

Friday Nov 10, 2017

- Straight A
- Straight B
- Circular Track (Inner 2 Lanes)
- Circular Track (Outer 6 Lanes)

Event Series #5	Tots Boys	Tots Girls	U6B	U6G	U7B	U7G
5:45pm - 5:55pm	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up
6:00pm - 6:15pm	Junior HJ	Obstacle Course	50m Straight B	50m Straight B	50m Straight B	SP 3
6:15pm - 6:30pm	50m Straight B	50m Straight B	Obstacle Course	SP 3	LJ 3	50m Straight B
6:30pm - 6:45pm	Obstacle Course	70m Straight B	SP 3: Bring in Equipment	Junior HJ	LJ 3	70m Straight B
6:45pm - 7:00pm	70m Straight B	LJ 3	LJ 4	Obstacle Course	70m Straight B	Junior HJ: Bring in Equipment
7:00pm			300m Pack Start	300m Pack Start		

Age Groups that last use equipment are asked to please bring it in to the storeroom

Event Series #5	U8B	U8G	U9B	U9G	U10B	U10G
5:45pm - 5:55pm	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up
6:00pm - 6:20pm	Discus 1	Discus 2	SP 2	LJ 4	400m Pack Start	400m Pack Start
6:20pm - 6:40pm	Discus 1	Discus 2	SP 2	LJ 4	60mH Straight A	60mH Straight A
6:40pm - 7:00pm	70m Straight B	70m Straight B	60mH Straight A	60mH Straight A	HJ 2	HJ 1
7:00pm - 7:20pm	60mH Straight A	60mH Straight A	70m Straight B	70m Straight B	HJ 2	HJ 1
7:20pm - 7:40pm	HJ 1 & HJ 2	LJ 4	LJ 3	SP 1/2	Discus 1	Discus 2
7:40pm - 8:00pm	HJ 1 & HJ 2: Bring in Equipment	LJ 4: Bring in Equipment	LJ 3: Bring in Equipment	SP 1/2: Bring in Equipment	Discus 1: Bring in Equipment	Discus 2: Bring in Equipment
8:00pm				Relays	1100m Walk	1100m Walk

Age Groups that last Laned

Event Series #5	U11B	U11G	U12B	U12G	Senior B	Senior G
5:45pm - 5:55pm	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up
6:00pm - 6:20pm	TJ 1 (at LJ 1)	TJ 2 (at LJ 2)	60mH Straight A	60mH Straight A	SP 1	HJ3
6:20pm - 6:40pm	TJ 1 (at LJ 1)	TJ 2 (at LJ 2)	400m Pack Start	400m Pack Start	SP 1	HJ 3
6:40pm - 7:00pm	Discus 1	Discus 2	SP 1	SP 2	TJ 1 (at LJ 1)	TJ 2 (at LJ 2)
7:00pm - 7:20pm	Discus 1	Discus 2	SP 1	SP 2	TJ 1 (at LJ 1)	TJ 2 (at LJ 2)
7:20pm - 7:40pm	60mH Straight A	60mH Straight A	1500m Walk	1500m Walk	1500m Walk	1500m Walk
7:40pm - 8:00pm	400m Pack Start	400m Pack Start	TJ 1 (at LJ 1)	TJ 2 (at LJ 2)	80/90/100/110mH Straight A	80/90/100mH Straight A
8:00pm	1100m Walk	1100m Walk	TJ 1: Bring in Equipment	TJ 2: Bring in Equipment	Relays	Relays

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