

	Tots	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15-U17	
7:30						1500m*			1500m, 3000m*			
7:50		Warm Up										
8:00 to 8:35	50 (start 8.15am)	Discus 4 (Grass)	Straight Track	Discus 1	Straight Track	Runway 3	Pack Track	Pack Track	Circular Track	Runway 2	Shot Put 2	Girls
		DISC	70	DISC	100	LJ	800	800	200H	LJ	SP	
		Discus 3 (Grass)	Straight Track	Discus 2	Straight Track	Runway 4	Pack Track	Pack Track	Circular Track	Runway 1	Shot Put 1	Boys
8:35 to 9:10	Directed Activities	Straight Track	Runway 1	Hurdles Track	Discus 2	Straight Track	Shot Put 2	Runway 3	Javelin 2	Circular Track	Circular Track	Girls
		70	LJ	60H	DISC	100	SP	LJ	JAV	200H	300H	
		Straight Track	Runway 2	Hurdles Track	Discus 1	Straight Track	Shot Put 1	Runway 4	Javelin 1	Circular Track	Circular Track	Boys
9:10 to 9:45		Shot Put 4 (Grass)	Pack Track	Runway 3	Hurdles Track	Scissor Mats 2	Circular Track	Circular Track	Straight Track	Shot Put 2	Runway 2	Girls
		SP	500	LJ	60H	HJ (S)	200	200	100	SP	LJ	
		Shot Put 3	Pack Track	Runway 4	Hurdles Track	Scissor Mats 1	Circular Track	Circular Track	Straight Track	Shot Put 1	Runway 1	Boys
9:45 to 10:20		Pack Track	Shot Put 2	Straight Track	Runway 3	Hurdles Track	Runway 2	High Jump 1	Discus 2	Circular Track	Circular Track	Girls
		300	SP	100	LJ	60H	TJ/LJ	HJ	DISC	400	400	
		Pack Track	Shot Put 1	Straight Track	Runway 4	Hurdles Track	Runway 1	High Jump 2	Discus 1	CircularTrack	CircularTrack	Boys
10:20 to 10:55		Runway 3	Straight Track	Shot Put 4 (Grass)	Circular Track	Shot Put 2	Hurdles Track	Straight Track	Circular Track	High Jump 2	High Jump 1	Girls
		LJ	50	SP	400	SP	60H	100	400	HJ	HJ	
		Runway 4	Straight Track	Shot Put 3	CircularTrack	Shot Put 1	Hurdles Track	Straight Track	Circular Track	High Jump 2	High Jump 1	Boys
10:55 to 11:30		Straight Track	Discus 2	CircularTrack	Shot Put 2	CircularTrack	Javelin 2	Discus 3	Runway 2	Straight Track	Straight Track	Girls
		50	DISC	400	SP	400	JAV	DISC	TJ/LJ	100	100	
		Straight Track	Discus 1	CircularTrack	Shot Put 1	CircularTrack	Javelin 1	Discus 4	Runway 1	Straight Track	Straight Track	Boys