

Friday Sep 22, 2023; Nov 17, 2023; Mar 8, 2024

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 A	LJ 3 & LJ 4	SP 1 & SP 2	Discus 1 & 2
5:45pm - 6:00pm	50m Straight B	50m Straight B	Obstacle Course	Junior HJ	LJ 3 & LJ 4	50m Straight A	SP 1 & SP 2	Discus 1 & 2
6:00pm - 6:15pm	SP 3	Obstacle Course	70m Straight B	70m Straight B	LJ 3 & LJ 4	Junior HJ	100m Straight A	100m Straight A
6:15pm - 6:30pm	Obstacle Course	Relay A	Discus 1 & 2	SP 3	70m Straight B	70m Straight B	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
6:20pm - 6:30pm	Warm Up	Warm Up	Warm Up	Warm Up
6:30pm - 6:50pm	SP 1 & SP 2	HJ 1 & HJ 2	Discus 1 & 2	LJ 1 & LJ 2
6:50pm - 7:08pm	SP 1 & SP 2	HJ 1 & HJ 2	Discus 1 & 2	LJ 1 & LJ 2
7:08pm - 7:26pm	HJ 1 & HJ 2	Discus 1 & 2	70m Straight B	SP 1 & SP 2
7:26pm - 7:44pm	HJ 1 & HJ 2	Discus 1 & 2	LJ 3 & LJ 4	SP 1 & SP 2
7:44pm - 8:02pm	200m Straight A	200m Straight A	LJ 3 & LJ 4	70m Straight B
8:02pm - 8:20pm	800m	800m	200m Straight A	200m Straight A

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Event Series #3	U11B	U11G	U12B	U12G	U13 B/G	Senior B/G
6:20pm - 6:30pm	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up
6:30pm - 6:50pm	HJ 3	LJ 4	800m	800m	200m Straight A	200m Straight A
6:50pm - 7:08pm	HJ 3	LJ 4	200m Straight A	LJ 3	800m	800m
7:08pm - 7:26pm	200m Straight A	200m Straight A	HJ 3	LJ 3	LJ 1	LJ 2
7:26pm - 7:44pm	800m	800m	HJ 3	200m Straight A	LJ 1	LJ 2
7:44pm - 8:02pm	SP 3	SP 1 & SP 2	LJ 1 & LJ 2	HJ 3	Discus 1	Discus 2
8:02pm - 8:20pm	SP 3: Bring in equipment	SP 1 & SP 2: Bring in equipment	LJ 1 & LJ 2: Bring in equipment	HJ 3: Bring in equipment	Discus 1: Bring in equipment	Discus 2: Bring in equipment
8:20pm					3000m	3000m

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