

Friday Jan 18, 2019

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

Event Series #2	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 1	70m Straight B	SP 3
6:15pm - 6:30pm	Relay A	70m Straight B	Obstacle Course	70m Straight B	Junior HJ	70m Straight B
6:30pm - 6:45pm	70m Straight B	Relay A	100m Straight B	Obstacle Course	Junior HJ	100m Straight B
6:45pm - 7:00pm	Junior HJ	Obstacle Course	SP 3: Bring in Equipment	100m Straight B	100m Straight B	HJ 1 & HJ 2
7:00pm					500m Pack Start	500m Pack Start

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

Event Series #2	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	SP 4 & 5	LJ 3	Discus 1 & 2	SP 1 & 2	HJ 2	HJ 1
6:20pm - 6:40pm	SP 4 & 5	LJ 3	Discus 1 & 2	SP 1 & 2	HJ 2	HJ 1
6:40pm - 7:00pm	LJ 4	SP 4 & 5	60mH Straight A	60mH Straight A	1100m Walk	1100m Walk
7:00pm - 7:20pm	LJ 4	SP 4 & 5	100m Straight B	100m Straight B	60mH Straight A	60mH Straight A
7:20pm - 7:40pm	60mH Straight A	60mH Straight A	SP 1 & 2	LJ 3 & 4	Discus 1	Discus 2
7:40pm - 8:00pm	100m Straight B	100m Straight B	SP 1 & 2: Bring in Equipment	LJ 3 & 4: Bring in Equipment	Discus 1: Bring in Equipment	Discus 2: Bring in Equipment
8:00pm			700m Walk	700m Walk		

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

Event Series #2	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	LJ 4	LJ 2	60mH Straight A	60mH Straight A	400m Pack Start	HJ 3
6:20pm - 6:40pm	LJ 4	LJ 2	400m Pack Start	400m Pack Start	Trpl Jmp 1 (at LJ 1)	HJ 3
6:40pm - 7:00pm	Discus 1	Discus 2	SP 1	SP 2	Trpl Jmp 1 (at LJ 1)	Trpl Jmp 2 (at LJ 2)
7:00pm - 7:20pm	Discus 1	Discus 2	SP 1	SP 2	HJ 3	Trpl Jmp 2 (at LJ 2)
7:20pm - 7:40pm	60mH Straight A	60mH Straight A	Trpl Jmp 1 (at LJ 1)	Trpl Jmp 2 (at LJ 2)	HJ 3: Bring in Equipment	400m Pack Start
7:40pm - 8:00pm	1100m Walk	1100m Walk	Trpl Jmp 1: Bring in Equipment	Trpl Jmp 2: Bring in Equipment	80/90/100/110mH Straight A	80/90/100mH Straight A
8:00pm	Javelin	Javelin	Javelin	Javelin	Javelin	Javelin

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