

	Tots	U6	U7	U8	U9	U10	U11	U12	U13-U14	U15-U17
7:40					700W*	1100W*		1500W*		
7:55		Warm up and announcements								
8:00 to 8:35	Directed Activities	Straight Track 100	Discus 4 (Grass) DISC	Circular Track 200	Shot Put 1 SP	Circular Track 200	Runway 1 LJ	Straight Track 100	Runway 3 LJ	Pack track 1500
		Straight Track	Discus 3 (Grass)	Circular Track	Shot Put 2	Circular Track	Runway 2	Straight Track	Runway 4	Pack track
8:35 to 9:10		Runway 4 LJ	Straight Track 100	Discus 2 DISC	Circular Track 200	Shot Put 1 SP	Hurdles Track 80H	Runway 1 TJ/LJ	Pack Track 1500	Javelin 2 JAV
		Runway 3	Straight Track	Discus 1	Circular Track	Shot Put 2	Hurdles Track	Runway 2	Pack Track	Javelin 1
9:10 to 9:45		Circular Track 200	Runway 3 LJ	Straight Track 70	Runway 4 LJ	Pack Track 800	High Jump 1 HJ	Hurdles Track 80H	Shot Put 2 SP	Circular Track 200
		Circular Track	Runway 4	Straight Track	Runway 3	Pack Track	High Jump 2	Hurdles Track	Shot Put 1	Circular Track
9:45 to 10:20		Shot Put 3 SP	Circular Track 200	Runway 1 LJ	Pack Track 800	Discus 1 DISC	Straight Track 100	Shot Put 2 SP	Hurdles Track 80H	Discus 2 DISC
		Shot Put 4 (Grass)	CircularTrack	Runway 2	Pack Track	Discus 2	Straight Track	Shot Put 1	Hurdles Track	Discus 1
10:20 to 10:55	Straight Track 50	Shot Put 1 SP	Pack Track 700	Scissor Mats 2 HJ (S)	Straight Track 70	Discus 1 DISC	Circular Track 400	High Jump 2 HJ	Runway 3 LJ	
	Straight Track	Shot Put 2	Pack Track	Scissor Mats 1	Straight Track	Discus 2	Circular Track	High Jump 1	Runway 4	
10:55 to 11:30	Discus 2 DISC	Straight Track 50	Shot Put 1 SP	Straight Track 70	Runway 1 LJ	Circular Track 400	Javelin 2 JAV	Circular Track 200	Hurdles Track 90H/100H/10H	
	Discus 1	Straight Track	Shot Put 2	Straight Track	Runway 2	Circular Track	Javelin 1	Circular Track	Hurdles Track	