

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

Friday November 8, 2019

Event Series #3	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	Relay A	SP 3	50m Straight B	50m Straight B	50m Straight B	LJ 3
6:15pm - 6:30pm	50m Straight B	50m Straight B	SP 3	Junior HJ	LJ 3	50m Straight B
6:30pm - 6:45pm	SP 3	Obstacle Course	70m Straight B	70m Straight B	LJ 3	70m Straight B
6:45pm - 7:00pm	Obstacle Course	Relay A	LJ 3: Bring in equipment	SP 3: Bring in equipment	70m Straight B	Junior HJ

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

Event Series #3	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	SP 1 & 2	HJ 1 & 2	LJ 4	LJ 1
6:20pm - 6:40pm	Discus 2	Discus 1	SP 1 & 2	HJ 1 & 2	LJ 4	LJ 1
6:40pm - 7:00pm	100m Straight B	100m Straight B	HJ 1 & 2	Discus 1 & 2	SP 1	SP 2
7:00pm - 7:20pm	200m	200m	HJ 1 & 2	Discus 1 & 2	SP 1	SP 2
7:20pm - 7:40pm	HJ 1 & 2	LJ 4	100m Straight B	100m Straight B	200m	200m
7:40pm - 8:00pm	HJ 1 & 2: Bring in equipment	LJ 4: Bring in equipment	200m	200m	100m Straight B	100m Straight B

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Event Series #3	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	LJ 2	800m	800m	100m Straight A	100m Straight A
6:20pm - 6:40pm	HJ 3	LJ 2	100m Straight A	100m Straight A	800m	800m
6:40pm - 7:00pm	100m Straight A	100m Straight A	HJ 3	LJ 4	LJ 1	LJ 2
7:00pm - 7:20pm	800m	800m	HJ 3	LJ 4	LJ 1	LJ 2: Bring in Equipment
7:20pm - 7:40pm	SP 1	SP 2	LJ 1	HJ 3	Discus 1	Discus 2
7:40pm - 8:00pm	SP 1: Bring in equipment	SP 2: Bring in equipment	LJ 1: Bring in equipment	HJ 3: Bring in equipment	Discus 1: Bring in equipment	Discus 2: Bring in equipment
8:00pm					3000m	3000m

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