

	Tots	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15-U17
7:45							1500m				
7:55	Warm up and announcements										
Event 1	50m on track (8.15am)	Straight Track 70 Straight Track	Runway 2 LJ Runway 1	Pack Track 700 Pack Track	Circular Track 200 Circular Track	Pack Track 800 Pack Track	Runway 3 TJ/LJ Runway 4	Hurdles Track 80H/JAV Hurdles Track	Shot Put 1 SP Shot Put 2	Circular Track 200 Circular Track	Discus 3 DISC Discus 4
Event 2	Directed activities	Shot Put 3 SP Shot Put 4 (Grass)	Straight Track 70 Straight Track	Runway 4 LJ Runway 3	Discus 3 (Grass) DISC Discus 4 (Grass)	Discus 2 DISC Discus 1	Circular Track 200 Circular Track	Javelin 1 JAV/80H Javelin 2	Pack Track 800 Pack Track	Runway 2 TJ/LJ Runway 1	Circular Track 200 Circular Track
Event 3		Circular Track 200 Circular Track	Shot Put 1 SP Shot Put 2	Straight Track 70 Straight Track	Pack Track 800 Pack Track	Straight Track 70 Straight Track	Discus 1 DISC Discus 2	Circular Track 200 Circular Track	High Jump 1 HJ High Jump 2	Pack Track 800 Pack Track	Long jump TJ/LJ Long Jump
Event 4		Discus 1 DISC Discus 2	Circular Track 200 Circular Track	Shot Put 3 SP Shot Put 4 (Grass)	Runway 4 LJ Runway 3	Runway 2 LJ Runway 1	Straight Track 100 Straight Track	Shot Put 1 SP Shot Put 2	Hurdles Track 80mH Hurdles Track	Javelin 1 JAV Javelin 2	Pack Track 800 Pack Track
Event 5		Straight Track 100 Straight Track	Discus 1 DISC Discus 2	Circular Track 200 Circular Track	Straight Track 70 Straight Track	Circular Track 200 Circular Track	High Jump 1 HJ High Jump 2	Long Jump TJ/LJ Long Jump	Circular track 200 Circular Track	Hurdles Track 80/90 H Hurdles Track	Javelin 1 JAV Javelin 2
Event 6		Runway 4 LJ Runway 3	Straight Track 100 Straight Track	Discus 4 (Grass) DISC Discus 3 (Grass)	Scissors Mat 1 HJ (S) Scissors Mat 2	Shot Put 1 SP Shot Put 2	Circular Track 400 Circular Track	Circular Track 400 Circular Track	Runway 2 LJ Runway 1	Discus 1 DISC Discus 2	Hurdles Track 90H/100H/ 110H Hurdles Track