

	9:00 AM	9:15 AM	9:30 AM - 9:50 AM		9:55 AM - 10:15 AM		10:20 AM - 10:40 AM		10:45 AM - 11:05 AM		11:10 AM - 11:30 AM	11:30 AM
Under 6 & 7's	W a r m u p	A s s e m b l e i n G r o u p s	On Track		Running		Shot Put 1 + 2 + 3		Long Jump 1 + 2		Discus 1 + 2	L u n c h
Under 8's			Shot Put 1 + 2 + 3		Long Jump 1 + 2		Running		Turbo Javelin 2		High Jump Scissor 1 + 2	
Under 9's			Running		Discus 1 + 2		Long Jump 1 + 2		High Jump Scissor 1 + 2		Turbo Javelin 1 + 2	
Under 10's			Turbo Javelin 2		Shot Put 1 + 2 + 3		High Jump Scissor 1 + 2		Running		Long Jump 1 + 2	
Under 11 & 12's			BOYS: High Jump 2		BOYS: Triple Jump 3 + 4		Javelin 1		Shot Put 1 + 2 + 3		Running	
			GIRLS: Triple Jump 3 + 4		GIRLS: High Jump 2							
Under 13 to 16's			BOYS: High Jump 1		BOYS: Javelin 1		BOYS: Discus 1 + 2		BOYS: Triple Jump 3 + 4		(CHOICE) Shot Put 1 + 2	
			GIRLS: Javelin 1		GIRLS: High Jump 1		GIRLS: Triple Jump 3 + 4		GIRLS: Discus 1 + 2		(CHOICE) Running	