

Friday Feb 28, 2020

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