

## GIAAC Colts Summer Fixtures 2010

**Tuesday** night is training night and will start at **5.00pm** and finish at **6.15pm**.

**Thursday** night is competition night - registration is at **5.00-5.10pm** with the first event starting at **5.15pm sharp**.

Sunday mornings, if indicated, will start at **10.15am** and finish at **12.00pm**.

Please note school years 1, 2 & 3 are Under 9's and school years 4 & 5 are Under 11s

**SUMMER CHAMPIONSHIP** – points accumulated from the Thursday competitions will count towards the Championship. Points will be totalled up at the end of the season. The more competitions you do, the more points you will score!

**SUNDAY LEAGUE** – points accumulated from the Sunday Competitions will be kept completely separate from Thursday competitions.

<u>Date</u>	<u>Under 7</u>	<u>Under 9</u>	<u>Under 11</u>
<b>MAY</b>			
Thursday 6 <sup>th</sup>	-	60m Long Jump	80m Rounders Ball (girls) Cricket Ball (boys)
Thursday 13 <sup>th</sup>	-	200m Rounders Ball (girls) Cricket Ball (boys)	60m or 800m Long Jump
Thursday 20 <sup>th</sup>	-	55m Hurdles Shot Putt	55m Hurdles Hammer
Sunday 23 <sup>rd</sup> ( <i>Sunday League 1</i> )	55m Long Jump Ball Throw	75m Standing Triple Jump Cricket Ball	110m Standing Triple Jump Cricket Ball
Tuesday 25 <sup>th</sup>	-	High Jump training – girls Shuttle Runs x 4 & Javelin training – boys	High Jump training (on mat)–girls Shuttle Runs x 6 & Discus training – boys
Thursday 27 <sup>th</sup>	-	High Jump – girls 50m & Javelin – boys	High Jump – girls 75m & Discus - boys
Monday 31 <sup>st</sup>	Bank Holiday Run U7, U9 & U11 – Rouse to Grande Havre Tea Rooms - 10.30am start		
<b>JUNE</b>			
Thursday 3 <sup>rd</sup>	-	80m Cricket Ball	100m Shot Putt
Sunday 6 <sup>th</sup> ( <i>Sunday league 2</i> )	75m Hop Step Jump Speed Bounce	150m Long Jump Speed Bounce	300m Long Jump Speed Bounce
Monday 7 <sup>th</sup>	-	Junior Schools Individual Athletics Championships – Sprints & Hurdles	
Tuesday 8 <sup>th</sup>	-	High Jump training – boys Shuttle runs x 4 & Javelin training – girls	High Jump training (on mat) – boys Shuttle runs x 6 & Discus training – girls
Wednesday 9 <sup>th</sup>	-	Junior Schools Individual Athletics Championships – L Jump & Throws	

<b>Date (June cont.)</b>	<b>Under 7</b>	<b>Under 9</b>	<b>Under 11</b>
Thursday 10 <sup>th</sup>	-	High Jump – boys 60m & Javelin – girls	High Jump – boys 80m & Discus – girls
Sunday 13 <sup>th</sup> (Sunday league 3)	150m Shot Putt	200m or 600m Shot Putt	400m or 800m Shot Putt
Tuesday 15 <sup>th</sup>	-	Intertrust Multi Team Competition 1 – starts 5.15pm sharp	
Wednesday 16 <sup>th</sup>	-	Smokebusters/RG Falla Junior Schools Championships – more details to follow	
Thursday 17 <sup>th</sup>	-	Intertrust Multi Team Competition 2 – starts 5.15pm sharp	
Sunday 20 <sup>th</sup>	Fathers Day Run – Bulwer Avenue – 9.00am start Years 1 & 2 – 1 small lap    Years 3 & 4 – 1 lap    Years 5 & 6 – 2 laps		
Thursday 24 <sup>th</sup>	-	500m Standing Triple Jump	1,000m Triple Jump
Tuesday 29 <sup>th</sup>	-	<b>GIAAC Club Championships 1 – more details to follow</b>	
<b>JULY</b>			
Thursday 1 <sup>st</sup>	-	<b>GIAAC Club Championships 1 – more details to follow</b>	
Sunday 4 <sup>th</sup> (Sunday league 4)	55m Hurdles High Jump	55m Hurdles Hammer Balance Bar	55m Hurdles Caber Balance Bar
Tuesday 6 <sup>th</sup>	-	Intertrust Multi Team Competition 3 – starts 5.15pm sharp	
Thursday 8 <sup>th</sup>	-	Intertrust Multi Team Competition 4 – starts 5.15pm sharp	
Saturday 10 <sup>th</sup>	-	Junior Schools Inter Insular in Jersey (if selected)	
Sunday 11 <sup>th</sup>	-	Race for Life – Footes Lane	
Tuesday 13 <sup>th</sup>	-	50m Long Jump	60m Long Jump
Thursday 15 <sup>th</sup>	-	<b>GIAAC Club Championship Event (5.15pm start)</b>	
		1000m (Starts and finishes on the track)	2000m
Sunday 18 <sup>th</sup>	-	Triathlon at St Sampsons High School 10.00am start	
Thursday 22 <sup>nd</sup>	-	55m Hurdles Standing Triple Jump	55m Hurdles Cricket Ball (boys) Rounders Ball (Girls)
Sunday 25 <sup>th</sup> (Sunday League 5)	80m Javelin Hop Step Jump	60m Javelin Triple Jump	50m or 400m Javelin Triple Jump
Tuesday 27 <sup>th</sup>	-	High Jump – Boys Girls - New Event – 1 x 20m run – run in and out of cones (10m), turn, bunny hop over small hurdles (5m), run through rope ladder (5m)	High Jump – Boys

<b>Date (July cont.)</b>	<b>Under 7</b>	<b>Under 9</b>	<b>Under 11</b>
Thursday 29 <sup>th</sup>	-	High Jump – Girls Boys - New Event – 1 x 20m run – run in and out of cones (10m), turn, bunny hop over small hurdles (5m), run through rope ladder (5m)	High Jump - Girls
<b>AUGUST</b>			
Sunday 1 <sup>st</sup> (Sunday league 6)	100m Ball Throw Standing Jump	110m Ball Throw Standing Jump	150m Ball Throw Standing Jump
Thursday 5 <sup>th</sup>	-	300m Javelin	600m Shot Putt
Thursday 12 <sup>th</sup>	-	75m Shot Putt	100m Javelin
Thursday 19 <sup>th</sup>	-	55m or 400m Long Jump	110m or 800m Long Jump
Thursday 26 <sup>th</sup>	-	60m or 150m Cricket Ball	80m or 200m Cricket Ball
Sunday 29 <sup>th</sup>		<b>Club Championship 2 – starts 1.00pm sharp More details to follow</b>	
Tuesday 31 <sup>st</sup>	-	INTER INSULAR SQUAD TRAINING ONLY from 4.30 to 6.15pm	
<b>SEPTEMBER</b>			
Thursday 2 <sup>nd</sup>	-	INTER INSULAR SQUAD TRAINING ONLY from 4.30 to 6.15pm	
Sunday 5 <sup>th</sup>		<b>Multi Team Competition Final followed by presentation for the summer season and Club Championships – 1.00pm start</b>	
Tuesday 7 <sup>th</sup>	-	INTER INSULAR SQUAD TRAINING ONLY from 4.30 to 6.15pm	
Thursday 9 <sup>th</sup>	-	INTER INSULAR SQUAD TRAINING ONLY from 4.30 to 6.15pm	
Saturday 11 <sup>th</sup>	-	INTER INSULAR – IN GUERNSEY	

**Details of the winter season to follow**

**If you have any questions, please call Bob on 246803 or 07781 146803.**