

Farlingaye Sports Day 2022



Tuesday 12th July

Sports Day 2022

Welcome to this year's Sports Day. We hope everyone enjoys it. In order to help make the day successful there are a few things that everyone needs to know and consider.

1. The timings on the timetable are approximate. Students should listen for announcements and be ready for their events.
2. Spectators should remain seated in order that everyone can see the races and events.
3. All rubbish should be put in the bin bags to avoid students having to spend a long time clearing the rubbish.
4. Students should only cross the track to come to the marshalling area. **NO STUDENTS SHOULD BE INSIDE THE TRACK UNLESS COMPETING IN THE HIGH JUMP OR THEY HAVE BEEN CALLED TO THE MARSHALL AREA.**
5. Students who need to cross the track should do so at the designated crossing area.
6. There are two throwing areas for each event. All Year 7s and 9s compete on throwing area one - the football field. All Year 8s and 10s will throw on throwing area two which is the bus park field. All Shot Put is outside the Sixth Form Centre.
7. Don't forget to have a go at the extra events: hurdles challenge, vortex throwing challenge, speed stack and speed bounce.
8. **DRINK LOTS OF WATER, KEEP A HAT ON, USE SUNCREAM AND MOST OF ALL ENJOY THE DAY!**



SCHOOL SPORTS DAY RECORDS



Year 7 Girls

Event	Record Holder	Time/Dist.	Year
100m	Katy Sealy	13.12	2003
200m	Marina Brooks	30.2	2014
300m	Eleanor Brown	49.00	2016
800m	Amelia Slater	2.48	2014
1500m	Holly Fisher	5.35	2015
Relay	7A	63.33	2015
Shot (2.72kg)	Emily Olden	7.65	2011
Javelin (500g)	Gemma Ramsey	24.48	2013
Discus (1kg)	Bianka Sivosova	18.24	2014
L Jump	Abbie Karklins	4.20	2014
T Jump	Alex Sanderson	9.45	2005
H Jump	Freya Cooney	1.31	2011

SCHOOL SPORTS DAY RECORDS

Year 7 Boys

Event	Record Holder	Time/Dist.	Year
100m	Josh Smedley	13.02	2014
200m	Isaac Feaveareyear	28.59	2014
300m		66.89	2010
800m	Hector Edge	2.31.10	2016
1500m	George Wharam	5.10.06	2016
Relay	7E	58.8	2011
Shot (3.25kg)	Owen Smith	9.43	2006
Javelin (600g)	Joe Harvey	25.57	2000
Discus (1kg)	Henry Lane	21.97	2005
L Jump	James Edmondson	4.54	2011
T Jump	Sam Thompson	8.87	1995
H Jump	Andre Moreira	1.60	2011





SCHOOL SPORTS DAY RECORDS



Year 8 Girls

Event	Record Holder	Time/Dist.	Year
100m	Anna Whitehead	13.21	2013
200m	Lucy Taylor	27.84	2000
300m	Amelia Slater	48.61	2015
800m	Genevieve Garfield	2.35	2013
1500m	Holly Fisher	5.12.00	2016
Relay	8I	58.69	2008
Shot (3.25kg)	Scarlett Longbon	8.39	2017
Javelin (600g)	Gemma Ramsey	31.40	2014
Discus (1kg)	Emma Nicholl	19.05	2012
L Jump	Mary Edmonson	4.43	2005
T Jump	Bethan Field	8.31	2017
H Jump	Emily Marshall	1.40	2007

SCHOOL SPORTS DAY RECORDS

Year 8 Boys

Event	Record Holder	Time/Dist.	Year
100m	Josh Smedley	12.08	2015
200m	Isaac Feavearyear	25.96	2015
300m		60.84	2009
800m	Daniel Hanson	2.27	2012
1500m	Bradley Wattleworth	4.51	2009
Relay	8E	53.44	2009
Shot (3.25kg)	Brad Hartill	9.66	2014
Javelin (600g)	Bradley Docker	32.7	2012
Discus (1kg)	Ben Hutchison	35.7	2009
L Jump	Issac Feavearyear	5.19	2015
T Jump	Matt Bailey	10.06	2003
H Jump	Bejamin Mobee	1.55	2012





SCHOOL SPORTS DAY RECORDS



Year 9 Girls

Event	Record Holder	Time/Dist.	Year
100m	Lauren Gooch	13.27	2013
200m	Marina Brooks	28.44	2016
300m	Jasmine Slater	46.21	2015
800m	Elinor Oliver	2.39	2015
1500m	Abigail Rose	5.22	2013
Relay	9R	57.60	2014
Shot (3.25kg)	Millie Baker	8.02	2017
Javelin (600g)	Gemma Ramsey	30.74	2015
Discus (1kg)	Katherine Aveston	23.61	2007
L Jump	Ellie Harrington	4.76	2021
T Jump	Alex Sanderson	9.45	2005
H Jump	Katy Sealy	1.53	2006

SCHOOL SPORTS DAY RECORDS

Year 9 Boys

Event	Record Holder	Time/Dist.	Year
100m	Seb Mobee	11.48	2017
200m	Isaac Feavearyear	24.97	2016
300m	Stan Chevous	38.50	2021
800m	Alex Tripp	2.12.60	2014
1500m	Danny Jackson	4.52.65	2008
Relay	9N	51.10	2014
Shot (4kg)	Sayful Choudhury	11.32	2009
Javelin (600g)	Brad Docker	41.75	2013
Discus (1.25kg)	Ben Hutchison	34.53	2010
L Jump	Isaac Feavearyear	5.55	2016
T Jump	Elliot Baskett	10.97	2017
H Jump	Seb Mobee	1.75	2017





SCHOOL SPORTS DAY RECORDS



Year 10 Girls

Event	Record Holder	Time/Dist.	Year
100m	Katy Sealy	12.22	2006
200m	Lotte d'Hane	28.67	2016
300m	Keely Whitlock	47.81	2011
800m	Emma Studd	2.42.10	2011
1500m	Jasmine Seller	5.4	2010
Relay	10N	1.00.63	2017
Shot (3.25kg)	Fatima Ejembi	8.71	2013
Javelin (600g)	Gemma Ramsey	33.55	2016
Discus (1kg)	Katherine Aveston	22.91	2008
L Jump	Chelsea White	4.45	2009
T Jump	Carolyn Jones	9.6	2008
H Jump	Katy Sealy	1.53	2006

SCHOOL SPORTS DAY RECORDS

Year 10 Boys

Event	Record Holder	Time/Dist.	Year
100m	Lawrence Fuller	11.69	2013
200m	Jason King	24.65	2013
300m			
800m	Theo Passmore	2.11	2013
1500m	Danny Jackson	4.33.36	2009
Relay	10H	49.1	2013
Shot (4kg)	Matthew Bowman	12.68	2006
Javelin (700g)	Simon Chiverton	39.45	1995
Discus (1.25kg)	Josh Hutchison	34.15	2009
L Jump	Matthew Southwick	5.55	2011
T Jump	Ben Thomas	11.13	2008
H Jump	Teddy Ntuli	1.81	2017



Programme - times are appropriate, please listen for announcements

<u>Approx.time</u>	<u>Track Events</u>	<u>Approx.time</u>	<u>Field Events</u>
9.05am	Year 9/10 girls 1500m	9.40am	Year 9 and 10 girls throwing events and year 9 girls long high and triple jump
9.15am	Year 9/10 boys 1500m		
9.25am	Year 8 boys 1500m PAUSE FOR WELCOME	9.45am	Year 10 boys hurdles Competitors to the 'hurdles race'
9.40am	Year 8 girls 1500m	10.05am	Year 10 girls triple jump and high jump and long jump
9.50m	Year 7 girls 1500m	10.05am	Year 9 boys hurdles competitors to the 'hurdles race'
10.00am	Year 7 boys 1500m	10.25am	Year 9 and 10 boys throwing events and Year 10 boys long, high and triple jump
10.15am	Year 9 boys 300m Year 10 boys 300m	10.25am	Year 9 girls hurdles competitors to the 'hurdles race'
10.25am	Year 7 girls 100m Year 7 boys 100m Year 8 girls 100m Year 8 boys 100m	10.50am	Year 9 boys long, high and triple jump
10.40am	Year 7 girls 200m Year 7 boys 200m Year 8 girls 800m Year 8 boys 800m	11.00 am	Year 10 girls hurdles competitors to the 'hurdles race'
10.50am	Year 8 200m Year 7 800m	11.10am	Year 7 and 8 girls throwing Events . Year 7 girls long and high jump, Year 7 girls hurdles competitors to the 'hurdles race'
10.55am	Years 9 girls 800m	11.30am	Year 8 girls triple jump and high jump and long jump Year 7 boys hurdles competitors to the 'hurdles race'
11.00am	Years 10 girls 800m		
11.05am	Year 7 boys 300m	11.45am	Year 7 and 8 boys throwing events and year 8 boys long, high and triple jump
11.10am	Year 8 boys 300m		
11.25am	Year 9 boys 800m Year 10 boys 800m		

<u>Approx.time</u>	<u>Track Events</u>	<u>Approx.time</u>	<u>Field Events</u>
11.30am	Year 9 girls/boys 100m Year 10 girls/boys 100m	11.50am	Year 8 girls hurdles competitors to the 'hurdles race'
11.50pm	Year 7 girls 300m Year 8 girls 300m	12.05am	Year 8 boys hurdles competitors to the 'hurdles race'
12.00pm	Year 9 girls 200m Year 9 boys 200m Year 10 girls 200m Year 10 boys 200m	12.05m	Year 7 boys long, high and triple jump
12.15pm	Year 9 girls 300m Year 10 girls 300m		
12.25pm	Year 8 girls relay Year 8 boys relay		
12.35pm	Year 9 girls relay Year 9 boys relay		
12.45pm	Year 7 girls relay Year 7 boys relay		
12.55pm	Year 10 girls relay Year 10 boys relay		
1.05pm	Staff relay		
Hurdles competitors should go to their competition at the suggested time If you can't go at the exact time then a little bit before or after will be fine.			

Officials

Shot Put one	Miss H Enright Hannah Wainer and Team
Shot Put two	Mr J Lampard Catherine Galbraith and Team
Javelin one	Mrs C Garnham Milly Willett and Team
Javelin two	Mr M Bursey Harrison Strand and Team
Discus one	Miss C Bryan Lyla Brotherton and Team
Discus two	Miss G Gilbert Ellen Gee and Team
Long Jump one	Mrs J Battersby (oversee all sandpit events) Issy Alexander Sylvie Etchingham
Long Jump two	Mr J Branch and Mr M Barrie Olivia Cooper Lizzy Way Jess Fry
Triple Jump	Mr A Steed Keely Woolnough and Team

Officials

High Jump	Mr J Harker and Mr J Parks Will Newman and Team
Hurdles Race	Liv Siddons, Sophie Donovan-Perry and team
Starter	Mr T Sparkes
Finish Line	Mr A Haughan and Team
Marshall area	Miss K Alexander
<u>Challenges</u>	Members of staff overseeing the various 'challenges'
Hurdles Challenge	Erin Clarke and Team
Speed Bounce	Ruby Smith and team
Vortex Throw	Kitty Lake and Team
Speed Stacking	Honor Raw and Team
Supervising Tennis activities on the courts:	Mr Brooks, Ella Frost and Team
Crossing marshals	Miss C James Mr M Tighe
Announcing	Mr C Fitch and Miss C Thraves