

Friday Nov 29, 2019

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

| Event Series #6 | 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 | LJ 3 | 50m Straight B | 50m Straight B | 200m | 200m |
| 6:15pm - 6:30pm | 50m Straight B | 50m Straight B | Obstacle Course | LJ 3 | Discus 2 | SP 3 |
| 6:30pm - 6:45pm | LJ 3 | Obstacle Course | 70m Straight B | 70m Straight B | Discus 2 | SP 3 |
| 6:45pm - 7:00pm | 70m Straight B | 70m Straight B | LJ 3: Bring in Equipment | Obstacle Course | 70m Straight B | 70m Straight B |
| 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 #6 | 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 1 | SP 2 | Discus 1 | HJ 1 & 2 | LJ 4 | LJ 2 |
| 6:20pm - 6:40pm | SP 1 | SP 2 | Discus 1 | HJ 1 & 2 | LJ 4 | LJ 2 |
| 6:40pm - 7:00pm | 200m | 200m | HJ 1 & 2 | Discus 1 & 2 | SP 2 | SP 1 |
| 7:00pm - 7:20pm | 70m Straight B | 70m Straight B | HJ 1 & 2 | Discus 1 & 2 | SP 2 | SP 1 |
| 7:20pm - 7:40pm | LJ 3 & 4 | HJ 1 & 2 | 70m Straight B | 70m Straight B | 200m | 200m |
| 7:40pm - 8:00pm | LJ 3 & 4: Bring in equipment | HJ 1 & 2: Bring in equipment | 200m | 200m | 800m Pack Start | 800m Pack Start |

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

| Event Series #6 | 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 1 | HJ 3 | 800m | 800m | 200m | 200m |
| 6:20pm - 6:40pm | LJ 1 | HJ 3 | 200m | 200m | 800m | 800m |
| 6:40pm - 7:00pm | 800m Pack Start | 800m Pack Start | HJ 3 | LJ 4 | LJ 1 | LJ 2 |
| 7:00pm - 7:20pm | 200m | 200m | HJ 3 | LJ 4 | LJ 1 | LJ 2 |
| 7:20pm - 7:40pm | SP 1 | SP 2 | LJ1 | HJ 3 | Discus 2 | Discus 1 |
| 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 2: Bring in equipment | Discus 1: Bring in equipment |
| 8:00pm | Javelin | Javelin | Javelin | Javelin | Javelin | Javelin |

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