

	Tots	U6	U7	U8	U9	U10	U11	U12	U13-U14	U15-U17
7:40										
7:55										
8:00 to 8:35	directed activities	Discus 4 (Grass)	Straight Track	Discus 1	Hurdles Track	Shot Put 2	Pack Track	Straight Track	Circular Track	Shot Put 2
		<b>DISC</b>	<b>70</b>	<b>DISC</b>	<b>60H</b>	<b>SP</b>	<b>1500</b>	<b>100</b>	<b>200H</b>	<b>SP</b>
Discus 3 (Grass)		Straight Track	Discus 2	Hurdles Track	Shot Put 1	Pack Track	Straight Track	Circular Track	Shot Put 1	
8:35 to 9:10		Straight Track	Runway 1	Hurdles Track	Discus 2	Straight Track	Runway 2	Discus 3	Javelin 2	Circular Track
		<b>70</b>	<b>LJ</b>	<b>60H</b>	<b>DISC</b>	<b>100</b>	<b>TJ/LJ</b>	<b>DISC</b>	<b>JAV</b>	<b>300H</b>
Straight Track		Runway 2	Hurdles Track	Discus 1	Straight Track	Runway 1	Discus 4	Javelin 1	Circular Track	
9:10 to 9:45		Shot Put 4 (Grass)	Pack Track	Runway 3	Straight Track	Runway 3	Circular Track	Circular Track	Straight Track	High Jump 1
		<b>SP</b>	<b>500</b>	<b>LJ</b>	<b>100</b>	<b>LJ</b>	<b>200</b>	<b>200</b>	<b>100</b>	<b>HJ</b>
Shot Put 3		Pack Track	Runway 4	Straight Track	Runway 4	Circular Track	Circular Track	Straight Track	High Jump 1	
9:45 to 10:20		Pack Track	Shot Put 2	Straight Track	Runway 3	Hurdles Track	Shot Put 2	Runway 3	Discus 2	Circular Track
	<b>300</b>	<b>SP</b>	<b>100</b>	<b>LJ</b>	<b>60H</b>	<b>SP</b>	<b>LJ</b>	<b>DISC</b>	<b>400</b>	
Pack Track	Shot Put 1	Straight Track	Runway 4	Hurdles Track	Shot Put 1	Runway 4	Discus 1	CircularTrack		
10:20 to 10:55	Runway 3	Straight Track	Shot Put 4 (Grass)	Circular Track	Scissor Mats 2	Hurdles Track	Pack Track	Circular Track	Runway 2	
	<b>LJ</b>	<b>50</b>	<b>SP</b>	<b>400</b>	<b>HJ (S)</b>	<b>80H</b>	<b>1500</b>	<b>400</b>	<b>LJ</b>	
Runway 4	Straight Track	Shot Put 3	CircularTrack	Scissor Mats 1	Hurdles Track	Pack Track	Circular Track	Runway 1		
10:55 to 11:30	Straight Track	Discus 2	CircularTrack	Shot Put 2	CircularTrack	Javelin 2	High Jump 1	Runway 2	Straight Track	
	<b>50</b>	<b>DISC</b>	<b>400</b>	<b>SP</b>	<b>400</b>	<b>JAV</b>	<b>HJ</b>	<b>TJ/LJ</b>	<b>100</b>	
Straight Track	Discus 1	CircularTrack	Shot Put 1	CircularTrack	Javelin 1	High Jump 2	Runway 1	Straight Track		