

Area 8 Sports Day 2009

Programme of Races

Ages split depending on numbers

			Organising church				Organising church
100m	Girls	Age 11-17	Norwich	High Jump	Men	Age 18+	Colchester
100m	Boys	Age 11-17	Norwich		Women	Age 18+	Colchester
60m	Bouncy Hopper	Age 4-7	Chelmsford		Girls	Age 8-10	Colchester
80m	Skipping Race	Age 8-10	Chelmsford		Girls	Age 11-13	Colchester
					Girls	Age 14-15	Colchester
					Girls	Age 16-17	Colchester
100m	Women	Age 18 - 30	Norwich		Boys	Age 8-10	Colchester
100m	Men	Age 18 - 30	Norwich		Boys	Age 11-13	Colchester
					Boys	Age 14-15	Colchester
					Boys	Age 16-17	Colchester
60m	Girls	Age 2-7	Chelmsford				
60m	Boys	Age 2-7	Chelmsford				
80m	Girls	Age 8-10	Chelmsford				
80m	Boys	Age 8-10	Chelmsford				
				Long Jump	Girls	Age 11-13	
					Girls	Age 14-15	
100m	Men	Over 30	Norwich		Girls	Age 16-17	
100m	Women	Over 30	Norwich		Boys	Age 11-13	
					Boys	Age 14-15	
					Boys	Age 16-17	
5 A-SIDE FOOTBALL FINAL							
60m	Doughnut Obstacle Race	Age 4-6	Chelmsford				
80m	Doughnut Obstacle Race	Age 7-10	Chelmsford				
				Shotput	Girls	Age 7-10	
80m	Egg & Spoon Race (Men)	18+			Boys	Age 7-10	
80m	Egg & Spoon Race (Women)	18+			Girls	Age 11-17	
					Boys	Age 11-17	
100m	Novelty Race (Boys)	Age 11-17	Chelmsford		Men	Age 18+	
100m	Novelty Race (Girls)	Age 11-17	Chelmsford		Women	Age 18+	
4 x 100m	Relay	Male	Ipswich	Skipping Challenge	Girls	Age 7-10	Chelmsford
4 x 100m	Relay	Female	Ipswich		Boys	Age 7-10	Chelmsford
					Girls	Age 11-17	Chelmsford
	Hula Hoop Challenge	Age 2-17	Ipswich		Boys	Age 11-17	Chelmsford
	Hula Hoop Challenge	Age 18+	Ipswich				
TUG-O-WAR	Teams of 10 per church	Over 12					

There will also be a bouncy castle which will be free for 2 & 3 years olds but older children will have to pay 50p per session