

South Otago High School



2026 Athletic Sports Programme

Important Information

House Colours & Spirit

Make sure you are dressed in your house colours and show your house pride – the best-dressed will even win a spot prize!

- Blaikie – Yellow
- McDonald – Red
- Somerville – Blue
- Sutherland – Green

House Points System

Every event you join, and the way you support your team, adds points to your house total. The top 3 finishers in each event will also earn extra points, so get involved and give it your best effort!

Spot Prizes

Spot prizes will be awarded at next assembly after athletics for categories such as:

- Best dressed
- Most events competed in
- Best demonstration of school values
- Broken record
- Most participation from a single mentoring group

...and more!

Event Clashes

If you have two events scheduled at the same time, track events take priority. You can catch up with your field event later – just check in with the marshal so your results are recorded.

Participation

This day is all about getting involved, having fun, and showing your house pride. Every cheer, every effort, and every event you join makes a difference – the more energy you bring, the better the day will be for everyone.

Safety

Stay hydrated and use sunscreen to protect yourself from the sun. Wear shoes that are safe for running and jumping, follow instructions from staff and marshals, and report any injuries immediately to the announcers' tent. The announcers' tent will also have first aid kits, sunscreen, the printed programme, and other key information.

Athletics Sports Day Programme

Start of the Day

- 8.40am Students meet in their mentor 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
- 9:20am High Jump Off - 4 people from each house (1 Junior Boy, 1 Junior Girl, 1 Senior Boy, 1 Senior Girl)

Championship Events - Field

Get to your event prior to the start time or you may miss out. 'Free' = No event for that age group at that time. If there is a clash between Track and Field events - Go to your Track event.

| | | |
|-------|--------------------|-------------|
| 9:50 | Under 14 Boys | Javelin |
| | Under 14 Girls | Long Jump |
| | Under 15 Boys | Free |
| | Under 15 Girls | Shot Put |
| | Under 16 Boys | Triple Jump |
| | Under 16 Girls | Free |
| | Senior Boys (16+) | High Jump |
| | Senior Girls (16+) | Discus |
| <hr/> | | |
| 10:20 | Under 14 Boys | Long Jump |
| | Under 14 Girls | Free |
| | Under 15 Boys | Shot Put |
| | Under 15 Girls | Triple Jump |
| | Under 16 Boys | Free |
| | Under 16 Girls | High Jump |
| | Senior Boys (16+) | Discus |
| | Senior Girls (16+) | Javelin |
| <hr/> | | |
| 10:50 | Under 14 Boys | Free |
| | Under 14 Girls | Shot Put |
| | Under 15 Boys | Triple Jump |
| | Under 15 Girls | Free |
| | Under 16 Boys | High Jump |
| | Under 16 Girls | Discus |
| | Senior Boys (16+) | Javelin |
| | Senior Girls (16+) | Long Jump |
| <hr/> | | |
| 11:20 | Under 14 Boys | Shot Put |
| | Under 14 Girls | Triple Jump |
| | Under 15 Boys | Free |
| | Under 15 Girls | High Jump |
| | Under 16 Boys | Discus |

| | | |
|--|--------------------|-----------|
| | Under 16 Girls | Javelin |
| | Senior Boys (16+) | Long Jump |
| | Senior Girls (16+) | Free |

| | | |
|-------|--------------------|-------------|
| 11:50 | Under 14 Boys | Triple Jump |
| | Under 14 Girls | Free |
| | Under 15 Boys | High Jump |
| | Under 15 Girls | Discus |
| | Under 16 Boys | Javelin |
| | Under 16 Girls | Long Jump |
| | Senior Boys (16+) | Free |
| | Senior Girls (16+) | Shot Put |

12:25 – 1.00 – Lunch *Gumboot Throw*

| | | |
|------|--------------------|-------------|
| 1:00 | Under 14 Boys | Free |
| | Under 14 Girls | High Jump |
| | Under 15 Boys | Discus |
| | Under 15 Girls | Javelin |
| | Under 16 Boys | Long Jump |
| | Under 16 Girls | Free |
| | Senior Boys (16+) | Shot Put |
| | Senior Girls (16+) | Triple Jump |

| | | |
|------|--------------------|-------------|
| 1:30 | Under 14 Boys | High Jump |
| | Under 14 Girls | Discus |
| | Under 15 Boys | Javelin |
| | Under 15 Girls | Long Jump |
| | Under 16 Boys | Free |
| | Under 16 Girls | Shot Put |
| | Senior Boys (16+) | Triple Jump |
| | Senior Girls (16+) | Free |

| | | |
|------|----------------|---------|
| 2:00 | Under 14 Boys | Discus |
| | Under 14 Girls | Javelin |

| | |
|--------------------|-------------|
| Under 15 Boys | Long Jump |
| Under 15 Girls | Free |
| Under 16 Boys | Shot Put |
| Under 16 Girls | Triple Jump |
| Senior Boys (16+) | Free |
| Senior Girls (16+) | High Jump |

Championship Events - Track

| | | |
|-------|----------------|----------------------|
| 9:50 | All Age Groups | 100m - Heats |
| 10:20 | All Age Groups | 1500m - Heats/Finals |
| 10:50 | All Age Groups | 200m - Heats |
| 11:20 | All Age Groups | 400m - Heats |
| 11:50 | All Age Groups | 800m - Heats/Finals |

12:25 – 1.00 – Lunch

| | | |
|------|----------------|---------------|
| 1:00 | All Age Groups | 100m - Finals |
| 1:30 | All Age Groups | 200m - Finals |
| 2:00 | All Age Groups | 400m - Finals |

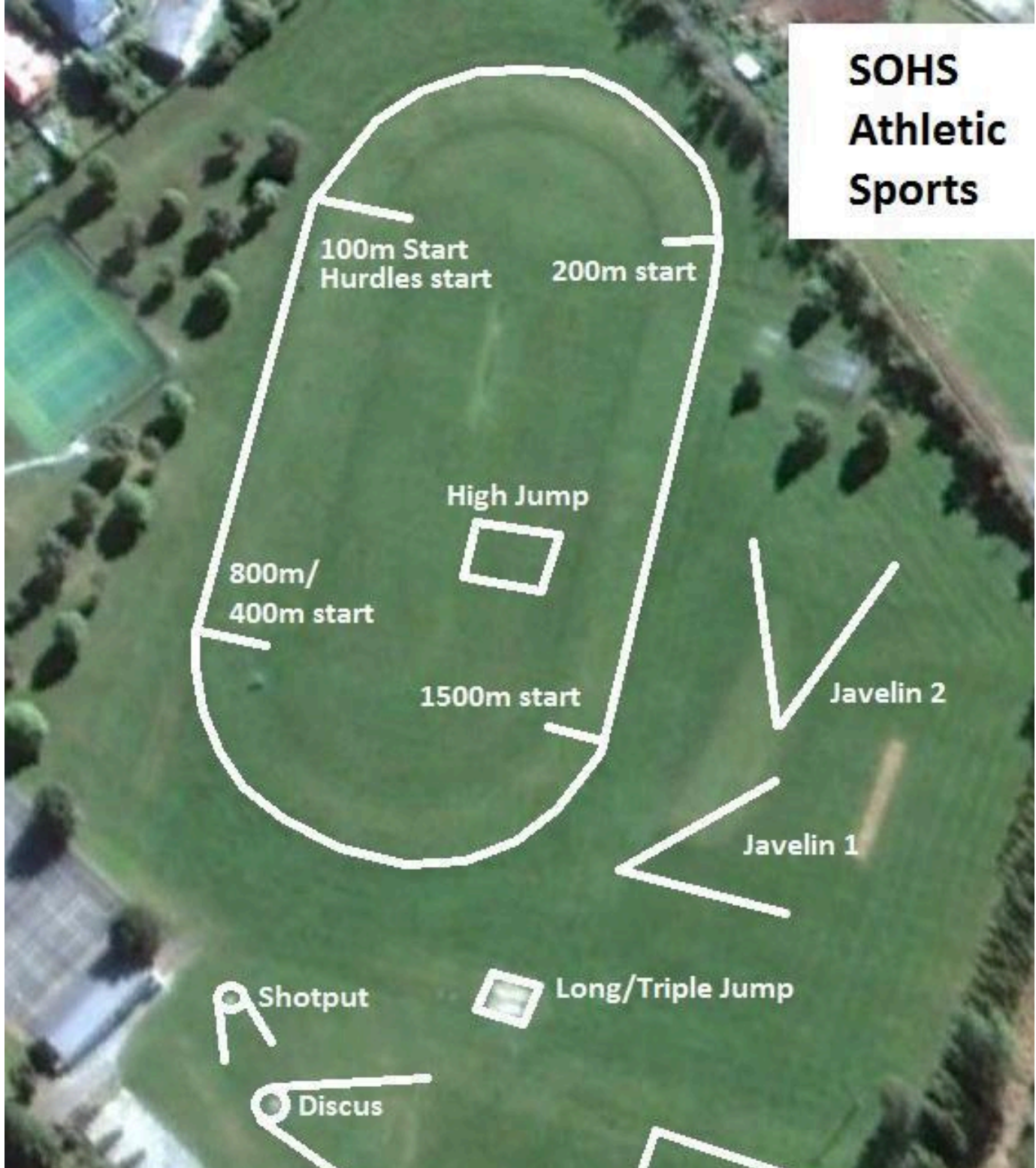
* Only if extra time - House Event - Sack Race/Wheelbarrow Race.

| | | |
|------|---|---------------|
| 2:30 | 4 x 100m House Relay (<i>2 girls and 2 boys</i>) | Under 14 |
| | <i>Lane 1 - Blakie, Lane 2 - McDonald, Lane 3 - Somerville, Lane 4 - Sutherland</i> | Under 15 |
| | | Under 16 |
| | | Seniors (16+) |
| 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 the start of the 100m finals time (1:45pm)

SOHS Athletic Sports



ATHLETICS RECORDS

(* denotes record run in yards)

Boys Open 3000m

SENIOR BOYS

| | | | |
|----------------|-----------|------|----------|
| 100 metres | D Lloyd | 1964 | 11.3s* |
| 200 metres | A Whyte | 2011 | 23.6s |
| 400 metres | A Whyte | 2011 | 51.5s |
| 800 metres | I Foster | 1983 | 2m 07.8s |
| 1500 metres | J Buchan | 1964 | 4m 26.1s |
| Long Jump | D Smith | 1987 | 6.38m |
| High Jump | C Smith | 1988 | 1.83m |
| Triple Jump | D Smith | 1987 | 12.45m |
| 110m Hurdles | I Gardner | 1960 | 16.5s |
| Shotput 6.25kg | G Lord | 1968 | 12.54m |
| Javelin 700g | M Browne | 2005 | 50.90m |
| Discus 1.5kg | M Scherp | 1992 | 39.51m |

| | | | |
|-------------------|-----------|------|--------|
| 100m Hurdles 3'0" | R Stanger | 1998 | 15.06s |
| Shotput 5.0 kg | 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 |
|-----------|------|--------|

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 | 1978 | 18.1s (2'6") |
| C Munro | 1988 | 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 |

Athletics Day Canteen List

(cash only sales)



| | |
|--|---------|
| Sausage Sizzle : Sausage, bread, sauce and onions (optional) | \$ 3.00 |
| Ranch Chicken Burger: Bun, Chicken patty, burger / ranch sauce, lettuce and onion. | \$ 6.00 |
| Hawaiian Chicken Burger: Bun, Chicken patty, mayo, lettuce and slice pineapple. | \$ 6.00 |
| Plain Chicken burger: Just the basics no frills. | \$ 5.00 |
| Combo: Sausage sizzle and fizzy (250 ml) . | \$ 5.00 |
| Combo: Plain Chicken burger and fizzy (250 ml) | \$ 7.00 |
| Potato crisps | \$ 1.50 |
| Liquorice strips | \$ 1.00 |
| Mini Chocolate bars | \$ 0.50 |
| Fizzy drinks | \$ 2.50 |
| Juicies | \$ 2.00 |
| Ice pops | \$ 1.00 |

Please remember to bring gold coins and smaller value notes. It is tricky to break large notes with a basic float.