

**THE GRANGE ACADEMY**

**SPORTS DAY**

**FRIDAY 8<sup>TH</sup> JULY 2022**

**HELLO, AND WELCOME TO WOODSIDE STADIUM FOR WHAT WE HOPE WILL BE  
AN EXCELLENT SUNNY DAY!**

# TRACK EVENTS PROGRAMME

EACH COMPETITOR SHOULD REPORT TO THE MARSHALLING GATE 10 MINUTES BEFORE THEY ARE DUE TO COMPETE.

TIME	EVENT
9.30	Year 12 Girls 100m
	Year 12 Boys 100m
	Year 12 Girls Guided race
	Year 12 Boys Guided race
	Year 12 Space Hopper Race
10.00	Year 7 Girls 75m Guided race
	Year 7 Boys 75m Guided race
	Year 8 Girls 75m Guided race
	Year 8 Boys 75m Guided race
	Year 9 Girls 75m Guided Race
	Year 9 Boys 75m Guided Race
	Year 10 Girls 75m Guided Race
	Year 10 Boys 75m Guided Race
10.15	Year 7 Girls Race 1 200m
	Year 7 Girls Race 2 200m
	Year 7 Boys Race 1 200m
	Year 7 Boys Race 2 200m
	Year 8 Girls Race 1 200m

	Year 8 Girls Race 2 200m
	Year 8 Boys Race 1 200m
	Year 8 Boys Race 2 200m
	Year 9 Girls Race 1 200m
	Year 9 Girls Race 2 200m
	Year 9 Boys Race 1 200m
	Year 9 Boys Race 2 200m
	Year 10 Girls Race 1 200m
	Year 10 Girls Race 2 200m
	Year 10 Boys Race 1 100m
	Year 10 Boys Race 2 100m
11.00	Year 7 and 8 Girls 600m
	Year 7 and 8 Boys 1000m
11.20	Year 8 girls 300m
	Year 9 girls 300m
	Year 10 girls 300m
	Year 8 Boys 300m
	Year 9 Boys 300m
	Year 10 Boys 400m

TIME	EVENT
11.50	Year 7 and 8 Girls 800m
	Year 7 and 8 Boys 800m
12.05	Year 7 and 8 Space Hopper Relay (Boys and Girls)
	Year 9 and 10 Tug of War (Boys and Girls mixed teams)

<b>12.30</b>	<b>Track Lunch break</b>
1.00	Year 7 Girls Race 1 100m
	Year 7 Girls Race 2 100m
	Year 7 Boys Race 1 100m
	Year 7 Boys Race 2 100m
	Year 8 Girls Race 1 100m
	Year 8 Girls Race 2 100m
	Year 8 Boys Race 1 100m
	Year 8 Boys Race 2 100m
	Year 9 Girls Race 1 100m
	Year 9 Girls Race 2 100m
	Year 9 Boys Race 1 100m
	Year 9 Boys Race 2 100m
	Year 10 Girls Race 1 100m
	Year 10 Girls Race 2 100m
	Year 10 Boys Race 1 100m
	Year 10 Boys Race 2 100m
1.45	Year 9 and 10 Girls 800m
	Year 9 and 10 Boys 800m
2.00	Year 7 Girls 4 x 100m Relay
	Year 7 Boys 4 x 100m Relay
	Year 8 Girls 4 x 100m Relay
	Year 8 Boys 4 x 100m Relay
	Year 9 Girls 4 x 100m Relay
	Year 9 Boys 4 x 100m Relay
	Year 10 Girls 4 x 100m Relay

	Year 10 Boys 4 x 100m Relay
	6 <sup>th</sup> form relay
2.40	Results and Trophies Presentation

## Field Events Programme

Report Time	9:20	9:55	10:25	10:55	11:25	11:55	12:55	1:25
Start Time	9:30	10:00	10:30	11:00	11:30	12:00	1:00	1:30
EVENT								
SHOT	Year 7 Boys	Year 7 Girls	Year 8 Girls	Year 8 Boys	Year 9 Boys	Year 9 Girls	Year 10 Girls	Year 10 Boys
JAVELIN	Year 8 Girls	Year 8 Boys	Year 9 Boys	Year 9 Girls	Year 10 Girls	Year 10 Boys	Year 7 Boys	Year 7 Girls
DISCUS	Year 9 Boys	Year 9 Girls	Year 10 Girls	Year 10 Boys	Year 7 Boys	Year 7 Girls	Year 8 Girls	Year 8 Boys
LONG JUMP	Year 10 Girls	Year 10 Boys	Year 7 Boys	Year 7 Girls	Year 8 Girls	Year 8 Boys	Year 9 Boys	Year 9 Girls
TRIPLE JUMP	Year 8 Boys		Year 10 Boys			Year 10 Girls		Year 9 Boys
HIGH JUMP	Year 7 and 8 Girls		Year 9 and 10 Boys		Year 7 and 8 Boys		Year 9 and 10 Girls	

**The PE Department would like to thank the following people:**

- ◆ **All the distinguished guests and parents for supporting this event.**
- ◆ **All visiting officials for giving up their time and energy to support The Grange Academy**
- ◆ **The Cucina staff who have supplied food for everyone during the day**
- ◆ **Woodside Stadium staff**
- ◆ **Last, but not least, all the staff and pupils of The Grange Academy for their efforts both before and during the day.**

**Thank you all very much**