

St Bernard's Athletic Carnival Program 2011

Please note: all times are approximate as many unforeseen delays may occur!!

- 8.30 am 1500m Open age race - boys then girls
- 9:00 am fruit break
- 9 .15 am 800m senior girls/ boys, junior girls/boys
- 9.30 am Health Hustle
- 9.45 am rotations
- 1 .15 pm lunch
- 1.45 pm relays – fastest boy/ girl in each age in each team 2x 8 runners
- 2 pm house relay - (baton and hoop)
- 2.30 pm winners announced / pack up

Activity	Rotation 1	Rotation 2	Rotation 3	Rotation 4	Rotation 5	Rotation 6	Rotation 7
parachute	5/12yrs	11yrs	10yrs	9yrs	8yrs	7yrs	6yrs
70m/100m	6yrs	5/12yrs	11yrs	10yrs	9yrs	8yrs	7yrs
hurdles	7yrs	6yrs	5/12yrs	11yrs	10 yrs	9 yrs	8 yrs
vortex	8 yrs	7yrs	6yrs	5/12yrs	11yrs	10 yrs	9yrs
Gumboot throw	9yrs	8yrs	7yrs	6yrs	5/12yrs	11 yrs	10 yrs
100m/200m	10 yrs	9yrs	8yr	7yrs	6yrs	5/12yrs	11yrs
Sack/dress up relays	11yrs	10yrs	9yrs	8yrs	7yrs	6yrs	5/12yrs