

QUEEN ELIZABETH SCHOOL

KIRKBY LONSDALE

ANNUAL INTER-HOUSE/FORM

ATHLETICS MEETING



**MONDAY, 7 JULY 2008 - 9.00am & 1.00pm**

*All competitors and spectators are requested to remain on the  
outside of the track*

***BEWARE OF DISCUS AND HIGH JUMP***



# Athletics Meeting



## **TIMETABLE**

REGISTRATION	8.40am	9.00am
LESSON 1	9.00am	10.00am
BREAK	10.00am	10.15am
LESSON 2	10.15am	11.00am
LESSON 3	11.00am	11.45am
LUNCH	11.45am	12.45pm
REGISTRATION (HAND IN VALUABLES)	12.45pm	12.50pm
AFTERNOON EVENTS	1.00pm	3.10pm
REGISTRATION (COLLECT VALUABLES)	3.15pm	3.20pm

## ORDER OF FIELD EVENTS

9.00	ALL GIRLS HIGH JUMPS		
9.00	Yr7 Boys Shot Sen Girls Javelin Yr9 Girls Discus Yr7 Girls Triple Jump Sen Boys Long Jump	1.00	Yr7 Girls Shot Yr8 Girls Javelin Yr9 Boys Discus Yr10 Girls Long Jump Sen Boys Triple Jump
9.30	Yr 8 Girls Shot Yr10 Boys Javelin Yr 8 Boys Discus Yr 9 Girls Triple Jump Yr 9 Boys Long Jump	1.25	Sen Girls Shot Yr7 Boys Javelin Yr8 Girls Discus Yr9 Girls Long Jump Yr10 Boys Triple Jump
10.00	Yr9 Boys Shot Yr9 Girls Javelin Yr7 Girls Discus Yr10 Boys Long Jump Yr10 Girls Triple Jump	1.50	Yr10 Boys Shot Sen Boys Javelin Yr7 Boys Discus Yr8 Girls Long Jump Yr9 Boys Triple Jump
10.30	Yr10 Girls Shot Yr8 Boys Javelin Sen Boys Discus Yr7 Boys Long Jump Yr8 Girls Triple Jump	2.15	Yr9 Girls Shot Yr10 Girls Javelin Sen Girls Discus Yr7 Girls Long Jump Yr8 Boys Triple Jump
11.00	Sen. Boys Shot Yr10 Girls Discus Yr8 Boys Long Jump Yr7 Girls Javelin Sen Girls Triple Jump	2.40	Yr8 Boys Shot Yr9 Boys Javelin Yr10 Boys Discus Sen Girls Long Jump Yr7 Boys Triple Jump
1.00	ALL BOYS HIGH JUMPS		

### JAVELIN THROWING AREA

**On the field behind the Sports Hall. Competitors must arrive for their event from the path between the Sports Hall and the Tennis Courts**

## ORDER OF TRACK EVENTS

9.00	Sen Girls 1500m Yr10 Girls 1500m Yr10 Boys 1500m Sen Boys 1500m Yr 7 Boys 1500m Yr 8 Girls 1500m	1.25	Yr 8 Boys 800m Yr8 Girls 800m Yr9 Boys 800m Yr9 Girls 800m Yr 10 Boys 800m
9.30	Yr10 Girls 400m Yr10 Boys 400m Sen Boys 400m Sen Girls 400m	1.50	Yr7 Boys 200m Yr7 Girls 200m Yr8 Boys 200m Yr8 Girls 200m Yr9 Boys 200m
10.00	Sen Boys 800m Sen Girls 800m Yr10 Girls 800m Yr7 Boys 800m Yr7 Girls 800m		Yr9 Girls 200m Yr10 Boys 200m Yr10 Girls 200m Sen Boys 200m Sen Girls 200m
10.30	ALL HURDLES		
11.00	‘B’ Team Relays		

## LUNCH 11.45 - 12.45

1.00	Yr7 Boys 100m Yr7 Girls 100m Yr8 Boys 100m Yr8 Girls 100m Yr9 Boys 100m Yr9 Girls 100m Yr10 Boys 100m Yr10 Girls 100m Sen Boys 100m Sen Girls 100m	2.10	Yr7 Girls 400m Yr7 Boys 400m Yr8 Girls 400m Yr8 Boys 400m Yr9 Girls 400m Yr9 Boys 400m
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<p><b>TRACK EVENTS HAVE PRIORITY OVER ALL OTHER EVENTS</b></p>
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## ORDER OF TRACK EVENTS (continued)

2.30 Yrs 8 & 9 Girls 1500m

Yrs 8 & 9 Boys 1500m

2.50 'A' TEAM RELAYS

### LANES FOR RELAYS

S	Lane 1
Q	Lane 2
K	Lane 3
M	Lane 4
L	Lane 5
W	Lane 6
E	Lane 7

### INTER YEAR HANDICAP RELAY

BOYS Yr. 7, 8, 9, 10, SEN, STAFF

GIRLS Yr. 7, 8, 9, 10, SEN, STAFF

***BOYS BEST PERFORMANCES***

<i>Event</i>	<i>Year 7</i>	<i>Year 8</i>	<i>Year 9</i>
100m	13.6 J. Wright (J)01	12.49 T Jackson	11.98 J Wright (J)03
200m	29.8 D W-Walker (J)84	(W)07	25.76 L Mercer (W)07
400m	60.08 G Holden (J)83	27.4 J McGrotty (P)77	60.0 J Gaskins (P)84
800m	2.36.3 R Goad (B)84	58.03 I Kasam (J)85	2.17.3 I Robinson (J)83
1500m	5.08 S Oliver (W)99	2.27.1 N Gibbons (B)78	4.39.6 I Robinson (J)83
Hurd	12.9 G Close (E)05	4.48.5 I Robinson (J)82	13.07 P Bell (B)84
LJ	4.46 R Robinson (P)87	12.8 N Evans (D)90	5.33 J Wright (J) 03
HJ	1.37 D Houlden (J)02	4.72 G Close (E)06	1.65 Joe Hadwin (B)96
TJ	9.19 S Micklethwaite (B)87	1.52 N Bell (J)94	11.32 A Barr (B)87
Shot	8.50 C Stephenson (W)96	10.68 O Blackburn (W)07	10.58 W Teal (E)03
Discus	22.50 S Roche (J)86	11.38 P Stephenson (J)87	32.5 M Dawson (P)92
Javelin	25.50 M Wyles (J)85	31.90 T Smith (J)01	37.55 C.Stephenson
P.Vault		36.25 C Stephenson (W)00	(W)01
Relay	59.35 WESTMORLAND 06	2.10 I Kasam (J)85 55.92 JOHNSON 94	2.35 A Holmes (P)88 52.67 WESTMORLAND
<i>Event</i>	<i>Year10</i>	<i>Senior</i>	
100m	11.62 J Wright (J)04	11.00	
200m	24.9 D Houlden (K)05	23.5	
400m	55.7 J Gaskins (P)85	1.10 J Burrow (E)07	
800m	2.09.3 I Robinson (J)84	2.03.0	
1500m	4.26.1 I Robinson (J)84	4.13.46 I Robinson (J)86	
Hurd	12.10 J Wright (P)89	11.08 N Bettridge (P)89	
LJ	5.63 C Ramwell (C)02	6.39 J Wright (E)06	
HJ	1.65 Joe Hadwin (B)97	1.83 J Wright (E)06	
TJ	12.36 A Barr (B)87	12.33 D Asgill (P)03	
Shot	11.15 M Anderson (M)04	12.45	
Discus	31.75 M Higginbottom ( )82	36.60 J Wright (E)06	
Javelin	43.08 I Burrow (S)06	47.30 S Todd	
P.Vault	2.52 T Blanchard (B)00	2.35 R Smith (D)01	
Relay	50.4 JOHNSON	47.4 JOHNSON	

### SPECIFICATIONS

	<i>Yr7</i>	<i>Yr8</i>	<i>Yr9</i>	<i>Yr10</i>	<i>Senior</i>
Shot	3.25Kg	3.25Kg	4.00Kg	5.00Kg	5.00Kg
Discus	1.00Kg	1.00Kg	1.25Kg	1.50Kg	1.50Kg
Javelin	600gm	600gm	600gm	700gm	700gm
<i>Hurdles</i>					
Distance	70	75	80	80	80
Height	68	76	84	91.5	91.5
Number	8	8	8	8	8
Approach	11	11.5	12	12	12
h	7	7.5	8	8	8
Interval	10	11	12	12	12
Finish					

### GIRLS BEST PERFORMANCES

<i>Event</i>	<i>Year 7</i>	<i>Year 8</i>	<i>Year 9</i>
100m	13.7 L.Beaumont (D)01	13.3 R Birks (P)78	13.06 G Smith (P)96
200m	29.7 C Hartley (P)85	28.2 S Thompson (B)80	29.2 E Reid (J)88
400m	78.0 M. Udale (D) 98	66.95 A Casement (E)06	65.03 A Casement (E)07
800m	2.40.2 W Woods (J)84	2.33 W Woods (J)85	2.35 C Armitstead
1500m	5.28.0 W Woods (J)84	5.24 W Woods (J)85	(B)89
Hurd	13.21 A Casement (E)05	13.2 S Murray (B)78	5.14 E Priestley (J)92
LJ	3.85 J. Smith (B)97	4.25 E Reid (J)87	12.86. A Casement (E)
HJ	1.26 R Sandham (D)93	1.40 A Casement (E)06	07
TJ	8.86 F Johnson (C)95	8.67 H Burch (Q)05	4.62 S Ward (J) 83
Shot	6.89 K Hobson (J)92	8.28 E Reid (J)87	1.45 A Casement (E )07
Discus	16.30 L.Middleton (P)01	18.40 K Williams (B)87	8.95 C Rickards (K)07
Javelin	19.62 M Hughes (J)94	22.53 J Williamson (J)76	8.96 A Hitchen (B)87
Relay	59.35 BENTINK 06	59.6 BENTINK	19.06 S Hartley (P)83 27.28 H Burrow (W)96 59.00 JOHNSON
	<i>Year10</i>	<i>Senior</i>	
100m	13.3 A Cramer (J)78	12.0 S Benson (B)74	
200m	27.66 G Smith (J)78	27.5 S Benson (B)74	
400m	67.00 J Burrow (K)05	70.3 A Cramer (J)81	
800m	2.34 S Dennison (B)80	2.37.4 K Davies (J)77	
1500m	5.08 I Fisher (W)05	4.57 C Rodham (C)04	
Hurd	12.6 S Thompson (B)82	13.3 S Benson (B)75	
LJ	4.50 S Murray (B)80	4.80 S Benson (B)74	
HJ	1.50 A Cramer (J)79	1.52 D Peate (B)79	
TJ	9.03 H Yeadon (K)05	8.95 H Smith (K)06	
Shot	8.00 D Alderson (B)81	8.17 H Barton B)87	
Discus	24.10 J Williamson (J)77	25.35 J Williamson (J)81	
Javelin	31.25 J Williamson (J)77	32.75 J Williamson (J)80	
Relay	56.1 PAGET	54.2 BENTINK	

### SPECIFICATIONS

	<i>Yr7</i>	<i>Yr8</i>	<i>Yr9</i>	<i>Yr10</i>	<i>Senior</i>
Shot	3.25Kg	3.25Kg	3.25kG	4.00Kg	4.00Kg
Discus	1.00Kg	1.00Kg	1.00Kg	1.00Kg	1.00Kg
Javelin	600gm	600gm	600gm	600gm	600gm
<i>Hurdles</i>					
Distance	70	75	75	80	80
Height	68	76	76	84	84
Number	8	8	8	8	8
Approach	11	11	11.5	12	12
h	7	7	7.5	8	8
Interval	10	10	11	12	12
Finish					

