

Time	Age	Time	Week	Time	Week	Time	Week	Time	Week	Time	Week	Time	Week
		Wk 1	one	Wk 2	Two	Wk 3	Three	Wk 4	Four	Wk 5	Five	Wk 6	Six
Event 1													
5.30pm start	Tiny Tots	17:30	Obstacles	17:30	Obstacles	17:30	Obstacles	17:30	Obstacles	17:30	Obstacles	17:30	Obstacles
	U/6 F	17:30	Shot Put 1	17:30	Discus 1	17:30	Shot Put 1	17:30	Discus 1	17:30	Shot Put 1	17:30	Discus 1
	U/6 M	17:30	Shot Put 2	17:30	Discus 2	17:30	Shot Put 2	17:30	Discus 2	17:30	Shot Put 2	17:30	Discus 2
	U/7 F	17:30	Discus 1	17:30	Shot Put 1	17:30	Discus 1	17:30	Shot Put 1	17:30	Discus 1	17:30	Shot Put 1
	U/7 M	17:30	Discus 2	17:30	Shot Put 2	17:30	Discus 2	17:30	Shot Put 2	17:30	Discus 2	17:30	Shot Put 2
	U/8 F	17:30	Long Jump 2	17:30	Long Jump 2	17:30	60m H 6x45cm	17:30	Long Jump 2	17:30	Long Jump 2	17:30	60m H 6x45cm
	U/8 M	17:30	Long Jump 1	17:30	Long Jump 1	17:30	60m H 6x45cm	17:30	Long Jump 1	17:30	Long Jump 1	17:30	60m H 6x45cm
	U/9 F	17:30	700m Walk	17:30	800m	17:30	60m H 6x45cm	17:30	800m	17:30	700m Walk	17:30	60m H 6x45cm
	U/9 M	17:30	700m Walk	17:30	800m	17:30	60m H 6x45cm	17:30	800m	17:30	700m Walk	17:30	60m H 6x45cm
	U/10 F	17:30	60m H 6x60cm	17:30	Long Jump 3	17:30	1100m Walk	17:30	60m H 6x60cm	17:30	High Jump 1	17:30	Long Jump 3
	U/10 M	17:30	60m H 6x60cm	17:30	Long Jump 4	17:30	1100m Walk	17:30	60m H 6x60cm	17:30	High Jump 2	17:30	Long Jump 4
	U/11 F	17:30	60m H 6x60cm	17:40	1100m Walk	17:30	Long Jump 1	17:30	60m H 6x60cm	17:40	1100m Walk	17:30	Long Jump 1
	U/11 M	17:30	60m H 6x60cm	17:40	1100m Walk	17:30	Long Jump 2	17:30	60m H 6x60cm	17:40	1100m Walk	17:30	Long Jump 2
U/12 F	17:30	1500m Walk	17:40	60m H 6x68cm	17:30	High Jump 1	17:40	1500m Walk	17:30	60m H 6x68cm	17:30	High Jump 1	
U/12 M	17:30	1500m Walk	17:30	60m H 6x68cm	17:30	High Jump 2	17:40	1500m Walk	17:30	60m H 6x68cm	17:30	High Jump 2	
Event 2													
6.00pm Start	Tiny Tots	18:00	Tug-O-War	18:00	Tug-O-War	18:00	Tug-O-War	18:00	Tug-O-War	18:00	Tug-O-War	18:00	Tug-O-War
	U/6 F	18:00	50m	18:00	70m	18:00	50m	18:00	70m	18:00	50m	18:00	70m
	U/6 M	18:00	50m	18:00	70m	18:00	50m	18:00	70m	18:00	50m	18:00	70m
	U/7 F	18:00	50m	18:00	70m	18:00	50m	18:00	70m	18:00	50m	18:00	70m
	U/7 M	18:00	50m	18:00	70m	18:00	50m	18:00	70m	18:00	50m	18:00	70m
	U/8 F	18:00	100m	18:00	200m	18:00	Discus 1	18:00	100m	18:00	200m	18:00	Shot Put 1
	U/8 M	18:00	100m	18:00	200m	18:00	Discus 2	18:00	100m	18:00	200m	18:00	Shot Put 2
	U/9 F	18:00	Long Jump 5	18:00	High Jump 1	18:00	400m	18:00	High Jump 1	18:00	Long Jump 5	18:00	400m
	U/9 M	18:00	Long Jump 6	18:00	High Jump 2	18:00	400m	18:00	High Jump 2	18:00	Long Jump 6	18:00	400m
	U/10 F	18:00	1500m	18:00	100m	18:00	800m	18:00	1500m	18:00	800m	18:00	100m
	U/10 M	18:00	1500m	18:00	100m	18:00	800m	18:00	1500m	18:00	800m	18:00	100m
	U/11 F	18:00	High Jump 1	18:00	100m	18:00	800m	18:00	Shot Put 1	18:00	100m	18:00	800m
	U/11 M	18:00	High Jump 2	18:00	100m	18:00	800m	18:00	Shot Put 2	18:00	100m	18:00	800m
U/12 F	18:00	100m	18:00	Triple Jump 1	18:00	400m	18:00	100m	18:00	Discus 1	18:00	400m	
U/12 M	18:00	100m	18:00	Triple Jump 2	18:00	400m	18:00	100m	18:00	Discus 2	18:00	400m	
Event 3													
6.30pm Start	Tiny Tots	18:30	50m	18:30	50m	18:30	50m	18:30	50m	18:30	50m	18:30	50m
	U/6 F	18:30	Long Jump 5	18:30	Long Jump 5	18:30	Long Jump 5	18:30	Long Jump 5	18:30	Long Jump 5	18:30	Long Jump 5
	U/6 M	18:30	Long Jump 6	18:30	Long Jump 6	18:30	Long Jump 6	18:30	Long Jump 6	18:30	Long Jump 6	18:30	Long Jump 6
	U/7 F	18:30	Long Jump 3	18:30	Long Jump 3	18:30	Long Jump 3	18:30	Long Jump 3	18:30	Long Jump 3	18:30	Long Jump 3
	U/7 M	18:30	Long Jump 4	18:30	Long Jump 4	18:30	Long Jump 4	18:30	Long Jump 4	18:30	Long Jump 4	18:30	Long Jump 4
	U/8 F	18:30	Discus 1	18:30	Shot Put 1	18:30	400m	18:30	Shot Put 1	18:30	Discus 1	18:30	400m
	U/8 M	18:30	Discus 2	18:30	Shot Put 2	18:30	400m	18:30	Shot Put 2	18:30	Discus 2	18:30	400m
	U/9 F	18:30	100m	18:30	200m	18:30	Long Jump 1	18:30	100m	18:30	200m	18:30	70m
	U/9 M	18:30	100m	18:30	200m	18:30	Long Jump 2	18:30	100m	18:30	200m	18:30	70m
	U/10 F	18:30	Shot Put 1	18:30	Discus 1	18:30	High Jump 1	18:30	Discus 1	18:30	Shot Put 1	18:30	1100m Walk
	U/10 M	18:30	Shot Put 2	18:30	Discus 2	18:30	High Jump 2	18:30	Discus 2	18:30	Shot Put 2	18:30	1100m Walk
	U/11 F	18:30	1500m	18:30	Triple Jump 1	18:30	Discus 1	18:30	1500m	18:30	High Jump 1	18:30	Discus 1
	U/11 M	18:30	1500m	18:30	Triple Jump 2	18:30	Discus 2	18:30	1500m	18:30	High Jump 2	18:30	Discus 2
U/12 F	18:30	Long Jump 1	18:30	200m	18:30	Shot Put 1	18:30	Long Jump 1	18:30	200m	18:30	Shot Put 1	
U/12 M	18:30	Long Jump 2	18:30	200m	18:30	Shot Put 2	18:30	Long Jump 2	18:30	200m	18:30	Shot Put 2	
Junior Event 4													
7.00pm Start	Tiny Tots	19:00	Long Jump 6	19:00	Long Jump 6	19:00	Long Jump 6	19:00	Long Jump 6	19:00	Long Jump 6	19:00	Long Jump 6
	U/6 F	19:00	100m	19:00	200m	19:00	300m Pack	19:00	100m	19:00	200m	19:00	300m Pack
	U/6 M	19:00	100m	19:00	200m	19:00	300m Pack	19:00	100m	19:00	200m	19:00	300m Pack
	U/7 F	19:00	100m	19:00	200m	19:00	500m Pack	19:00	100m	19:00	200m	19:00	500m Pack
	U/7 M	19:00	100m	19:00	200m	19:00	500m Pack	19:00	100m	19:00	200m	19:00	500m Pack
	U/8 F	19:00	70m	19:00	700m Pack	19:00	Long Jump 5	19:00	700m Pack	19:00	70m	19:00	Long Jump 5
	U/8 M	19:00	70m	19:00	700m Pack	19:00	Long Jump 1	19:00	700m Pack	19:00	70m	19:00	Long Jump 1
	U/9 F	19:00	Discus 1	19:00	Shot Put 1	19:00	70m	19:00	Shot Put 1	19:00	Discus 1	19:00	Shot Put 1
	U/9 M	19:00	Discus 2	19:00	Shot Put 2	19:00	70m	19:00	Shot Put 2	19:00	Discus 2	19:00	Shot Put 2
	U/10 F	19:00	70m	19:00	400m	19:00	200m	19:00	70m	19:00	200m	19:00	400m
	U/10 M	19:00	70m	19:00	400m	19:00	200m	19:00	70m	19:00	200m	19:00	400m
	U/11 F	19:00	Shot Put 1	19:00	400m	19:00	200m	19:00	Triple Jump 1	19:00	400m	19:00	200m
	U/11 M	19:00	Shot Put 2	19:00	400m	19:00	200m	19:00	Triple Jump 2	19:00	400m	19:00	200m
U/12 F	19:00	800m	19:00	Discus 1	19:00	1500m	19:00	800m	19:00	Triple Jump 1	19:00	1500m	
U/12 M	19:00	800m	19:00	Discus 2	19:00	1500m	19:00	800m	19:00	Triple Jump 2	19:00	1500m	
Finish 7.20pm													