

South Otago High School



2024 Athletic Sports Programme

Start of the Day

8.40am	Students meet in their tutor groups for the roll (students come in house colours)
8.50am	Bring Students down to the field and assemble them in their house groups
9.00am	Each house group does their march and chant along the 100m

Championship Events - Field

Please note that where some events have large numbers there may be two groups running at a time. Please check what group you are in. Get to your event prior to the start time or you may miss out. 'Free' = No event for that age group at that time.

Qualification Marks

9:30	Under 14 Boys	Javelin	16.00m
	Under 14 Girls	High	
	Under 15 Boys	Shot	7.50m
	Under 15 Girls	Long	
	Under 16 Boys	Discus	18.00m
	Under 16 Girls	Triple	
	Senior Boys (16+)	Free	
	Senior Girls (16+)	Free	
10.00	Under 14 Boys	Free	
	Under 14 Girls (Group 1)	Long	
	Under 14 Girls (Group 2)	Long	
	Under 15 Boys	Javelin	14.00m
	Under 15 Girls	High	
	Under 16 Boys	Shot	6.50m
	Under 16 Girls	Free	
	Senior Boys (16+)	Discus	18.00m
10.40	Under 14 Boys	Shot	7.00m
	Under 14 Girls	Triple	
	Under 15 Girls	Triple	
	Under 15 Boys	Discus	16.00m
	Under 15 Girls	Free	
	Under 16 Boys	Free	
	Under 16 Girls	High	
	Senior Boys (16+)	Javelin	17.00m
	Senior Girls (16+)	Long	

11.15	Under 14 Boys	High	
	Under 14 Girls	Discus	14.00m
	Under 15 Boys	Triple	
	Under 15 Girls	Shot	5.00m
	Under 16 Boys	Free	
	Under 16 Girls	Free	
	Senior Boys (16+)	Long	
	Senior Girls (16+)	Javelin	13.50m

11:50	Under 14 Boys	Free	
	Under 14 Girls	Javelin	7.00m
	Under 15 Boys	Long	
	Under 15 Girls	Free	
	Under 16 Boys	High	
	Under 16 Girls	Shot	5.50m
	Senior Boys (16+)	Triple	
	Senior Girls (16+)	Discus	16.00m

12:25 – 1.00 – Lunch

1:10	Under 14 Boys	Discus	17.00m
	Under 14 Girls	Free	
	Under 15 Boys	Free	
	Under 15 Girls	Javelin	8.00m
	Under 16 Boys	Triple	
	Under 16 Girls	Long	
	Senior Boys (16+)	Shot	8.00m
	Senior Girls (16+)	High	

1.35	Under 14 Boys	Triple	
	Senior Girls (16+)	Triple	
	Under 14 Girls	Shot	5.00m
	Under 15 Boys	High	
	Under 15 Girls	Discus	16.00m
	Under 16 Boys	Long	
	Under 16 Girls	Javelin	8.00m
	Senior Boys (16+)	Free	

2.10	Under 14 Boys (Group 1)	Long	
	Under 14 Boys (Group 2)	Long	
	Under 14 Girls	Free	
	Under 15 Boys	Free	
	Under 16 Boys	Javelin	13.00m
	Under 16 Girls	Discus	14.00m
	Senior Boys (16+)	High	
	Senior Girls (16+)	Shot	5.00m

Championship Events - Track

9:35	100m Heats	under 14 Boys	first 2 to final
	100m Heats	under 14 Girls	first 2 to final
	100m Heats	under 15 Boys	first 2 to final
	100m Heats	under 15 Girls	first 2 to final
	100m Heats	under 16 Boys	first 2 to final
	100m Heats	under 16 Girls	first 2 to final
	100m Heats	Senior Boys (16+)	first 2 to final
	100m Heats	Senior Girls (16+)	first 2 to final
10.20	1500m Final	Under 14, under 15 & under 16 boys	<i>(Results separate please)</i>
	1500m Final	Senior Boys (16+)	<i>(Results separate please)</i>
	1500m Final	Senior Girls (16+)	<i>(Results separate please)</i>
	1500m Final	Under 14, under 15 & under 16 girls	<i>(Results separate please)</i>
11:00	200m Heats	under 14 Boys	first 2 to final
	200m Heats	under 15 Boys	first 2 to final
	200m Heats	under 14 girls	first 2 to final
	200m Heats	under 15 girls	first 2 to final
	200m Heats	under 16 boys	first 2 to final
	200m Heats	under 16 girls	first 2 to final
	200m Heats	Senior boys	first 2 to final
	200m Heats	Senior Girls	first 2 to final
11.50	200m Final	under 14 Boys	
	200m Final	under 15 Boys	
	200m Final	under 16 Boys	
	200m Final	Senior Boys (16+)	
	200m Final	under 14 girls (if more turn up in heat)	
	200m Final	under 15 girls (if more turn up in heat)	
	200m Final	under 16 girls (if more turn up in heat)	

12:25 – 1.00 – Lunch

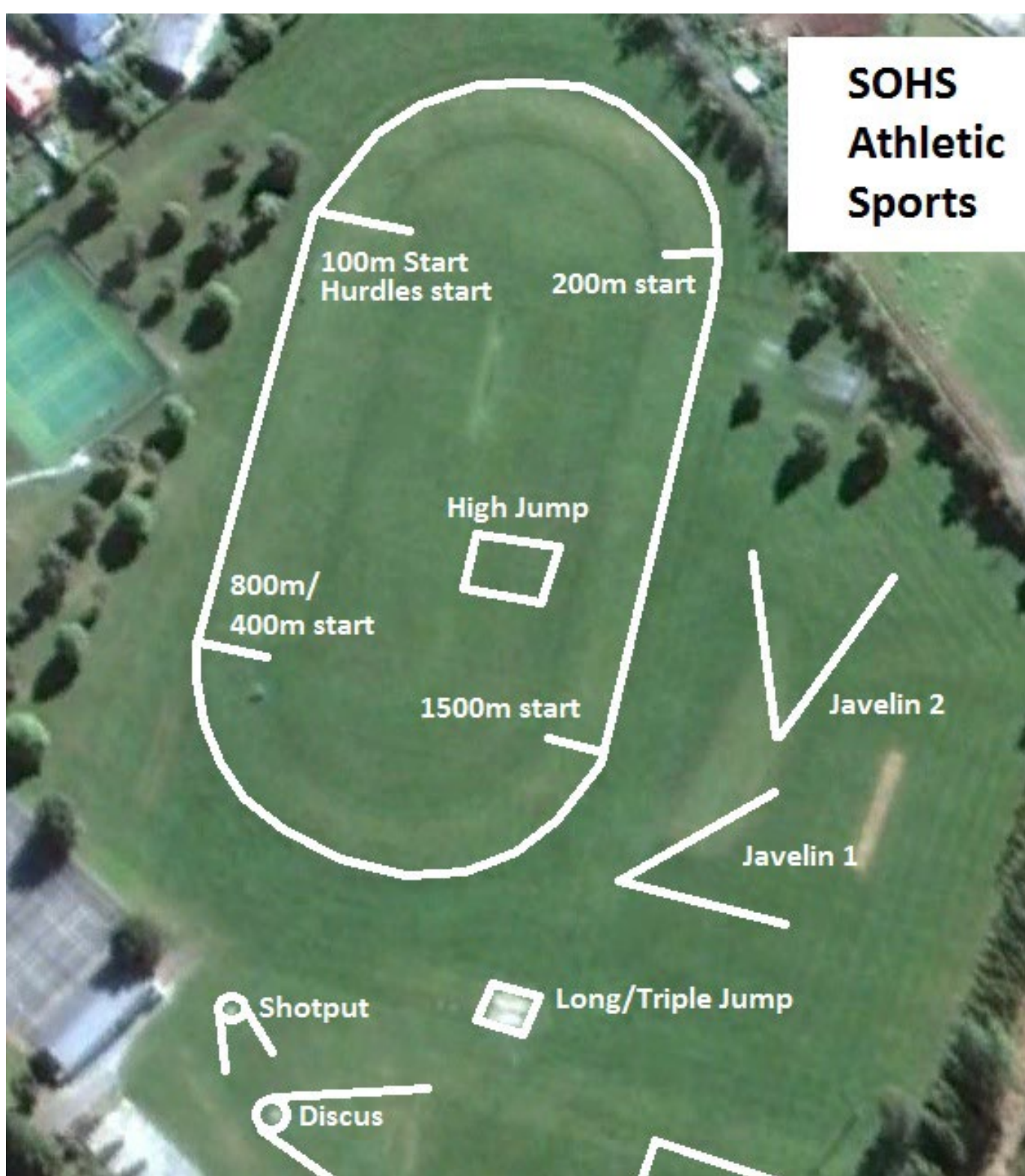
1:10	400m Heat	under 14 boys	
	400m Final	Senior Boys (16+)	
	400m Final	Senior Girls (16+)	
	400m Final	under 14 boys	
	400m Final	under 14 girls	
	400m Final	under 15 girls	
	400m Final	under 15 boys	
	400m Final	under 16 boys	
	400m Final	under 16 girls	
1:45	100m Finals	under 14 boys	
	100m Finals	under 14 girls	
	100m Finals	under 15 boys	
	100m Finals	under 15 girls	
	100m Finals	under 16 girls (if more turn up in heat)	

	100m Finals	under 16 boys	
	100m Finals	Senior Boys (16+)	
	100m Finals	Senior Girls (16+)	
2:10	800m Final	under 14 Boys and under 15 boys	<i>(Results separate please)</i>
	800m Final	under 16 boys	
	800m Final	Senior Boys (16+)	
	800m Final	under 14 girls	
	800m Final	under 15 and under 16 girls	<i>(Results separate please)</i>
	800m Final	Senior Girls (16+)	
2:30	4 x100m relay championship <i>(Lane draw is 1 - Blaikie, 2 - McDonald, 3 - Somerville, 4 - Sutherland)</i>		
	Under 14 - <i>(2 Boys and 2 Girls from each house chosen by house group leaders)</i>		
	Under 15		
	Under 16		
	16 and over		
2.45	4 x 100m Staff versus School Council Relay		

House leaders -

Teams need to be selected for the house relays before 2.30pm please.
Pick your runners at start of 100m finals time (1.45pm)

SOHS Athletic Sports



ATHLETICS RECORDS

(* denotes record run in yards)

Boys Open 3000m SENIOR BOYS

100 metres
200 metres
400 metres
800 metres
1500 metres
Long Jump
High Jump
Triple Jump
110m Hurdles
Shotput 6.25kg
Javelin 700g
Discus 1.5kg
100m Hurdles 3'0"
Shotput 5.0 kg

I Foster	1982	9.59.73
D Lloyd	1964	11.3s*
A Whyte	2011	23.6s
A Whyte	2011	51.5s
I Foster	1983	2m 07.8s
J Buchan	1964	4m 26.1s
D Smith	1987	6.38m
C Smith	1988	1.83m
D Smith	1987	12.45m
I Gardner	1960	16.5s
G Lord	1968	12.54m
M Browne	2005	50.90m
M Scherp	1992	39.51m
R Stanger	1998	15.06s
J Aleni	2010	14.21m

UNDER 16 BOYS

100 metres	L Wallace	1968	11.6s*
200 metres	K Bisset	1966	24.0s*
400 metres	A Rodgers	1968	53.3s*
800 metres	G Rodgers	1967	2m 10.5s*
1500 metres	I Foster	1981	4m 37.5s
Long Jump	R Duff	1966	6.10m
High Jump	A McKenzie	1987	1.77m
Triple Jump	M Browne	2003	11.55m
100m Hurdles 3'0"	P MacFie	1972	16.4s
Shotput 5.0kg	M Browne	2003	13.40m
Javelin 700g	M Browne	2003	55.50m
Discus 1.25kg	M Scholten	1994	39.10m
100m Hurdles 2'9"	R Stanger	1997	15.1s

UNDER 15 BOYS

100 metres	R Taylor	1946	11.9s*
200 metres	F Sintmaartensdyk	1969	24.1s*
400 metres	K Moore	1983	57.2s
800 metres	R Murphy	1969	2m 13.1s*
1500 metres	H Martin	1993	4m 42.48s
Discus 1.25kg	J Hill	2014	35.49m
Long Jump	N Smith	1993	5.52m
High Jump	B van der Loo	2004	1.65m
Triple Jump	D Bouman	1992	11.47m
100m Hurdles 2'9"	D Smith	1984	16.4m
Shotput 5.0kg	T Hammer	2012	11.83m
Javelin 700g	B Benington	1987	36.48m
80m Hurdles 2'6"	L Shannon	1995	13.50s

UNDER 14 BOYS

400 metres	K Moore	1982	1.00.2s
100 metres	M Grant	1969	12.6s
100 metres	M Davis	1984	12.6s
200 metres	M Davis	1984	25.5
800 metres	S McDonald	1978	2m 19.8s
1500 metres	R Pomeroy	1975	4m 52.3s
Long Jump	K Bishop	1985	5.22m
High Jump	M Proctor	1999	1.55m
Triple Jump	B Van der Loo	2003	10.30m
100m Hurdles 2'6"	M Davis	1984	16.8s
80m Hurdles 2'6"	R Stanger	1995	13.77
Shotput 4kg	A Mackay	2007	10.80m
Javelin 600g	M Browne	2001	36.25m
Discus 1kg	T Hutton	1986	33.57m

Girls Open 3000m

M Balchin	1996	11.55s
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SENIOR GIRLS

100 metres	L Cullen	1964	12.7*
200 metres	J Gdanitz	1971	26.6s
400 metres	D Greer	1991	63.4s
800 metres	D Greer	1991	2.29.78m
1500 metres	D Greer	1991	5.17.07m
100m Hurdles	S Davis	1971	18.0s (2'9")
100m Hurdles	L Moore	1983	17.4s (2'6")
80m Hurdles	K Ogilvie	1995	13.23 (2'6")
Long Jump	J Gdanitz	1971	5.41m
High Jump	K Ogilvie	1995	1.62m
Triple Jump	D Greer	1991	10.30m
Javelin 600g	H Blair	2005	34.54m
Shotput 4kg	J Park	1986	10.87
Discus 1kg	J Park	1986	40.93

UNDER 16 GIRLS

100 metres	R Miller	1966	
	J Gdanitz	1970	12.7s*
200 metres	A Miller	1981	27.5s
400 metres	K Whyte	2004	1.07.77
800 metres	D Greer	1990	2.36.16
1500 metres	D Greer	1987	5.27.09s
100m Hurdles	L Moore	1982	17.4s (2'6")
Long Jump	J Gdanitz	1970	5.35m
High Jump	H Blair	2002	1.58m
Triple Jump	K Ogilvie	1992	10.05m
Shotput 3.25kg	Y Vreugdenhil	1982	9.30m
Discus 1kg	J Park	1984	32.93m
Javelin 600g	H Blair	2003	30.40m
Hurdles 80m (2' 6")	A Johnston	2001	13.75s

UNDER 15 GIRLS

100 metres	J Gdanitz	1969	13.0s*
200 metres	A Miller	1980	28.6s
400 metres	K Whyte	2003	1.03.70
800 metres	K Murdoch	1987	2.30.72
1500 metres	K Murdoch	1987	5.09.70
100m Hurdles	M Sandford and C Munro	1978 1988	18.1s (2'6") 18.1s (2'6")
Long Jump	H Blair	2002	5.06m
High Jump	H Blair	2002	1.55m
Triple Jump	C Morrison	1999	9.67m
Shotput 3.25kg	J Harrold	1970	10.08m
Discus 1kg	C Morrison	1999	26.15m
Javelin 600g	H Blair	2002	25.55m
Hurdles 70m	C Munro	1989	12.15s (2'6")
Hurdles 80m	H Grant	2003	14.20

U14 GIRLS

100m	K Grant	1999	13.8s
	P Davis	2014	13.8s
200m	K Grant	1999	28.6s
400m	Samara Hollows	2009	1.06.8
800m	Samara Hollows	2009	2.34.8
1500m	Samara Hollows	2009	5.25.4
Triple Jump	C Carmichael	2003	9.29m
70m Hurdles	Cindy Morrison	1998	12.22s
High Jump	Hannah Blair	2001	1.43m
Long Jump	K Grant	1999	4.99m
Shot Put	S McKenzie	2015	8.78m
Discus	Rachel Waddingham	1995	18.87m
Javelin	L Edwards	2006	18.96m
Junior Relay	Somerville	1991	54.75s
Intermediate Relay	Blaikie	1965	52.4s
Senior Relay	Blaikie	1964	51.0s