VSSA Athletics 2026

Day 1 Timetable

Tuesday November 10 2026 (Langford Athletics)

9.35 am - Long Distance Running

Year 6: 400m *(post this event, students in Triple Jump walk over to the TJ station)*

Year 3: 200m

Years 4 & 5: 400m

9.50am - Jumps and Throws (ALL TIMES APPROXIMATE)

TIME	Rotation	Jumps Pit (6)	Jumps Pit (7)	Jumps Pit (3)	Jumps Pit (5)	S-Put (13)	S-Put (14)	Turbo Jav (11)	Turbo Jav (12)
9.50AM	1	Yr 6 Girls TJ	Yr 6 Boys TJ						
10.40AM	2	Yr 5 Girls TJ	Yr 5 Boys TJ	Yr 4 Girls LJ	Yr 4 Boys LJ	Yr 6 Girls	Yr 6 Boys	Yr 3 Girls	Yr 3 Boys
11.20AM	3	Yr 3 Girls LJ	Yr 3 Boys LJ	Yr 6 Girls LJ	Yr 6 Boys LJ	Yr 4 Girls	Yr 4 Boys	Yr 5 Girls	Yr 5 Boys
12.00PM	LUNCH (15 mins)								
12.20PM	4			Yr 5 Girls LJ	Yr 5 Boys LJ	Yr 3 Girls	Yr 3 Boys	Yr 4 Girls	Yr 4 Boys
1.00PM	5					Yr 5 Girls	Yr 5 Boys	Yr 6 Girls	Yr 6 Boys