

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

Event Series #5	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	Obstacle Course	LJ 4	50m Straight B	50m Straight B	50m Straight B	SP 3	Discus 2	Discus 1
5:45pm - 6:00pm	50m Straight B	50m Straight B	Obstacle Course	SP 3	LJ 3	50m Straight B	Discus 2	Discus 1
6:00pm - 6:15pm	LJ 4	70m Straight B	SP 3	Obstacle Course	LJ 3	70m Straight B	70m Straight B	70m Straight B
6:15pm - 6:30pm	70m Straight B	Obstacle Course	300m Pack Start	300m Pack Start	70m Straight B	Discus 1	60mH Straight A	60mH Straight A

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

Event Series #5	U9B	U9G	U10B	U10G
6:35pm - 6:45pm	Warm Up	Warm Up	Warm Up	Warm Up
6:45pm - 7:00pm	HJ 1 & HJ2	LJ 1 & LJ 2	60mH Straight A	60mH Straight A
7:00pm - 7:18pm	HJ 1 & HJ2	LJ 1 & LJ 2	400m Pack Start	400m Pack Start
7:18pm - 7:36pm	60mH Straight A	60mH Straight A	HJ 2	HJ 1
7:36pm - 7:54pm	70m Straight B	70m Straight B	HJ 2	HJ 1
7:54pm - 8:12pm	LJ 3 & LJ 4	SP 1 & SP 2	Discus 2	Discus 1
8:12pm - 8:30pm	LJ 3 & LJ 4: Bring in Equipment	SP 1 & SP 2: Bring in Equipment	Discus 2: Bring in Equipment	Discus 1: Bring in Equipment
8:30pm	400m Laned	400m Laned	1100m Walk	1100m Walk

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Event Series #5	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	Discus 2	Discus 1	SP 2	SP 3	SP 1	HJ3
7:00pm - 7:18pm	Discus 2	Discus 1	SP 2	SP 3: Bring in Equipment	SP 1	HJ 3: Bring in Equipment
7:18pm - 7:36pm	SP 2	SP 1	400m Pack Start	400m Pack Start	TJ 1 (at LJ 1)	TJ 2 (at LJ 2)
7:36pm - 7:54pm	SP 2	SP 1	80mH Straight A	80mH Straight A	TJ 1 (at LJ 1)	TJ 2 (at LJ 2)
7:54pm - 8:12pm	80mH Straight A	80mH Straight A	1500m Walk	1500m Walk	1500m Walk	1500m Walk
8:12pm - 8:30pm	400m Pack Start	400m Pack Start	TJ 1 (at LJ 1)	TJ 2 (at LJ 2)	80/90/100/110mH Straight A	80/90/100mH Straight A
8:30pm	1100m Walk	1100m Walk	TJ 1: Bring in Equipment	TJ 2: Bring in Equipment	400m Laned	400m Laned

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