

	Tots	U6	U7	U8	U9	U10	U11	U12	U13-U14	U15-U17	
7:40											
7:55											
8:00 to 8:35	Directed Activities	Discus 3 (Grass)	Pack Track	Runway 3	Straight Track	Runway 1	Straight Track	Hurdles Track	Circular Track	High Jump 2	
		DISC	500	LJ	100	LJ	100	80H	200H	HJ	
Discus 4 (Grass)		Pack Track	Runway 4	Straight Track	Runway 2	Straight Track	Hurdles Track	Circular Track	High Jump 2		
8:35 to 9:10		Pack Track	Shot Put 4 (Grass)	Straight Track	Runway 3	Straight Track	Javelin 1	Discus 1	Runway 1	Circular Track	
		300	SP	100	LJ	100	JAV	DISC	TJ/LJ	300H	
Pack Track		Shot Put 3	Straight Track	Runway 4	Straight Track	Javelin 2	Discus 2	Runway 2	Circular Track		
9:10 to 9:45		Shot Put 4 (Grass)	Straight Track	Discus 3 (Grass)	Circular Track	Discus 1	Hurdles Track	Pack Track	Straight Track	Shot Put 1	
		SP	50	DISC	400	DISC	80H	800	100	SP	
Shot Put 3		Straight Track	Discus 4 (Grass)	Circular Track	Discus 2	Hurdles Track	Pack Track	Straight Track	Shot Put 2		
9:45 to 10:20		Straight Track	Discus 3 (Grass)	Circular Track	Shot Put 1	Hurdles Track	Runway 1	Runway 1	Discus 1	Straight Track	
		50	DISC	400	SP	60H	TJ/LJ	LJ	DISC	100	
Straight Track	Discus 4 (Grass)	Circular Track	Shot Put 2	Hurdles Track	Runway 2	Runway 2	Discus 2	Straight Track			
10:20 to 10:55	Runway 3	Straight Track	Shot Put 4 (Grass)	Hurdles Track	Circular Track	Pack Track	Straight Track	Circular Track	Runway 3		
	LJ	70	SP	60H	400	800	100	400	LJ		
Runway 4	Straight Track	Shot Put 3	Hurdles Track	Circular Track	Pack Track	Straight Track	Circular Track	Runway 4			
10:55 to 11:30	Straight Track	Runway 1	Hurdles track	Discus 1	Scissor Mat 1	Shot Put 1	High Jump 1	Javelin 1	Circular Track		
	70	LJ	60H	DISC	HJ (S)	SP	HJ	JAV	400		
Straight Track	Runway 2	Hurdles track	Discus 2	Scissor Mat 2	Shot Put 2	High Jump 2	Javelin 2	Circular Track			