

FRANCIS HOLLAND SCHOOL



SPORTS DAY

PROGRAMME

FRIDAY, 1ST JULY 2016
REGENT'S PARK

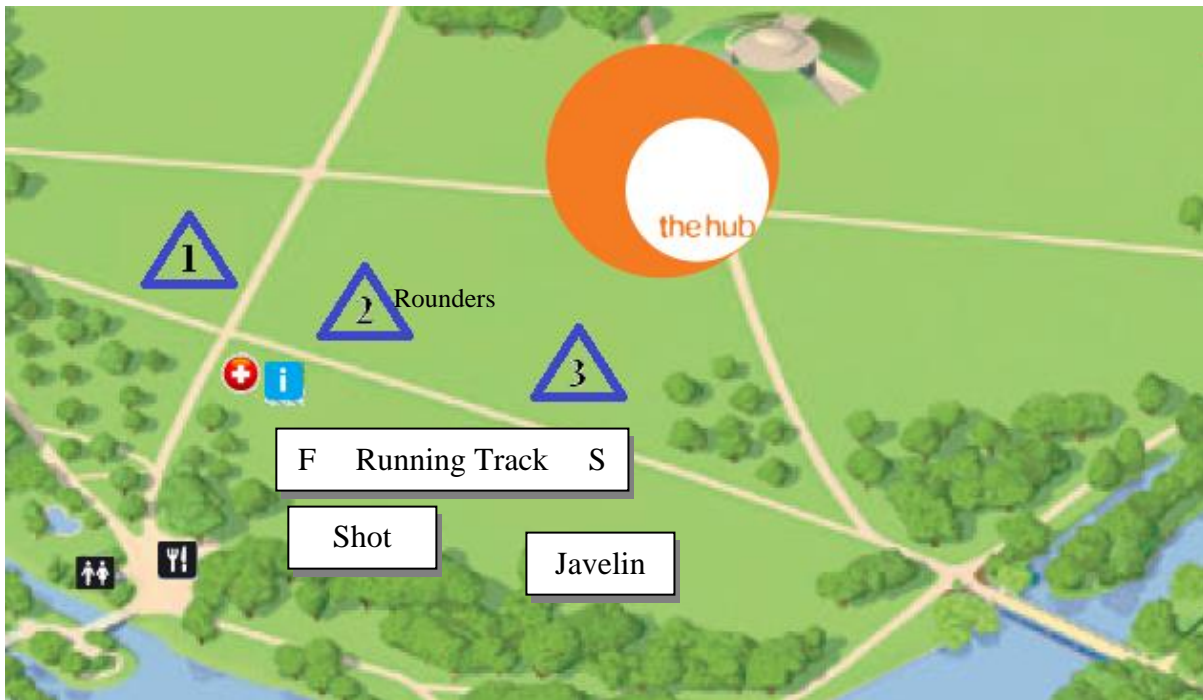
Timings are approximations – listen to instructions from the announcer and your form staff and prefects.

ORDER OF EVENTS

Time	<i>III's & LIV's + VIth</i>			<i>UIV's & LV's + VIth</i>		
10.05	Break and return to Form Rooms at 10.25					
10.30	Leave School in Forms to the 'Hub', Regent's Park					
10.55	Pitch 1	Pitch 2	Pitch 3	Athletics		
11.00	III J (A) vs III M (A)	LIV J (A) vs LIV M (A)	III M (B) vs III S (B)	60m Sprints (3 Heats per Year)		
11.15	III J (B) vs III M (B)	LIV J (B) vs LIV M (B)	LIV S (A) vs LIV J (A)	Relay Events (4 Runners per Form)		
11.30	III S (B) vs III J (B)	LIV M (B) vs LIV S (B)	III S (A) vs III J (A)	800m Distance Event		
11.45	VI FB/NG vs VI AM/KH	VI HP/RP vs VI ML/RLR		Javelin (Any time) Shot Put (Any time)		
12.00	III M (A) vs III S (A)	LIV M (A) vs LIV S (A)	LIV S (B) vs LIV J (B)			
12.15		VI AM/KH vs VI HP/RP	VI ML/RLR vs VI FB/NG			
12.30	Whole School to have Picnic lunch in Regent's Park					
12.55	Athletics			Pitch 1	Pitch 2	Pitch 3
1.00	60m Sprints (4 Heats per Year)			VI FB/NG vs VI HP/RP		VI AM/KH vs VI ML/RLR
1.15	Relay Events (4 Runners per Form)			UIV J (B) vs UIV M (B)	LV L (B) vs LV T (B)	LV AL (A) vs LV L (A)
1.30	800m Distance Event			UIV S (B) vs UIV J (B)	LV T (B) vs LV AL (B)	UIV S (A) vs UIV J (A)
1.45	Javelin (Any time) Shot Put (Any time)			UIV J (A) vs UIV M (A)	LV F (A) vs LV T (A)	UIV M (B) vs UIV S (B)
2.00				UIV M (A) vs UIV S (A)	LV T (A) vs LV AL (A)	LV AL (B) vs LV L (B)
2.15	Novelty Events					
2.20	Egg & Spoon Race (All Years)					
2.35	3 Legged Race (All Years)					
2.50	Finals 60m Sprints					
3.10	WHOLE SCHOOL CLEAN UP					
3.15	Staff vs VIth Form Rounders					
3.30	Presentations and Walk back to school (Sit in Form Groups)					

MAP

REGENT'S PARK – THE 'HUB'



INFORMATION

- How to get there: walk into the park and turn left, follow the canal, turn right after the café, over two bridges & past the toilets (on map)
- First Aid – is situated in the shade at the end of the running track, along with the results tables.
- The picnic lunch is at approximately at 12.30, under the trees.
- At the end of the day, all years **must** register with their form tutor. Forms will then walk back to school with their tutor. Except the sixth form who may leave from the park.
- Everyone will be responsible for their own rubbish and there will be a clean-up before the staff v 6th form event.

WINNERS 2015

LIV J – OVERALL WINNERS

POINTS TABLE

Event	1 st Place	2 nd Place	3 rd Place	Finisher
Rounders	20 Points	15 Points	10 Points	
60m Sprint	10 Points	7 Points	4 Points	1 Point
60m Relay	10 Points	7 Points	4 Points	1 Point
800m	10 Points	7 Points	4 Points	1 Point
Javelin	10 Points	7 Points	4 Points	1 Point
Shot Put	10 Points	7 Points	4 Points	1 Point
Egg & Spoon	10 Points	7 Points	4 Points	1 Point
Three-Legged	10 Points	7 Points	4 Points	1 Point

THANKS TO...

Staff
6th Form
Steve King and Kitchen Staff
Caretakers
Spectators!