



SPORTS DAY

Cefn Saeson School

Friday 3rd July 2026



9am	Events Start
10:30 - 11am	Break Time
1:05pm - 1:45pm	Lunch Time
2:15pm	Staff Race!!
2:30pm	Results.



Track Timetable

Time	Event
09:00	1200m Boys (Year 7)
	1200m Girls (Year 7)
	1200m Boys (Year 8)
	1200m Girls (Year 8)
	1200m Boys (Year 9)
	1200m Girls (Year 9)
	1200m Boys (Year 10)
	1200m Girls (Year 10)
10:00	800m Boys (Year 7)
	800m Girls (Year 7)
	800m Boys (Year 8)
	800m Girls (Year 8)
	800m Boys (Year 9)
	800m Girls (Year 9)
	800m Boys (Year 10)
	800m Girls (Year 10)
10:45	80m Boys (Year 7) - Heat 1
	80m Boys (Year 7) - Heat 2
	80m Girls (Year 7) - Heat 1
	80m Girls (Year 7) - Heat 2
	80m Boys (Year 8) - Heat 1
	80m Boys (Year 8) - Heat 2
	80m Girls (Year 8) - Heat 1
	80m Girls (Year 8) - Heat 2
	80m Boys (Year 9) - Heat 1
	80m Boys (Year 9) - Heat 2
	80m Girls (Year 9) - Heat 1
	80m Girls (Year 9) - Heat 2
	80m Boys (Year 10) - Final
	80m Girls (Year 10) - Final
	80m Boys (Year 10) - Final
	80m Girls (Year 10) - Final
11:30	200m Boys (Year 7) – Heat 1
	200m Boys (Year 7) – Heat 2
	200m Girls (Year 7) – Heat 1
	200m Girls (Year 7) – Heat 2
	200m Boys (Year 8) – Heat 1
	200m Boys (Year 8) – Heat 2
	200m Girls (Year 8) – Heat 1
	200m Girls (Year 8) – Heat 2

	200m Boys (Year 9) – Heat 1
	200m Boys (Year 9) – Heat 2
	200m Girls (Year 9) – Heat 1
	200m Girls (Year 9) – Heat 2
	200m Boys (Year 7) – Final
	200m Girls (Year 7) – Final
	200m Boys (Year 8) – Final
	200m Girls (Year 8) – Final
	200m Boys (Year 9) – Final
	200m Girls (Year 9) – Final
	200m Boys (Year 10) – Final
	200m Girls (Year 10) – Final
12:15	300m Boys (Year 7) – Heat 1
	300m Boys (Year 7) – Heat 2
	300m Girls (Year 7) – Heat 1
	300m Girls (Year 7) – Heat 2
	300m Boys (Year 8) – Heat 1
	300m Boys (Year 8) – Heat 2
	300m Girls (Year 8) – Heat 1
	300m Girls (Year 8) – Heat 2
	300m Boys (Year 9) – Heat 1
	300m Boys (Year 9) – Heat 2
	300m Girls (Year 9) – Heat 1
	300m Girls (Year 9) – Heat 2
	300m Boys (Year 7) – Final
	300m Girls (Year 7) – Final
	300m Boys (Year 8) – Final
	300m Girls (Year 8) – Final
	300m Boys (Year 9) – Final
	300m Girls (Year 9) – Final
	300m Boys (Year 10) – Final
	300m Girls (Year 10) – Final
13:45	Relay Girls (Year 7) - Final
	Relay Boys (Year 7) - Final
	Relay Girls (Year 8) - Final
	Relay Boys (Year 8) - Final
	Relay Girls (Year 9) - Final
	Relay Boys (Year 9) - Final
	Relay Girls (Year 9) - Final
	Relay Boys (Year 10) - Final
	Relay Girls (Year 10) - Final

Track timings take place over Field events – but please report to field events before going to the track.



Field Timetable



Time	High Jump
11:00	High Jump - Boys (Year 10)
	High Jump - Girls (Year 10)
11:30	High Jump - Boys (Year 7)
11:55	High Jump - Girls (Year 7)
12:20	High Jump - Boys (Year 8)
12:45	High Jump - Girls (Year 8)
13:10	High Jump - Boys (Year 9)
13:35	High Jump - Girls (Year 9)

Time	Welly Throw
09:00	Welly Throw - Boys (Year 7)
09:30	Welly Throw - Girls (Year 7)
10:00	Welly Throw - Boys (Year 8)
10:30	Welly Throw - Boys (Year 9)
11:00	Welly Throw - Girls (Year 8)
11:30	Welly Throw - Girls (Year 9)
12:00	Welly Throw - Boys (Year 10)
	Welly Throw - Girls (Year 10)

Time	3-Legged Race
09:30	3-Legged Race - Boys (Year 7) Final
09:40	3-Legged Race - Girls (Year 7) Final
09:50	3-Legged Race - Boys (Year 8) Final
10:00	3-Legged Race - Girls (Year 8) Final
10:10	3-Legged Race - Boys (Year 9) Final
10:20	3-Legged Race - Girls (Year 9) Final
10:30	3-Legged Race - Boys (Year 10) Final
	3-Legged Race - Girls (Year 10) Final

Time	Shot Putt
11:00	Shot Putt - Boys (Year 10)
	Shot Putt - Girls (Year 10)
11:30	Shot Putt - Boys (Year 7)
11:55	Shot Putt - Girls (Year 7)
12:20	Shot Putt - Boys (Year 9)
12:45	Shot Putt - Girls (Year 9)
13:10	Shot Putt - Boys (Year 8)
13:35	Shot Putt - Girls (Year 8)

Time	Egg & Spoon Race
10:30	Egg & Spoon Race - Boys (Year 7) Final
10:40	Egg & Spoon Race - Girls (Year 7) Final
10:50	Egg & Spoon Race - Boys (Year 8) Final
11:00	Egg & Spoon Race - Girls (Year 8) Final
11:10	Egg & Spoon Race - Boys (Year 9) Final
11:20	Egg & Spoon Race - Girls (Year 9) Final
11:30	Egg & Spoon Race - Boys (Year 10) Final
	Egg & Spoon Race - Girls (Year 10) Final

Time	Long Jump
09:00	Long Jump - Girls (Year 7)
09:30	Long Jump - Boys (Year 7)
10:00	Long Jump - Boys (Year 8)
10:30	Long Jump - Girls (Year 8)
11:00	Long Jump - Boys (Year 9)
11:30	Long Jump - Girls (Year 9)
12:00	Long Jump - Boys (Year 10)
	Long Jump - Girls (Year 10)

Time	Tug of War
11:30	Tug of War - Boys (Year 10) Final
	Tug of War - Girls (Year 10) Final
11:45	Tug of War - Boys (Year 7) Final
12:00	Tug of War - Girls (Year 7) Final
12:15	Tug of War - Boys (Year 8) Final
12:30	Tug of War - Girls (Year 8) Final
12:45	Tug of War - Boys (Year 9) Final
13:00	Tug of War - Girls (Year 9) Final

Time	Javelin
09:00	Javelin - Boys (Year 7)
09:30	Javelin - Girls (Year 7)
10:00	Javelin - Girls (Year 8)
10:30	Javelin - Boys (Year 8)
11:00	Javelin - Boys (Year 9)
11:30	Javelin - Girls (Year 9)
12:00	Javelin - Boys (Year 10)
	Javelin - Girls (Year 10)

