

The Bishop of Winchester Academy Sports Day 2023



50P

I Came to Give Life — Life in all its Fullness

High Expectations — No Excuses



Hello and welcome to the 2023 Bishop of Winchester Sports Day at Kings Park Athletics Stadium!

We hope you enjoy the day competing against and cheering on your peers. You will be competing for your mentor group and your year group so best of luck!

Please remember this is a fun day and if your name has been added in the programme under an event you will be expected to take part. If you are injured and need a replacement then please inform your Mentor.

Moreover, please ensure you arrive to your event at least 5 minutes early to warm up and register. Also, listen to the speaker system for updates and key information about the events.

We look forward to seeing you all compete later today.

The PE team

Student registration and event procedure

Please make sure you look at the timings of each event. You need to arrive to your event at least 5 minutes before the start to register.

What to do if you are in two events at the same time?

- 1) Register at your field event first with the teacher official.
- 2) Complete your track event first
- 3) Return to your field event and complete your attempts and the official

Event Timings of the day– Track

1500m FINALS		
Start Time	Age Group	Boys/Girls
09:00	7	Boys 1&2
09:05	7	Girls 1&2
09:10	8	Boys 1&2
09:15	8	Girls 1&2
09:20	9	Boys 1&2
09:25	9	Girls 1&2
09:30	10	Boys
09:35	10	Girls
800m FINALS		
09:40	7	Boys 1&2
09:45	7	Girls 1&2
09:50	8	Boys 1&2
09:55	8	Girls 1&2
10:00	9	Boys 1&2
10:05	9	Girls 1&2
10:10	10	Boys
10:15	10	Girls
SPRINT HURDLES		
10:20	7	Boys 1&2
10:20	7	Girls 1&2
10:27	8	Boys 1&2
10:27	8	Girls 1&2
10:34	9	Boys 1&2
10:34	9	Girls 1&2
400m HEATS		
10:40	7	Boys 1&2
10:44	8	Boys 1&2
10:48	9	Boys 1&2
300m HEATS		
10:52	7	Girls 1&2
10:56	8	Girls 1&2
11:00	9	Girls 1&2
200m HEATS		
11:05	7	Boys 1&2
11:05	7	Girls 1&2
11:12	8	Boys 1& 2
11:12	8	Girls 1& 2
11:19	9	Boys 1&2
11:19	9	Girls 1&2

100m HEATS		
11:26	7	Boys 1&2
11:26	7	Girls 1&2
11:33	8	Boys 1&2
11:33	8	Girls 1&2
11:40	9	Boys 1&2
11:40	9	Girls 1&2
SPRINT HURDLES FINALS		
11:50	7	Boys
11:50	7	Girls
11:57	8	Boys
11:57	8	Girls
12:04	9	Boys
12:04	9	Girls
12:11	10	Boys
12:11	10	Girls
400m FINALS		
12:20	7	Boys
12:24	8	Boys
12:28	9	Boys
12:32	10	Boys
300m FINALS		
12:36	7	Girls
12:40	8	Girls
12:44	9	Girls
12:48	10	Girls

200m FINALS		
12:52	7	Boys
12:52	7	Girls
12:59	8	Boys
12:59	8	Girls
13:06	9	Boys
13:06	9	Girls
13:13	10	Boys
13:13	10	Girls
100m FINALS		
13:20	7	Boys
13:20	7	Girls
13:27	8	Boys
13:27	8	Girls
13:35	9	Boys
13:35	9	Girls
13:42	10	Boys
13:42	10	Girls

Event Timings of the day– Track

RELAYS (8 x 50m)		
13:50	7	Mixed
13:55	8	Mixed
14:00	9	Mixed
14:05	10	Mixed
REALYS (4 x 100m)		
14:10	7	Boys
14:10	7	Girls
14:17	8	Boys
14:17	8	Girls
14:25	9	Boys
14:25	9	Girls
14:32	10	Boys
14:32	10	Girls
14:40 STAFF RELAY		
14:50 – RESULTS		
15:00 – Finish		
All year groups to sit on the field in mentor groups for the final results.		



Sapere Aude

Event Timings of the day– Field

DISCUS		
Start Time	Age Group	Boys/Girls
09:00	10	Boys
09:30	10	Girls
10:00	9 (1 & 2)	Boys
10:30	9 (1 & 2)	Girls
<i>Hour Break</i>		
11:30	8 (1 & 2)	Boys
12:00	8 (1 & 2)	Girls
12:30	7 (1 & 2)	Boys
13:00	7 (1 & 2)	Girls

SHOT PUT		
Start Time	Age Group	Boys/Girls
09:00	7 (1 & 2)	Boys
09:30	7 (1 & 2)	Girls
10:00	8 (1 & 2)	Boys
10:30	8 (1 & 2)	Girls
<i>Hour Break</i>		
11:30	9 (1 & 2)	Boys
12:00	9 (1 & 2)	Girls
12:30	10	Boys
13:00	10	Girls

JAVELIN		
Start Time	Age Group	Boys/Girls
09:00	10	Boys
09:30	10	Girls
10:00	9 (1 & 2)	Boys
10:30	9 (1 & 2)	Girls
<i>Hour Break</i>		
11:30	8 (1 & 2)	Boys
12:00	8 (1 & 2)	Girls
12:30	7 (1 & 2)	Boys
13:00	7 (1 & 2)	Girls

LONG JUMP		
Start Time	Age Group	Boys/Girls
09:00	7 (1 & 2)	Boys
09:30	7 (1 & 2)	Girls
10:00	8 (1 & 2)	Boys
10:30	8 (1 & 2)	Girls
<i>Hour Break</i>		
11:30	9 (1 & 2)	Boys
12:00	9 (1 & 2)	Girls
12:30	10	Boys
13:00	10	Girls

HIGH JUMP		
Start Time	Age Group	Boys/Girls
09:00	8 (1 & 2)	Boys
09:30	8 (1 & 2)	Girls
10:00	7 (1 & 2)	Boys
10:30	7 (1 & 2)	Girls
<i>Hour Break</i>		
11:30	10	Boys
12:00	10	Girls
12:30	9 (1 & 2)	Boys
13:00	9 (1 & 2)	Girls

TRIPLE JUMP		
Start Time	Age Group	Boys/Girls
09:00	8 (1 & 2)	Boys
09:30	8 (1 & 2)	Girls
10:00	7 (1 & 2)	Boys
10:30	7 (1 & 2)	Girls
<i>Hour Break</i>		
11:30	10	Boys
12:00	10	Girls
12:30	9 (1 & 2)	Boys
13:00	9 (1 & 2)	Girls