

Friday Nov 30, 2018

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

Event Series #1	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	50m Straight B	LJ 3	50m Straight B	Obstacle Course	50m Straight B	Discus 2
6:15pm - 6:30pm	LJ 3	50m Straight B	Obstacle Course	50m Straight B	SP3	50m Straight B
6:30pm - 6:45pm	Relay A	Obstacle Course	100m Straight B	100m Straight B	SP3	LJ 3
6:45pm - 7:00pm	Obstacle Course	Relay A	LJ 3	LJ 4	100m Straight B	100m Straight B

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

Event Series #1	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	HJ 1 & 2	Discus 1	SP 4 & 5	SP 1 & 2	LJ 4	LJ 2
6:20pm - 6:40pm	HJ 1 & 2	Discus 1	SP 4 & 5	SP 1 & 2	LJ 4	LJ 2
6:40pm - 7:00pm	400m Pack Start	400m Pack Start	LJ 1 & 2	HJ 1 & 2	100m Straight A	100m Straight A
7:00pm - 7:20pm	LJ 3	LJ 4	LJ 1 & 2	HJ 1 & 2	400m Pack Start	400m Pack Start
7:20pm - 7:40pm	LJ 3: Bring in Equipment	LJ 4: Bring in Equipment	100m Straight B	100m Straight B	Discus 1	Discus 2
7:40pm - 8:00pm	100m Straight B	100m Straight B	400m Pack Start	400m Pack Start	Discus 1: Bring in Equipment	Discus 2: Bring in Equipment

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Event Series #1	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	HJ 3	Triple J (at LJ 1)	400m Pack Start	400m Pack Start	100m Straight A	100m Straight A
6:20pm - 6:40pm	HJ 3	Triple J (at LJ 1)	100m Straight A	Discus 2	400m Pack Start	400m Pack Start
6:40pm - 7:00pm	100m Straight A	100m Straight A	Discus 1	Discus 2	SP 1	SP 2
7:00pm - 7:20pm	400m Pack Start	400m Pack Start	Discus 1	100m Straight A	SP 1: Bring in Equipment	SP 2: Bring in Equipment
7:20pm - 7:40pm	Triple J (at LJ 1)	HJ 3	200mH	200mH	200mH	200mH
7:40pm - 8:00pm	Triple J 1: Bring in Equipment	HJ 3: Bring in Equipment	200mH	200mH	300mH	300mH

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