Event

12:20pm- Shuttle Relay

Year 3	Boys	75m	Shuttle Relay
Year 3	Girls	75m	Shuttle Relay
Year 4	Boys	100m	Shuttle Relay
Year 4	Girls	100m	Shuttle Relay
Year 5	Boys	100m	Shuttle Relay
Year 5	Girls	100m	Shuttle Relay

12:50pm- Lunch (30 mins)

1:20pm- Shuttle Relay & Grand Relay

Year 6	Boys	100m	Shuttle Relay
Year 6	Girls	100m	Shuttle Relay
Yr 3-6	Boys	100m	Grand Relay
Yr 3-6	Girls	100m	Grand Relay

1:40pm- Yr 6 Mixed Tug of War

1:55pm – Presentations (to be completed by 2:15pm)

* Please note times are approximate

* There will be a Coffee van, and a Boost Juice van available.