

HOUSE ATHLETICS PROGRAMME 2017

| HOUSE ASSEMBLY | | | 8:30am | HOUSE ASSEMBLY | |
|----------------|---------------|------|--------------|-------------------|--|
| No | EVENT | YEAR | DIVISIONS | programme time | |
| 1 | 100 | 8 | ALL BOYS | 9am - 9:40am | Warmup areas and await marshalling |
| 2 | 200 | 10 | ALL BOYS | 9am - 9:40am | Warmup areas and await marshalling |
| 3 | high jump | 12 | 3 | 9am - 9:40am | Marshall at high jump sites as per map |
| 4 | long jump | 12 | 3 | 9am - 9:40am | Marshall at long jump sites as per map |
| 5 | shot put | 12 | 3 | 9am - 9:40am | Marshall at shot put sites as per map |
| 6 | discus | 12 | 1 | 9am - 9:40am | Marshall at discus site as per map |
| 7 | triple jump | 12 | 1 | 9am - 9:40am | Marshall at triple jump sites as per map |
| | | | | | |
| 8 | 100 | 7 | ALL BOYS | 9:40am - 10.20am | Warmup areas and await marshalling |
| 9 | 200 | 9 | ALL BOYS | 9:40am - 10.20am | Warmup areas and await marshalling |
| 10 | high jump | 11 | 3 | 9:40am - 10.20am | Marshall at high jump sites as per map |
| 11 | long jump | 11 | 3 | 9:40am - 10.20am | Marshall at long jump sites as per map |
| 12 | shot put | 11 | 3 | 9:40am - 10.20am | Marshall at shot put sites as per map |
| 13 | discus | 11 | 1 | 9:40am - 10.20am | Marshall at discus site as per map |
| 14 | triple jump | 11 | 1 | 9:40am - 10.20am | Marshall at triple jump sites as per map |
| | | | | | |
| 15 | 100 | 12 | ALL BOYS | 10:20am - 11am | Warmup areas and await marshalling |
| 16 | 200 | 8 | ALL BOYS | 10:20am - 11am | Warmup areas and await marshalling |
| 17 | high jump | 10 | 3 | 10:20am - 11am | Marshall at high jump sites as per map |
| 18 | long jump | 10 | 3 | 10:20am - 11am | Marshall at long jump sites as per map |
| 19 | shot put | 10 | 3 | 10:20am - 11am | Marshall at shot put sites as per map |
| 20 | discus | 10 | 1 | 10:20am - 11am | Marshall at discus site as per map |
| 21 | triple jump | 10 | 1 | 10:20am - 11am | Marshall at triple jump sites as per map |
| MORNING BREAK | | | 11am-11:25am | DINING HALL | |
| 22 | 4*400 Relay | 12 | 1 | 11am - 11.10am | Warmup areas and await marshalling |
| 23 | 4*400 Relay | 11 | 1 | 11.10am - 11.20am | Warmup areas and await marshalling |
| 24 | 4*400 Relay | 10 | 1 | 11.20am - 11.30am | Warmup areas and await marshalling |
| | | | | | |
| 25 | 100 | 11 | ALL BOYS | 11.30am-12.10pm | Warmup areas and await marshalling |
| 26 | 200 | 7 | ALL BOYS | 11.30am-12.10pm | Warmup areas and await marshalling |
| 27 | high jump | 9 | 3 | 11.30am-12.10pm | Marshall at high jump sites as per map |
| 28 | long jump | 9 | 3 | 11.30am-12.10pm | Marshall at long jump sites as per map |
| 29 | shot put | 9 | 3 | 11.30am-12.10pm | Marshall at shot put sites as per map |
| 30 | discus | 9 | 1 | 11.30am-12.10pm | Marshall at discus site as per map |
| 31 | triple jump | 9 | 1 | 11.30am-12.10pm | Marshall at triple jump sites as per map |
| | | | | | |
| 32 | 100 | 10 | ALL BOYS | 12:10pm - 12:50pm | Warmup areas and await marshalling |
| 33 | 200 | 12 | ALL BOYS | 12:10pm - 12:50pm | Warmup areas and await marshalling |
| 34 | high jump | 8 | 3 | 12:10pm - 12:50pm | Marshall at high jump sites as per map |
| 35 | long jump | 8 | 3 | 12:10pm - 12:50pm | Marshall at long jump sites as per map |
| 36 | shot put | 8 | 3 | 12:10pm - 12:50pm | Marshall at shot put sites as per map |
| 37 | discus | 8 | 1 | 12:10pm - 12:50pm | Marshall at discus site as per map |
| 38 | triple jump | 8 | 1 | 12:10pm - 12:50pm | Marshall at triple jump sites as per map |
| | | | | | |
| 39 | 100 | 9 | ALL BOYS | 12:50pm - 1:30pm | Warmup areas and await marshalling |
| 40 | 200 | 11 | ALL BOYS | 12:50pm - 1:30pm | Warmup areas and await marshalling |
| 41 | high jump | 7 | 3 | 12:50pm - 1:30pm | Marshall at high jump sites as per map |
| 42 | long jump | 7 | 3 | 12:50pm - 1:30pm | Marshall at long jump sites as per map |
| 43 | shot put | 7 | 3 | 12:50pm - 1:30pm | Marshall at shot put sites as per map |
| 44 | discus | 7 | 1 | 12:50pm - 1:30pm | Marshall at discus site as per map |
| 45 | triple jump | 7 | 1 | 12:50pm - 1:30pm | Marshall at triple jump sites as per map |
| LUNCH | | | 1:30pm - 2pm | DINING HALL | |
| 46 | 4*400 Relay | 9 | 1 | 1.30pm - 1.40pm | Warmup areas and await marshalling |
| 47 | 4*400 Relay | 8 | 1 | 1.40pm - 1.50pm | Warmup areas and await marshalling |
| 48 | 4*400 Relay | 7 | 1 | 1.50pm - 2pm | Warmup areas and await marshalling |
| | | | | | |
| 49 | 800m | 7 | 3 | 2:05pm | Warmup areas and await marshalling |
| 50 | 800m | 8 | 3 | 2:10pm | Warmup areas and await marshalling |
| 51 | 800m | 9 | 3 | 2:15pm | Warmup areas and await marshalling |
| 52 | 800m | 10 | 3 | 2:20pm | Warmup areas and await marshalling |
| 53 | 800m | 11 | 3 | 2:25pm | Warmup areas and await marshalling |
| 54 | 800m | 12 | 3 | 2:30pm | Warmup areas and await marshalling |
| | | | | | |
| 55 | 10* 100 Relay | 7 | 1 | 2:35pm | Warmup areas and await marshalling |
| 56 | 10* 100 Relay | 8 | 1 | 2:40pm | Warmup areas and await marshalling |
| 56 | 10* 100 Relay | 9 | 1 | 2:45pm | Warmup areas and await marshalling |
| 58 | 10* 100 Relay | 10 | 1 | 2:50pm | Warmup areas and await marshalling |
| 59 | 10* 100 Relay | 11 | 1 | 2:55pm | Warmup areas and await marshalling |
| 60 | 10* 100 Relay | 12 | 1 | 3:00pm | Warmup areas and await marshalling |
| PRESENTATIONS | | | 3:05pm | PRESENTATIONS | |

| LANE DRAWS | |
|------------|---|
| Bryan | 4 |
| Clune | 5 |
| Edmund | 6 |
| Egan | 7 |
| Glowrey | 8 |
| Quinlan | 1 |
| Redmond | 2 |
| Treacy | 3 |

| POINTS ALLOCATION | |
|---|--|
| All Individual Events | |
| DIV 1 : 1st = 24, then 21, 18 then 15, 12, 9, 6, 3 | |
| Div 2 : 1st = 16, then 14, 12 then 10, 8, 6, 4, 2 | |
| Other Divs : 1st = 8, then 7, 6 then 5, 4, 3, 2, 1 | |

| Relays | |
|---------|---|
| Bryan | 4 |
| Clune | 5 |
| Edmund | 6 |
| Egan | 7 |
| Glowrey | 8 |
| Quinlan | 1 |
| Redmond | 2 |
| Treacy | 3 |

| RELAY POINTS | |
|---|--|
| 1st = 32, 2nd = 28, 3rd = 24 then 20, 16, 12, 8, 4 | |