

	Tots	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15-U17	
7:40												
7:55		Warm up and announcements										
Event 1	Directed Activities	Discus 3 (Grass) DISC	Pack Track 500	Runway 3 LJ	Straight Track 100	Runway 1 LJ	Javelin Skills & Event	Hurdles Track 80H	Circular Track 200H	High Jump 2 HJ		
Event 2		Discus 4 (Grass) 300	Pack Track SP	Runway 4 100	Straight Track LJ	Runway 2 100		Hurdles Track DISC	Circular Track TJ/LJ	Circular Track 200H	Circular Track 300H	
Event 3		Shot Put 4 (Grass) SP	Straight Track 50	Discus 3 (Grass) DISC	Circular Track 400	Discus 1 DISC	Hurdles Track 80H	Pack Track 800	Straight Track 100	Runway 3 LJ	Shot Put 1 SP	
Event 4		Shot Put 3 50	Straight Track DISC	Discus 4 (Grass) 400	Circular Track SP	Discus 2 60H	Hurdles Track TJ/LJ	Pack Track LJ	Straight Track DISC (B) JAV (G)	Runway 4 100	Shot Put 2 100	
Event 5		Straight Track LJ	Discus 3 (Grass) 70	Pack Track SP	Shot Put 1 60H	Hurdles Track 400	Runway 1 800	Runway 1 100	DISC (B) JAV (G)	Straight Track 100	Straight Track 100	
Event 6		Straight Track 70	Discus 4 (Grass) LJ	Pack Track 60H	Shot Put 2 DISC	Hurdles Track HJ (S)	Runway 2 SP	Runway 2 HJ	DISC (G) JAV (B)	Straight Track 400	Straight Track 400	