

**GMAS Junior School Athletics Carnival**  
**Friday 9<sup>th</sup> August 2024**  
**Year 3 to Year 6**

- ◆ 8.40am Report to classes on bell.
- ◆ 8.45am Head to House bays behind MAC. Leave bags at classrooms and bring lunch, drink bottles and any medications etc
- ◆ Year 6 leaders to take a warm up. Officials move to place on field
- ◆ 9.00am Marshalling for first event.

**Year 3-6 Program**

TIME	100m	200m	Team Long Jump	Distance Throw	Relays	Team Games	REST TIME
9.10		6 Girls 6 Boys	4 Girls	4 Boys	3 Girls 3 Boys	5 Girls 5 Boys	
9.40		5 Girls 5 Boys	3 Boys (20 mins only)	3 Girls (20 mins only)	4 Boys 4 Girls (finish 15 mins early if they need a break)	6 Girls 6 Boys	<b>Year 3's (second 20 minutes)</b>
10.10		4 Girls 4 Boys	5 Girls	5 Boys	6 Girls 6 Boys	3 Girls 3 Boys	
10.40		3 Girls 3 Boys	6 Girls	6 Boys	5 Boys 5 Girls	4 Girls 4 Boys	
11.10	3 Girls 3 Boys		4 Boys	4 Girls		5 Girls 5 Boys	<b>Year 6 Boys Year 6 Girls</b>
11.40	4 Girls 4 Boys		5 Boys	3 Boys		6 Girls 6 Boys	<b>Year 5 Girls Year 3 Girls</b>
12.10 – 12.40	<b>LUNCH/TOILET BREAK FOR EVERYONE</b>						
12.40	5 Girls 5 Boys		6 Boys	6 Girls		3 Girls 3 Boys	<b>Year 4 Boys Year 4 Girls</b>
1.10	6 Girls 6 Boys		3 Girls	5 Girls		4 Girls 4 Boys	<b>Year 3 Boys Year 5 Boys</b>
1.40	<b>Please use this time to complete any individual events or team games that were not completed ☺</b>					Year 3 400m	
1.55						Year 4 400m	
2.10						Year 5 400m	
2.25						Year 6 400m	
2.40	<b>Year 3 100m Relay Race</b> <b>Year 4 100m Relay Race</b> <b>Year 5 100m Relay Race</b> <b>Year 6 100m Relay Race</b>  <b>IF TIME: Year 3-6 4 x 100m House Shuttle Relay (1 runner from each house per year group) v Teachers and Parents</b>  <b>Clean up and pack up</b>						
3.05	<b>Presentations</b>						

**Team Games Round 1**

- *Corner Spry*
- *Passball/ Multi Passball*

**Team Games Round 2**

- *Leaderball*

- *Star Relay*

**Relays:**

- *Sack Relay*
- *Bean bag Relay*
- *Egg & Spoon Race*