

May 29, 2023

	Grade 5 Girls	Grade 5 Boys	Grade 6 Girls	Grade 6 Boys
8:35 - 9:10	Triple Jump	Long Jump	100 M Heats	100 M Heats
9:10 - 9:50	100 M Heats	100 M Heats	Triple Jump	High Jump
9:50 - 10:30	Ball Throw	High Jump	400 M Timed	400 M Timed
10:30 - 11:10	400 M Timed	400 M Timed	Ball Throw	Long Jump
11:10 - 11:50	Long Jump	Ball Throw	200 M Timed	200 M Timed
11:50 - 12:30	200 M Timed	200 M Timed	Lunch	Lunch
12:30 - 1:10	Lunch	Lunch	High Jump	800 M Timed
1:10 - 1:50	High Jump	Triple Jump	800 M Timed	Ball Throw
1:50 - 2:20	800 M Timed	800 M Timed	Long Jump	Triple Jump
2:20 - 2:55			100 M Finals	100 M Finals
2:55 - 3:10	100 M Finals	100 M Finals	1500 M Timed	1500 M Timed

May 23, 2023

	Grade 3 Girls	Grade 3 Boys	Grade 4 Girls	Grade 4 Boys
9:00 - 9:40	Broad Jump	Long Jump	100 M Heats	100 M Heats
9:40 - 10:20	100 M Heats	100 M Heats	Triple Jump	High Jump
10:20- 10:40	Ball Throw	High Jump	400 M Timed	400 M Timed
10:40 - 11:20	400 M Timed	400 M Timed	Ball Throw	Long Jump
11:20 - 12:00	Long Jump	Broad Jump	200 M Timed	200 M Timed
12:00 - 12:30	Lunch	Lunch	Lunch	Lunch
12:30 - 1:10	200 M Timed	200 M Timed	High Jump	Ball Throw
1:10 - 1:50	High Jump	Ball Throw	Long Jump	Triple Jump
1:50 - 2:30	100 M Finals	100 M Finals	100 M Finals	100 M Finals

June 1, 2023

	GRADE ONE BOYS	GRADE ONE GIRLS	GRADE TWO BOYS	GRADE TWO GIRLS
12:45-1:05	Sack Race	Weave	Ball Throw	50m heats-finals
1:10-1:30	Tug-of-War	Sack Race	Weave	Ball Throw
1:35-1:55	Standing Long Jump	Tug-of-War	Sack Race	Weave
2:00-2:20	50m heats-finals	Standing Long Jump	Tug-of-War	Sack Race
2:25-2:45	Ball Throw	50m heats-finals	Standing Long Jump	Tug-of-War
2:50-3:10	Weave	Ball Throw	50m heats-finals	Standing Long Jump