

TIMELINE

Age	Time	Week
	Wk 1	one
U/11 F	5:30:00 PM	60m H 6x60cm
U/11 M	5:30:00 PM	60m H 6x60cm
U/10 F	5:30:00 PM	60m H 6x60cm
U/10 M	5:30:00 PM	60m H 6x60cm
U/12 F	5:30:00 PM	1500m Walk
U/12 M	5:30:00 PM	1500m Walk
U/9 F	5:30:00 PM	700m Walk
U/9 M	5:30:00 PM	700m Walk
U/7 F	5:30:00 PM	Discus 1
U/7 M	5:30:00 PM	Discus 2
U/8 M	5:30:00 PM	Long Jump 1
U/8 F	5:30:00 PM	Long Jump 2
Tiny Tots	5:30:00 PM	Obstacles
U/6 F	5:30:00 PM	Shot Put 1
U/6 M	5:30:00 PM	Shot Put 2
U/6 F	6:00:00 PM	50m
U/6 M	6:00:00 PM	50m
U/7 F	6:00:00 PM	50m
U/7 M	6:00:00 PM	50m
U/12 F	6:00:00 PM	100m
U/12 M	6:00:00 PM	100m
U/8 F	6:00:00 PM	100m
U/8 M	6:00:00 PM	100m
U/10 F	6:00:00 PM	1500m
U/10 M	6:00:00 PM	1500m
U/11 F	6:00:00 PM	High Jump 1
U/11 M	6:00:00 PM	High Jump 2
U/9 F	6:00:00 PM	Long Jump 3
U/9 M	6:00:00 PM	Long Jump 4
Tiny Tots	6:00:00 PM	Tug-O-War
Tiny Tots	6:30:00 PM	50m
U/9 F	6:30:00 PM	100m
U/9 M	6:30:00 PM	100m
U/11 F	6:30:00 PM	1500m
U/11 M	6:30:00 PM	1500m
U/8 F	6:30:00 PM	Discus 1
U/8 M	6:30:00 PM	Discus 2
U/12 F	6:30:00 PM	Long Jump 1
U/12 M	6:30:00 PM	Long Jump 2
U/7 F	6:30:00 PM	Long Jump 3
U/7 M	6:30:00 PM	Long Jump 4
U/6 F	6:30:00 PM	Long Jump 5
U/6 M	6:30:00 PM	Long Jump 6
U/10 F	6:30:00 PM	Shot Put 1
U/10 M	6:30:00 PM	Shot Put 2
U/10 F	7:00:00 PM	70m
U/10 M	7:00:00 PM	70m
U/8 M	7:00:00 PM	70m
U/8 F	7:00:00 PM	70m
U/6 F	7:00:00 PM	100m
U/6 M	7:00:00 PM	100m
U/7 F	7:00:00 PM	100m
U/7 M	7:00:00 PM	100m
U/12 F	7:00:00 PM	800m
U/12 M	7:00:00 PM	800m
U/9 F	7:00:00 PM	Discus 1
U/9 M	7:00:00 PM	Discus 2
Tiny Tots	7:00:00 PM	Long Jump 6
U/11 F	7:00:00 PM	Shot Put 1
U/11 M	7:00:00 PM	Shot Put 2