

	Tots	U6	U7	U8	U9	U10	U11	U12	U13-U14	U15-U17	
7:45											
7:55	Warm up and announcements										
Event 1	8:15 Start	Shot Put 4 (Grass) SP	Circular Track 200	Discus 4 (Grass) DISC	Straight Track 70	Discus 2 DISC	Straight Track 100	Runway 2 LJ	Pack Track 800	Circular Track 200	
	Runway 3	Shot Put 3 (Grass)	Circular Track	Discus 3 (Grass)	Straight Track	Discus 1	Straight Track	Runway 1	Pack Track	Circular Track	
Event 2	LJ	Circular Track	Shot Put 4 (Grass)	Pack Track	Shot Put 2	Straight Track	Discus 2	Straight Track	Runway 2	Discus 2	
	Runway 4	200	SP	700	SP	100	DISC	100	LJ	DISC	
Event 3	Hurdle Track	Circular Track	Shot Put 3	Pack Track	Shot Put 1	Straight Track	Discus 1	Straight Track	Runway 1	Discus 1	
	60m	Discus 1	Straight Track	Shot Put 4 (Grass)	Pack Track	Runaway 3	Circular Track	Shot Put 2	Straight Track	Straight Track	
	Hurdle Track	DISC	50	SP	800	LJ	400	SP	100	100	
	Directed activity	Discus 2	Straight Track	Shot Put 3	Pack Track	Runway 4	Circular Track	Shot Put 1	Straight Track	Straight Track	
Event 4		Straight Track 300	Discus 4 (Grass) DISC	Straight Track 100	Runway 1 LJ	Circular Track 200	Runway 1 LJ	Circular Track 200	Discus 1 DISC	Shot Put 1 SP	
Event 5		Straight Track	Discus 3 (Grass)	Straight Track	Runway 2	Circular Track	Runway 2	Circular Track	Discus 2	Shot Put 2	
		Runway 4	Straight Track	Runway 2	Straight Track	Shot Put 2	Circular Track	Discus 1	Circular Track	Pack Track	
Event 6		LJ	70	LJ	100	SP	200	DISC	200	800	
		Runway 3	Straight Track	Runway 1	Straight Track	Shot Put 1	Circular Track	Discus 2	Circular Track	Pack Track	
		Straight Track 70	Runway 4 LJ	Circular Track 200	Discus 2 DISC	Circular Track 400	Shot Put 2 SP	Pack Track 800	Shot Put 2 SP	Runway 2 LJ	
	Straight Track	Runway 3	Circular Track	Discus 1	Circular Track	Shot Put 1	Pack Track	Shot Put 1	Runway 1		