

Friday Nov 6, 2020

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

Event Series #2	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	70m Straight B	Junior HJ	100m Straight A	Obstacle Course	70m Straight B	SP 1 & SP 2	LJ 3 & LJ 4	HJ 1 & HJ 2
5:45pm - 6:00pm	Relay A	70m Straight B	Obstacle Course	70m Straight B	500m Pack Start	SP 1 & SP 2	LJ 3 & LJ 4	HJ 1 & HJ 2
6:00pm - 6:15pm	Junior HJ	Obstacle Course	70m Straight B	LJ 2	HJ 1 & HJ 2	70m Straight B	100m Straight A	100m Straight A
6:15pm - 6:30pm	Obstacle Course	Relay A	LJ 3 & 4	100m Straight A	HJ 1 & HJ 2	500m Pack Start	60mH Straight B	60mH Straight B

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

Event Series #2	U9B	U9G	U10B	U10G
6:35pm - 6:45pm	Warm Up	Warm Up	Warm Up	Warm Up
6:45pm - 7:00pm	60mH Straight B	60mH Straight B	SP 1	Discus 1 & 2
7:00pm - 7:18pm	700m Walk	700m Walk	SP 1	Discus 1 & 2
7:18pm - 7:36pm	Discus 1	SP 3	1100m Walk	LJ 3 & LJ 4
7:36pm - 7:54pm	Discus 1	SP 3	60mH Straight B	LJ 3 & LJ 4
7:54pm - 8:12pm	LJ 3	LJ 4	HJ 1 & HJ 2	60mH Straight B
8:12pm - 8:30pm	LJ 3: Bring in Equipment	LJ 4: Bring in Equipment	HJ 1 & HJ 2: Bring in Equipment	1100m Walk

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Event Series #2	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	LJ 4	LJ 2	400m Pack Start	80mH Straight A	400m Pack Start	HJ 3
7:00pm - 7:18pm	LJ 4	LJ 2	80mH Straight A	400m Pack Start	Trpl Jmp 1 (at LJ 1)	HJ 3
7:18pm - 7:36pm	80mH Straight A	80mH Straight A	SP 1	SP 2	Trpl Jmp 1 (at LJ 1)	Trpl Jmp 2 (at LJ 2)
7:36pm - 7:54pm	1100m Walk	1100m Walk	SP 1	SP 2	80/90/100/110mH Straight A	Trpl Jmp 2 (at LJ 2)
7:54pm - 8:12pm	Discus 1	Discus 2	Trpl Jmp 1 (at LJ 1)	Trpl Jmp 2 (at LJ 2)	HJ 3	80/90/100mH Straight A
8:12pm - 8:30pm	Discus 1	Discus 2	Trpl Jmp 1: Bring in Equipment	Trpl Jmp 2: Bring in Equipment	HJ 3: Bring in Equipment	400m Pack Start
8:30pm	Javelin	Javelin	Javelin	Javelin	Javelin	Javelin

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