

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	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	L J 4	50m Straight B	50m Straight B	50m Straight A	50m Straight A	SP 1 & SP 2	Discus 1 & 2
5:45pm - 6:00pm	50m Straight B	50m Straight B	Obstacle Course	L J 4	200m	200m	SP 1 & SP 2	Discus 1 & 2
6:00pm - 6:15pm	L J 4	Obstacle Course	70m Straight B	70m Straight B	Discus 1 & 2	SP 1 & SP 2	70m Straight B	70m Straight B
6:15pm - 6:30pm	70m Straight B	70m Straight B	L J 3 & 4	Obstacle Course	Discus 1 & 2	SP 1 & SP 2	200m	200m

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

Event Series #6	U9B	U9G	U10B	U10G
6:35pm - 6:45pm	Warm Up	Warm Up	Warm Up	Warm Up
6:45pm - 7:00pm	Discus 1	HJ 1 & 2	LJ 3	LJ 1 & LJ2
7:00pm - 7:18pm	Discus 1	HJ 1 & 2	LJ 3	LJ 1 & LJ2
7:18pm - 7:36pm	HJ 1 & 2	Discus 1	SP 3	SP 1 & SP2
7:36pm - 7:54pm	HJ 1 & 2	Discus 1	SP 3	SP 1 & SP2
7:54pm - 8:12pm	70m Straight B	70m Straight B	200m	200m
8:12pm - 8:30pm	200m	200m	800m Pack Start	800m Pack Start
8:30pm			70m Straight B	70m Straight B

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
6:35pm - 6:45pm	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up
6:45pm - 7:00pm	LJ 4	HJ 3	800m	800m	200m	200m
7:00pm - 7:18pm	LJ 4	HJ 3	200m	200m	800m	800m
7:18pm - 7:36pm	200m	200m	HJ 3	LJ 4	LJ 1	LJ 2
7:36pm - 7:54pm	800m Pack Start	800m Pack Start	HJ 3	LJ 4	LJ 1	LJ 2
7:54pm - 8:12pm	SP 1	SP 2	LJ1	HJ 3	Discus 2	Discus 1
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 2: Bring in equipment	Discus 1: Bring in equipment
8:30pm	Javelin	Javelin	Javelin	Javelin	Javelin	Javelin

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