Bishops Preparatory
Inter-House Relay Meeting Regulations

House seating plan (nearest to finish line) **By - C - vdB – Bk**

Field

1. Competitors may participate one field event as well as 2 track events.

2. Competitors are permitted two attempts at long jump, shot put/ball throw.

3. Competitors in high jump are permitted two attempts only at each height.

4. Competitors may have a practice jump/throw/put.

5. Points for each position are added together in houses

1=20, 2=17, 3=15, 4=13, 5=12, 6=11, 7=10, 8=9, 9=8, 10=7, 11=6, 12=5, 13=4, 14=3, 15=2, 16=1, DQ=0 Tied positions - calculate the average points
Record = 10

6. Participants in the cricket ball throwing event may use a run-up.

Track

1. Competitors may participate in no more than two track events, BUT may compete in 1 field event also.

2. 400m athletes may change to the inside lane after receiving the baton.

3. Under 14 Boys may compete in the 800m, Shot Put and Open Ladder Medley.

4. Relay events 15 -20 will be run in lanes 1-3-5-7.

5. Points for each position are added together in houses

1=20, 2=17, 3=15, 4=13, 5=12, 6=11, 7=10, 8=9, 9=8, 10=7, 11=6, 12=5, 13=4, 14=3, 15=2, 16=1, DQ=0 Tied positions - calculate the average points
Record = 10

Bishops Preparatory
Inter-House Relay Athletics



Lutgensvale

Friday 20 November 2026

09:00 – 12:00

Officials

Referee	**BM - Track & Field**	
Starter	GJ	
Track Stewards	**NT / SuJ**	
Announcer	MA (PJ sound tech)	
Recorder	**TSk (laptop) TSd: Reader**	
Timekeepers	CG *(i/c)* CD	
Place judges	**KD *(i/c)* ; AD; AC; KJ; PG; GG**	
High jump	ME; ML; FM; KS	
Long jump	**GDS; SC; SL; NF**	
Shot put	KB ; CdlH; LE; LC	
Cricket ball throw	**WL; LA; CA; KG**	
Relay c/o marshals. SJ NT*(start)* +ML(2) + FM(3) +MM(4)		
Team managers	**JPD;CT;NL;LH**	
1st Aid	JS	
Fun relays for u 9's	**CG *(i/c)***	**KD; KJ**
Fun relays for u10-11	MM*(i/c)*	NT
Fun relays for u12-13	**JS *(i/c)***	**AD**
Photographer	SR	
Trophies CG; CdlH Relay Cup & Spirit Cup: LL TSd BM		
Tuckshop	PA	
Staff refreshments at 10:00am ShJ		

Event 1	**09:00**	**800m team race u10**	**Lanes: By / BK / C / Vdb**
Event 2	**09:05**	**800m team race u11**	**Lanes: Vdb / C / Bk / B**
Event 3	**09:10**	**800m team race u12**	**Lanes: Bk / By / Vdb / C**
Event 4	**09:15**	**800m team race open**	**Lanes: C / Vdb / By / Bk**
Event 5	**09:20**	**400m team race u9**	**Lanes: By / Bk / C / Vdb**
Event 6	**09:30**	**Shot-put open u13/14**	
Event 7	**09:30**	**High jump u12**	
Event 8	**09:30**	**Long jump u11**	
Event 9	**09:30**	**Cricket ball throw u10**	
Event 10	**09:30**	**Junior Fun relays (u10 - 11) – boys not in field events**	
Event 11	**09:30**	**Senior Fun relays (u12 - 13) – boys not in field events**	
Event 12	**09:30**	**Grade 3 Fun relays: All G3's in Houses.**	
Event 13	**10:45**	**Under 9 (8 x 50m Shuttle Relay, 8 per House)**	**Lanes: Vdb / C / Bk / By**
Event 14	**10:55**	**8 x 50m Shuttle relay (u10 - 13)** **(14a:u10) Lanes: Bk / By / Vdb / C** **(14b:u11) Lanes: Bk / By / Vdb / C** **(14c:u12) Lanes: Bk / By / Vdb / C** **(14d:u13) Lanes: Bk / By / Vdb / C**	
Event 15	**11:15**	**4 x 100m Medley (u10,11,12,13)**	**Lanes: C / Vdb / By / Bk**
Event 16	**11:25**	**u13/14 Ladder Medley (100,100,200,400)**	**Lanes: By / Bk / C / Vdb**
Event 17	**11:40**	**4 x 100m under 10**	**Lanes: Vdb / C / Bk / By**
Event 18	**11:45**	**4 x 100m under 11**	**Lanes: Bk / By / Vdb / C**
Event 19	**11:50**	**4 x 100m under 12**	**Lanes: C / Vdb / By / B**
Event 20	**11:55**	**4 x 100m under 13**	**Lanes: By / Bk / C / Vdb**
Event 21	**12:00**	**Staff 100m Handicap race** **4 x 100m Staff, Stooges, Dads, Moms, u13 Boys, Grandparents**	