

# CPHS HIGH SCHOOL SPORTS DAY TRACK ORDER OF EVENTS

7:30-7:45 Registration

7:45-7:55 Opening and call for first event.

8:00-8:40 1500m

8:40-9:15 200m

9:20-9:50 3/400m

9:50-10:15 100m

10:25-10:50 800m

10:50 -11:15 Tug of War

11:15-11:45 Relays

11:45-12:00 Presentation and clean up

\*Please note that this is just a guide and events  
may go off earlier than scheduled

Races will be run in year group order starting with  
Year 7 races and working our way up to Year  
12/13.

Girl's races will proceed the boy's races for  
each year group



# CPHS HIGH SCHOOL SPORTS DAY FIELD EVENTS

## **Session 1 8:00-8:30**

### **Age Group Event**

Year 11 Girls Long Jump  
Year 11 Boys Long Jump  
Year 10 Girls Shot Put  
Year 10 Boys Shot Put  
Year 9 Girls High Jump  
Year 7 Girls Triple Jump  
Year 7 Boys Triple Jump

## **Session 3 9:00-9:30**

### **Age Group Event**

Year 12/13 Girls Long Jump  
Year 12/13 Boys Long Jump  
Year 8 Girls Shot Put  
Year 8 Boys Shot Put  
Year 7 Girls High Jump  
Year 9 Girls Triple Jump  
Year 9 Boys Triple Jump

## **Session 5 10:00-10:30**

### **Age Group Event**

Year 7 Girls Long Jump  
Year 7 Boys Long Jump  
Year 9 Girls Shot Put  
Year 9 Boys Shot Put  
Year 8 Girls High Jump  
Year 11 Girls Triple Jump  
Year 11 Boys Triple Jump

## **Session 2 8:30-9:00**

### **Age Group Event**

Year 10 Girls Long Jump  
Year 10 Boys Long Jump  
Year 7 Girls Shot Put  
Year 7 Boys Shot Put  
Year 9 Boys High Jump  
Year 8 Girls Triple Jump  
Year 8 Boys Triple Jump

## **Session 4 9:30-10:00**

### **Age Group Event**

Year 9 Girls Long Jump  
Year 9 Boys Long Jump  
Year 12/13 Girls Shot Put  
Year 12/13 Boys Shot Put  
Year 8 Boys High Jump  
Year 10 Girls Triple Jump  
Year 10 Boys Triple Jump

## **Session 6 10:30-11:00**

### **Age Group Event**

Year 8 Girls Long Jump  
Year 8 Boys Long Jump  
Year 11 Girls Shot Put  
Year 11 Boys Shot Put  
Year 7 Boys High Jump  
Year 12/13 Girls Triple Jump  
Year 12/13 Boys Triple Jump

\*\*Year 10, 11 and 12/13 High jump took place during the week\*\*

