

	Tots	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15-U17		
7:40					700W*	1100W*		1500W*					
7:55	Warm up and announcements												
8:00 to 8:35	Directed Activities	Straight Track	Discus 4 (Grass)	Circular Track	Shot Put 1	Circular Track	Runway 1	Straight Track	Runway 3	Discus 2	Pack track	Girls	
		100	DISC Skills	200	SP	200	LJ	100	LJ	DISC	1500		
Straight Track		Discus 3 (Grass)	Circular Track	Shot Put 2	Circular Track	Runway 2	Straight Track	Runway 4	Discus 1	Pack track	Boys		
8:35 to 9:10		Runway 4	Straight Track	Discus 2	Circular Track	Shot Put 1	Hurdles Track	Runway 1	Pack Track	Circular Track	Javelin 2	Girls	
LJ		100	DISC	200	SP	80H	TJ/LJ	1500	200	JAV			
Runway 3		Straight Track	Discus 1	Circular Track	Shot Put 2	Hurdles Track	Runway 2	Pack Track	Circular Track	Javelin 1	Boys		
9:10 to 9:45		Circular Track	Runway 3	Straight Track	Runway 4	Pack Track	High Jump 1	Hurdles Track	Shot Put 2	Javelin 2	Circular Track	Girls	
200		LJ	70	LJ	800	HJ	80H	SP	JAV	200			
Circular Track		Runway 4	Straight Track	Runway 3	Pack Track	High Jump 2	Hurdles Track	Shot Put 1	Javelin 1	Circular Track	Boys		
9:45 to 10:20		Shot Put 3	Circular Track	Runway 1	Pack Track	Discus 1	Straight Track	Shot Put 2	Hurdles Track	Pack Track	Discus 2	Girls	
SP		200	LJ	800	DISC	100	SP	80H	1500	DISC			
Shot Put 4 (Grass)		CircularTrack	Runway 2	Pack Track	Discus 2	Straight Track	Shot Put 1	Hurdles Track	Pack Track	Discus 1	Boys		
10:20 to 10:55	Straight Track	Shot Put 1	Pack Track	Scissor Mats 2	Straight Track	Discus 1	Circular Track	High Jump 2	Runway 1	Runway 3	Girls		
50	SP	700	HJ (S)	70	DISC	400	HJ	TJ/LJ	LJ				
Straight Track	Shot Put 2	Pack Track	Scissor Mats 1	Straight Track	Discus 2	Circular Track	High Jump 1	Runway 2	Runway 4	Boys			
10:55 to 11:30	Discus 2	Straight Track	Shot Put 1	Straight Track	Runway 1	Circular Track	Javelin 2	Circular Track	Hurdles Track	Hurdles Track	Girls		
DISC Skills	50	SP	70	LJ	400	JAV	200	80H/90H	90H/100H/110H				
Discus 1	Straight Track	Shot Put 2	Straight Track	Runway 2	Circular Track	Javelin 1	Circular Track	Hurdles Track	Hurdles Track	Boys			