

Flagstone Sports Day Trials Timetable

(Friday 18 May)

Students to come in Sports House Colours, a hat and suitable footwear

8:50am Mark Roll and then walk with designated teacher to assemble for 1st activity

	9yrs	10yrs	11yrs	12yrs
9:00	100m / 200m	Long Jump	High Jump	Shot Put
10:00	Shot Put	100m / 200m	Long Jump	High Jump
11:00	Lunch Break			
11:45	High Jump	Shot Put	100m / 200m	Long Jump
12:45	Long Jump	High Jump	Shot Put	100m / 200m
1:45	Second Break			
2:15	All age groups to race 400m / 800m			