

C S S T R A C K & F I E L D D A Y

GRADE 7-9: MONDAY, JUNE 17, 2013

GRADE 4-6: TUESDAY, JUNE 18, 2013



WHAT TO BRING:

- DRESS FOR THE WEATHER
- HATS, SUNSCREEN, WATER BOTTLES
- DRESS IN YOUR FAMILY GROUP HOUSE COLOURS

WHAT TO EXPECT:

Each student will receive a passport at the start of the day. It will be colour-coded to your Family Group house colour. There will be 16 events. For every event that you DO NOT complete, your team receives 1 point.

POINTS ARE BAD

The House Team with the fewest total points is the winner!

EVENTS

TRACK

50 M, 150 M,
300 M, 600 M
1200 M, 1500 M

FIELD

Ball Throw, Shot
put, long jump,
standing long
jump, High Jump

FUN

Tug-o-war,
Tricycle race, piggy
back race, wheel
barrel race, 3
legged race