

	Tots	U6 Boys U6 Girls	U7 Boys U7 Girls	U8 Boys U8 Girls	U9 Girls	U9B Red U9B Blue	U10 Boys U10 Girls	U11 Girls	U11 Boys	U12 Boys U12 Girls	U13 Girls	U14 Girls U13/14 B	U15 Mix U17 Mix	
7:40								1500m / 3000m & Walks						
7:55	Warm up and announcements													
Event 1	directed activities	Discus 4 (Grass)  DISC  Discus 3 (Grass)	Straight Track  70  Straight Track	Discus 1  DISC  Discus 2	Hurdles Track  60H  Hurdles Track	Hurdles Track  60H  Hurdles Track	Shot Put 3  SP  Shot Put 4 (grass)	Pack Track  800  Pack Track	Pack Track  800  Pack Track	Straight Track  100  Straight Track	Circular Track  200H  Circular Track	Runway 2  LJ  Runway 1	Shot Put 2  SP  Shot Put 1	
Event 2		Straight Track  70  Straight Track	Runway 1  LJ  Runway 2	Hurdles Track  60H  Hurdles Track	Shot Put 3  SP  Hurdles Track	Discus 4 (Grass)  DISC  Discus 3 (Grass)	Pack Track  800  Pack Track	Shot Put 2  SP  Shot Put 1	Javelin 2  JAV  Javelin 1	Runway 3  LJ  Runway 4	Discus 1  DISC  Discus 2	Circular Track  200H  Circular Track	Circular Track  300H  Circular Track	
Event 3			Shot Put 4 (Grass)  SP  Shot Put 3	Pack Track  500  Pack Track	Runway 3  LJ  Runway 4	Straight Track  100  Straight Track	Runway 1  LJ  Runway 2	Hurdles Track  60H  Hurdles Track	Circular Track  200  Circular Track	Circular Track  200  Circular Track	Circular Track  200  Circular Track	Straight Track  100  Straight Track	Shot Put 2  SP  Shot Put 1	High Jump 1  HJ  High Jump 1
Event 4			Pack Track  300  Pack Track	Shot Put 2  SP  Shot Put 1	Straight Track  100  Straight Track	Discus 4 (Grass)  DISC  Discus 3 (Grass)	Straight Track  100  Straight Track	Runway 3  LJ  Runway 4	Runway 1  TJ/LJ  Hurdles Track	Hurdles Track  80H  Hurdles Track	Discus 1  DISC  Discus 2	Javelin 2  JAV  Javelin 1	Circular Track  400  CircularTrack	Circular Track  400  CircularTrack
Event 5	Runway 3  LJ  Runway 4		Straight Track  50  Straight Track	Shot Put 4 (Grass)  SP  Shot Put 3	Circular Track  400  CircularTrack	Circular Track  400  CircularTrack	Scissor Mats 2  HJ (S)  Scissor Mats 1	Hurdles Track  80H  Hurdles Track	Shot Put 2  SP  Shot Put 1	Pack Track  800  Pack Track	Circular Track  400  Circular Track	High Jump 1  HJ  High Jump 1	Runway 2  LJ  Runway 1	
Event 6			Straight Track  50  Straight Track	Discus 4 (Grass)  DISC  Discus 3 (Grass)	Pack Track  400  Pack Track	Runway 3  LJ  Runway 4	Shot Put 2  SP  Shot Put 1	CircularTrack  400  CircularTrack	Javelin 2  JAV  Javelin 1	Runway 1  TJ/LJ  Runway 1	High Jump 1  HJ  High Jump 2	Runway 2  TJ/LJ  Runway 2	Straight Track  100  Straight Track	Straight Track  100  Straight Track