

Friday September 18, 2020

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

Event Series #3	Tots Boys	Tots Girls	U6B	U6G	U7B	U7G	U8B	U8G
5:20pm - 5:30pm	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up
5:30pm - 5:45pm	Relay A	SP 3	50m Straight B	50m Straight B	50m Straight B	LJ 3	Discus 2	Discus 1
5:45pm - 6:00pm	50m Straight B	50m Straight B	SP 3	Junior HJ	LJ 3	50m Straight B	Discus 2	Discus 1
6:00pm - 6:15pm	SP 3	Obstacle Course	70m Straight B	70m Straight B	LJ 3	70m Straight B	100m Straight B	100m Straight B
6:15pm - 6:30pm	Obstacle Course	Relay A	LJ 3: Bring in equipment	SP 3: Bring in equipment	70m Straight B	Junior HJ	200m	200m

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

Event Series #3	U9B	U9G	U10B	U10G
6:35pm - 6:45pm	Warm Up	Warm Up	Warm Up	Warm Up
6:45pm - 7:00pm	SP 1 & 2	HJ 1 & 2	LJ 4	LJ 1
7:00pm - 7:18pm	SP 1 & 2	HJ 1 & 2	LJ 4	LJ 1
7:18pm - 7:36pm	HJ 1 & 2	Discus 1 & 2	SP 1	SP 2
7:36pm - 7:54pm	HJ 1 & 2	Discus 1 & 2	SP 1	SP 2
7:54pm - 8:12pm	100m Straight B	100m Straight B	200m	200m
8:12pm - 8:30pm	200m	200m	100m Straight B	100m Straight B

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Event Series #3	U11B	U11G	U12B	U12G	Senior B	Senior G
6:35pm - 6:45pm	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up
6:45pm - 7:00pm	HJ 3	LJ 2	800m	800m	100m Straight A	100m Straight A
7:00pm - 7:18pm	HJ 3	LJ 2	100m Straight A	100m Straight A	800m	800m
7:18pm - 7:36pm	100m Straight A	100m Straight A	HJ 3	LJ 4	LJ 1	LJ 2
7:36pm - 7:54pm	800m	800m	HJ 3	LJ 4	LJ 1	LJ 2: Bring in Equipment
7:54pm - 8:12pm	SP 1	SP 2	LJ 1	HJ 3	Discus 1	Discus 2
8:12pm - 8:30pm	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
8:30pm					3000m	3000m

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