

PLHS SPORTS DAY 2025: EVENTS AT A GLANCE

8:50	Opening Ceremony					Events run @ 10 min intervals starting with 13's through to Opens	
	13's Girls & Boys	14 Girls & Boys	15 Girls & Boys	16 Girls & Boys	Open Girls & Boys	Novelty Events	Other Activities
9:00am	800m	Shotput	Discus	Javelin	Girls: Long Jump Boys: Triple Jump	Tunnel Ball Race	Face painting Headspace minute to win it
9:20am	High Jump	800m	800m	Girls: Long Jump Boys: Triple Jump	Discus		
9:50am	Dicus	High Jump	Javelin	800m	800m	Overs + Unders Race	
					Girls: Triple Jump Boys: Long Jump		
10:20am	400m	Discus	Girls: Long Jump Boys: Triple Jump	Shotput	High Jump		
10:40am	Girls: Long Jump Boys: Triple Jump	400m	400m	High Jump	Javelin	Egg & Spoon Race	
11:00am	Javelin	Girls: Triple Jump Boys: Long Jump	Shot Put	400m	400m		
11:20am	200m	Javelin	Girls: Triple Jump Boys: Long Jump	Discus	Shotput	Sack Race	
11:40am	Girls: Triple Jump Boys: Long Jump	200m	200m				
12:00am	Shot Put	Girls: Long Jump Boys: Triple Jump	High Jump	200m	200m	3-Legged Race	
12:20				Girls: Triple Jump Boys: Long Jump			
12:45	TUG-O-WAR: House vs House TEACHER RELAY: Inflatables race						
1:10	100m finalists move to start line						
1:15	100m finals						
1:45	4x100m final relays: ALL AGES						
2:15	STAFF vs YEAR 12 RELAY						
2:30	PRESENTATIONS - Bus students on the bus back to school at 2:45						