

CQCC Athletics Carnival 2015

Wednesday, 29th July

EST. TIME	PROPOSED ACTIVITY					
8:20 a.m.	Set-up / Warm-up					
8:45a.m.	Mark Roll / Team Gathering 800m					
9:30a.m.	Sprints 60m - 2010, 2009, 2008 80m - 2007, 2006, 100m - 2005, 2004, 2003, 2002, 2001, 2000, 1999, 1998, 1997					
ROTATIONS	SHOT PUT	DISCUS	LONG JUMP	BALL GAMES	NOVELTY EVENTS	RUNNING EVENTS
10:15 a.m.	6	5	4	3	2	1
10:45 a.m.	<i>SNACK BREAK</i>					
11:00 a.m.	5	4	3	2	1	6
11:30 a.m.	4	3	2	1	6	5
12:00 p.m.	3	2	1	6	5	4
12:30 p.m.	<i>LUNCH BREAK</i>					
1:00 p.m.	2	1	6	5	4	3
1:30 p.m.	1	6	5	4	3	2
2:00 p.m.	Relays Whole School Novelty Events					
3:00 p.m.	Finish / Pick-up					

GROUP ROTATIONS

1	Students born in: 2010, 2009, 2008
2	Students born in: 2007 & 2006
3	Students born in: 2005 & 2004
4	Students born in: 2003 & 2002
5	Students born in: 2001 & 2000
6	Students born in: 1999, 1998 & 1997

ROTATION ACTIVITIES

Shot Put - Mrs Saville + Mrs Alley

Discus - Dr Patson + Mr L Appleton

Long Jump -Mrs Hagemann& Mr Al-Samarrie

Ball Games - Miss Toohey

Novelty Events - Miss Appleton + Miss Stevany

Running Events(100m, 200m, 400m)

- Mr M Appleton, Mrs Simmons, Mrs Jenkins + Helpers