

21 June 2023

Dear Parents and Parent Liaisons,

RE: Primary House Athletics Years 3 - 6

The Alphington Grammar School Primary House Athletics Carnival will be held at the Meadowglen International Athletics Stadium, 146-156 McDonald's Road, Epping on **Tuesday 8 August**.

Students will need to arrive at School by **8.30am** to travel by bus at **9am SHARP** to the Athletics stadium.

Year 3 – 6 Program:

The program will start at 10.00am and conclude by 2.30pm. Students are to attend the Carnival in full AGS House Sport uniforms; students must wear their Black AGS Logo Shorts and House Shirts during the event.

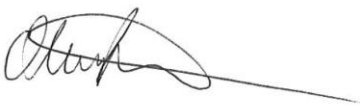
It is essential that students bring their own food and drink for the entire day, including lunch and recess. As students are competing in seven events each, it is essential that they have many light snacks and a full lunch to replenish their energy for a long day of competition.

The event promises to be a great success and the AGS staff look forward to the school community's full support on the day. Parents and Guardians are most welcome to attend and offer their support on the day.

The organisation of the day can also be found at the bottom of this note; we look forward to seeing you there.

Thank you for your support and please contact Ms. Rahme via email at or@ags.vic.edu.au if you have any queries regarding the program.

Yours sincerely,



Olivia Rahme
Head of PE, Sport and Health P-12

PRIMARY HOUSE ATHLETICS PROGRAM (3 - 6)

Times	Station	12 - 13 GIRLS	12 - 13 BOYS	11 GIRLS	11 BOYS - Group 1	9 - 10 GIRLS - Group 1	9 - 10 BOYS - Group 1
10.00 – 10.10	WELCOME AND INTRO						
10.10 – 10.40	1	SHOT PUT	LONG JUMP	HIGH JUMP	DISCUS	TRIPLE JUMP	100M + 200M
10.40 – 11.10	2	100M + 200M	SHOT PUT	LONG JUMP	HIGH JUMP	DISCUS	TRIPLE JUMP
11.10 – 11.30	BREAK 1 RECESS (20 MINS)						
11.30 – 12.00	3	TRIPLE JUMP	100M + 200M	SHOT PUT	LONG JUMP	HIGH JUMP	DISCUS
12.00 – 12.30	4	DISCUS	TRIPLE JUMP	100M + 200M	SHOT PUT	LONG JUMP	HIGH JUMP
12.30 – 1.10	BREAK 2 LUNCH (40 MINS)						
1.10 – 1.40	5	HIGH JUMP	DISCUS	TRIPLE JUMP	100M + 200M	SHOT PUT	LONG JUMP
1.40 – 2.10	6	LONG JUMP	HIGH JUMP	DISCUS	TRIPLE JUMP	100M + 200M	SHOT PUT
2.10 – 2.30	RESULTS AND PACK UP						