

Friday Nov 9, 2018

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

Event Series #4	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	Obstacle Course	Junior HJ	70m Straight B	LJ 4	70m Straight B	70m Straight B
6:15pm - 6:30pm	70m Straight B	70m Straight B	Junior HJ	70m Straight B	SP 3	LJ 4
6:30pm - 6:45pm	100m Straight B	100m Straight B	100m Straight B	Junior HJ	SP 3	LJ 4
6:45pm - 7:00pm	Junior HJ: Bring in Equipment	Obstacle Course	SP 3: Bring in Equipment	100m Straight B	100m Straight B	100m Straight B

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

Event Series #4	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	LJ 1	SP 2	Discus 1 & 2	SP 4 & 5	SP 1	HJ 1 & 2
6:20pm - 6:40pm	LJ 1	SP 2	Discus 1 & 2	SP 4 & 5: Bring in Equipment	SP 1	HJ 1 & 2
6:40pm - 7:00pm	SP 1	HJ 1 & 2	LJ 3 & 4	LJ 1 & 2	100m Straight A	100m Straight A
7:00pm - 7:20pm	SP 1	HJ 1 & 2	LJ 3 & 4: Bring in Equipment	LJ 1 & 2	800m Pack Start	800m Pack Start
7:20pm - 7:40pm	100m Straight B	100m Straight B	800m Pack Start	800m Pack Start	HJ 1 & 2	SP 1
7:40pm - 8:00pm	700m Pack Start	700m Pack Start	100m Straight B	100m Straight B	HJ 1 & 2: Bring in Equipment	SP 1: Bring in Equipment
8:00pm					400m Laned	400m Laned

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Event Series #4	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 (at LJ 2)	HJ 3	1500m	1500m	100m Straight A	100m Straight A
6:20pm - 6:40pm	TJ (at LJ 2)	HJ 3	100m Straight A	100m Straight A	1500m	1500m
6:40pm - 7:00pm	1500m	1500m	Discus 2	Discus 1	HJ 3	SP 2
7:00pm - 7:20pm	100m Straight A	100m Straight A	Discus 2: Bring in Equipment	Discus 1: Bring in Equipment	HJ 3	SP 2
7:20pm - 7:40pm	HJ 3	TJ (at LJ 2)	200mH	200mH	200mH	200mH
7:40pm - 8:00pm	HJ 3: Bring in Equipment	TJ (at LJ 2): Bring in Equipment	200mH	200mH	300mH	300mH
8:00pm	400m Laned	400m Laned				

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