

Athletics Programme

Running Races

Running Races start at 10:00 am sharp, no registration is required. Please arrive 10 minutes before your age groups allocated time

EVENT	TIME	EVENT NAME	1ST	2ND	3RD
1	10:00	5-6 year old girls - 50m	Spot Prize	Spot Prize	Spot Prize
2	10:05	5-6 year old boys	Spot Prize	Spot Prize	Spot Prize
3	10:10	7-8 year old girls - 75m	Spot Prize	Spot Prize	Spot Prize
4	10:15	7-8 year old boys	Spot Prize	Spot Prize	Spot Prize
5	10:20	9-10 year old girls - 75m	\$15	\$10	\$5
6	10:25	9-10 year old boys	\$15	\$10	\$5
7	10:30	11-12 year old girls - 100m	\$15	\$10	\$5
8	10:35	11-12 year old boys	\$15	\$10	\$5
9	10:40	13-14 year old girls - 100m	\$15	\$10	\$5
10	10:45	13-14 year old boys	\$15	\$10	\$5
11	10:50	15 year old girls - 150m	\$15	\$10	\$5
12	10:55	15 year old boys	\$15	\$10	\$5

Novelty Races

Novelty Races start after the running races have finished, no registration is required. Please arrive 10 minutes before your age groups allocated time.

EVENT	TIME	EVENT NAME	1ST	2ND	3RD
13	11:05	7-8 year old girls - 3 Legged Race - 75m	Spot Prize	Spot Prize	Spot Prize
14	11:10	7-8 year old boys	Spot Prize	Spot Prize	Spot Prize
15	11:15	9-10 year old girls - 3 Legged Race - 75m	\$30	\$20	\$10
16	11:20	9-10 year old boys	\$30	\$20	\$10
17	11:25	11-12 year old girls - 3 Legged Race - 100m	\$30	\$20	\$10
18	11:30	11-12 year old boys	\$30	\$20	\$10
19	11:35	13-14 year old girls - 3 Legged Race - 100mm	\$30	\$20	\$10
20	11:40	13-14 year old boys	\$30	\$20	\$10
21	11:45	15 year old girls - 3 Legged Race - 100m	\$30	\$20	\$10
22	11:50	15 year old boys	\$30	\$20	\$10
23	1:00	7-9 year old girls - Sack Race 75m	\$15	\$10	\$5
24	1:05	7-9 year old boys	\$15	\$10	\$5
25	1:10	10-11 year old girls - Sack Race 75m	\$15	\$10	\$5
26	1:15	10-11 year old boys	\$15	\$10	\$5
27	1:20	12-13 year old girls - Sack Race 100m	\$15	\$10	\$5
28	1:25	12-13 year old boys	\$15	\$10	\$5
29	1:30	14-15 year old girls - Sack Race 100m	\$15	\$10	\$5
30	1:35	14-15 year old boys	\$15	\$10	\$5
31	1:40	Women 16 and over - 100m	\$15	\$10	\$5
32	1:45	Men 16 and over	\$15	\$10	\$5
33	1:50	Women 16 and over - 3 Legged Race 150m	\$30	\$20	\$10
34	1:55	Men 16 and over	\$30	\$20	\$10
35	2:00	Women 16 and over - Sack Race 150m	\$15	\$10	\$5
36	2:05	Men 16 and over	\$15	\$10	\$5

Tug o War

Tug O War will commence after the Novelty Races. Please turn up 10 mins early so you don't miss out being put on a team. Teams will be randomly picked, rules and guidelines will be given to the participants on the day.

EVENT	TIME	EVENT NAME	1ST	2ND	3RD
37	2:10	Tug o War			

Mini Highland Games

This event will start after the Tug O War so come along and have go!!! Bring a camera and get your photo taken in a kilt.

EVENT	TIME	EVENT NAME	1ST	2ND	3RD
		Two teams 7-15 year old Girls and Boys			
38	2:30	Mini Highland Games Commences			
		Caber Toss 9-15 year old			
		Sheaf Toss 9-15 year old			
		Bucket Carry 9-15 year old			
These games will operate on a line up and participate rotation					