

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	SP 4	50m Straight B	50m Straight B	50m Straight A	SP1 & SP2 & SP3	Discus 1 & 2	HJ 1 & 2
5:45pm - 6:00pm	50m Straight B	50m Straight B	Obstacle Course	SP1 & SP2 & SP3	LJ 3 & LJ 4	50m Straight A	Discus 1 & 2	HJ 1 & 2
6:00pm - 6:15pm	SP 4	70m Straight B	SP1 & SP2 & SP3	Obstacle Course	LJ 3 & LJ 4	70m Straight B	70m Straight A	70m Straight A
6:15pm - 6:30pm	70m Straight A	Obstacle Course	300m Pack Start	300m Pack Start	70m Straight A	LJ 3 & LJ 4	60mH Straight B	60mH Straight B

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

Event Series #5	U9B	U9G	U10B	U10G
6:20pm - 6:30pm	Warm Up	Warm Up	Warm Up	Warm Up
6:30pm - 6:50pm	HJ 1 & HJ2	LJ 1 & LJ 2	60mH Straight B	60mH Straight B
6:50pm - 7:08pm	HJ 1 & HJ2	LJ 1 & LJ 2	400m Pack Start	400m Pack Start
7:08pm - 7:26pm	60mH Straight B	60mH Straight B	HJ 1 & 2	Discus 1 & 2
7:26pm - 7:44pm	70m Straight B	70m Straight B	HJ 1 & 2	Discus 1 & 2
7:44pm - 8:02pm	LJ 3 & LJ 4	SP 1 & SP 3	Discus 1 & 2	HJ 1 & 2
8:02pm - 8:20pm	LJ 3 LJ 4: Bring in Equipment	SP 1 & SP 3: Bring in Equipment	Discus 1 & 2: Bring in Equipment	HJ 1 & 2: Bring in Equipment
8:20pm	400m Laned	400m Laned	1100m Walk	1100m Walk

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Event Series #5	U11B	U11G	U12B	U12G	U13 Boy/Girl	Senior B/G
6:20pm - 6:30pm	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up
6:30pm - 6:50pm	Discus 1	Discus 2	SP 2 & SP 3 (SP3 shared)	SP 1 & SP 3 (SP3 shared)	1500m Walk	80/90/100/110mH Straight A
6:50pm - 7:08pm	Discus 1	Discus 2	SP 2 & SP 3 (SP3 shared)	SP 1 & SP 3 (SP3 shared)	80mH Straight A	1500m Walk
7:08pm - 7:26pm	SP 1 (+SP 4) (split group)	SP 2 & SP 3	80mH Straight A	80mH Straight A	TJ 1 (at LJ 1)	TJ 2 (at LJ 2)
7:26pm - 7:44pm	SP 1 (+SP 4) (split group)	SP 2 & SP 3	400m Pack Start	400m Pack Start	TJ 1 (at LJ 1)	TJ 2 (at LJ 2)
7:44pm - 8:02pm	80mH Straight A	80mH Straight A	1500m Walk	1500m Walk	SP 2 (+SP 4) (split group)	HJ 3
8:02pm - 8:20pm	1100m Walk	1100m Walk	TJ 1 (at LJ 1)	TJ 2 (at LJ 2)	SP 2 (+SP 4) (split group)	400m Laned
8:20pm			TJ 1: Bring in Equipment	TJ 2: Bring in Equipment	400m Laned	HJ 3

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