

	4:20-4:50		4:50-5:20		5:20-5:50		5:50-6:20		6:20-6:50	
Group	Event	Details	Event	Details	Event	Details	Event	Details	Event	Details
TTB/G	Shot Put	SP B	Long Jump	LJ D	Discus	DC B	50m	Back Straight - 15		
							(game @ cricket pitch while waiting)			
U6B	Mini Hurdles	Back Straight - 1	200m	Back Straight - 6	Long Jump	LJ C	Discus	DC B	Game	Cricket Pitch
U6G	Mini Hurdles	Back Straight - 2	Discus	DC B	200m	Back Straight - 11	Long Jump	LJ C	Game	Cricket Pitch
U7B1	Mini Hurdles	Back Straight - 3	Shot Put	SP B	200m	Back Straight - 10	HJ (coaching)	HJ B	Long Jump	LJ C
U7B2	Mini Hurdles	Back Straight - 4	200m	Back Straight - 7	Long Jump	LJ D	Shot Put	SP A	HJ (coaching)	HJ B
U7G	Mini Hurdles	Back Straight - 5	Long Jump	LJ C	HJ (coaching)	HJ B	200m	Back Straight - 14	Shot Put	SP B
U8B	100m	Front Straight - 4	Vortex	Vtx A	Shot Put	SP B	Long Jump	LJ D	400m	Front Straight - 20
U8G1	Shot Put	SP A	100m	Front Straight - 5	Long Jump	LJ B	Vortex	Vtx A	400m	Front Straight - 18
U8G2	Long Jump	LJ D	100m	Front Straight - 6	Vortex	Vtx A	Shot Put	SP B	400m	Front Straight - 19
U9B	Discus	DC A	High Jump	HJ C	100m	Front Straight - 10	400m	Front Straight - 13	Long Jump	LJ A
U9G1	High Jump	HJ C	Discus	DC A	100m	Front Straight - 12	400m	Front Straight - 15	Long Jump	LJ D
U9G2	Long Jump	LJ C	100m	Front Straight - 7	Discus	DC A	400m	Front Straight - 14	High Jump	HJ C
U10B	100m	Front Straight - 3	Long Jump	LJ B	High Jump	HJ C	400m	Front Straight - 16	Vortex	Vtx A
U10G	Vortex	Vtx A	High Jump	HJ B	100m	Front Straight - 11	400m	Front Straight - 17	Long Jump	LJ B
U11B	100m	Front Straight - 2	Long Jump	LJ A	Javelin	Jav A	Triple Jump	LJ A	800m	D3
U11G	Javelin	Jav A	100m	Front Straight - 8	Triple Jump	LJ A	Long Jump	LJ B	800m	D4
U12M	100m	Front Straight - 1	200m	Back Straight - 8	High Jump	HJ A	800m	D1	Discus	DC A
U12G	High Jump	HJ A	100m	Front Straight - 9	200m	Back Straight - 12	Discus	DC A	800m	D5
U13+B	Triple Jump	LJ A	High Jump	HJ A	200m	Back Straight - 13	800m	D2	Shot Put	SP A
U13+G	Triple Jump	LJ B	200m	Back Straight - 9	Shot Put	SP A	High Jump	HJ A	800m	D6

- NOTES
1. Sprints in outer 6 lanes. The 800m races will be conducted in the inner 2 lanes parallel to other events.
 2. The Back Straight 200m races start near the clubhouse.
 3. Please try to get to your sprints and distance runs early and check in with the starter.
 4. When waiting for an event, please do not crowd the group ahead. Choose a safe place at a distance from other groups.
 5. Yellow highlight = group responsible for bringing back equipment to sheds.

TELL THE ATHLETES:

Next meet: Friday 22 January, 6pm