

Friday Nov 16, 2018

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	LJ 4	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 4	50m Straight B
6:30pm - 6:45pm	Obstacle Course	70m Straight B	SP 3	Junior HJ	LJ 4	70m Straight B
6:45pm - 7:00pm	70m Straight B	LJ 4	LJ 3	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 2	Discus 1	HJ 1 & HJ2	LJ 1 & LJ 2	400m Pack Start	400m Pack Start
6:20pm - 6:40pm	Discus 2	Discus 1	HJ 1 & HJ2	LJ 1 & LJ 2	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 & 2	SP 3	LJ 3 & LJ 4	SP 1 & SP 2	Discus 2	Discus 1
7:40pm - 8:00pm	HJ 1 & 2: Bring in Equipment	SP 3: Bring in Equipment	LJ 3 & LJ 4: Bring in Equipment	SP 1 & SP 2: Bring in Equipment	Discus 2: Bring in Equipment	Discus 1: Bring in Equipment
8:00pm	400m Laned	400m Laned	400m Laned	400m Laned	1100m Walk	1100m Walk

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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	SP 4 & 5	SP 2	60mH Straight A	60mH Straight A	SP 1	HJ3
6:20pm - 6:40pm	SP 4 & 5: Bring in Equipment	SP 2	400m Pack Start	400m Pack Start	SP 1	HJ 3: Bring in Equipment
6:40pm - 7:00pm	Discus 2	Discus 1	SP 1	SP 2	TJ 1 (at LJ 1)	TJ 2 (at LJ 2)
7:00pm - 7:20pm	Discus 2	Discus 1	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	400m Laned	400m Laned

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