

	1				2			3			4			5		
Group	No	Time	Event	Details	Time	Event	Details	Time	Event	Details	Time	Event	Details	Time	Event	Details
TTB/G	12	4:25-4:49	LJump	LJ D, 1	4:55-5:15	Game	CrP3	5:22-5:26	50m	F12	5:32-5:56	Shot Put	SP C, 3			
U6B	10	4:25-4:45	Shot Put	SP A, 1	4:50-4:54	100m	F5	5:03-5:23	Vortex	Vtx A, 3	5:25-5:45	Game	CrP5	6:02-6:06	50m	B16
U6G	7	4:25-4:39	Vortex	Vtx A, 1	4:48-4:52	100m	F4	5:00-5:14	Shot Put	SP C, 2	5:25-5:45	Game	CrP4	5:58-6:02	50m	B15
U7B	11	4:39-5:01	Vortex	Vtx A, 2	5:10-5:14	100m	F10	5:18-5:40	LJump	LJ C, 3	5:45-6:05	Game	CrP6	6:14-6:18	50m	B19
U7G1	9	4:25-4:45	Game	CrP1	4:50-5:08	LJump	LJ D, 2	5:14-5:18	100m	F11	5:23-5:41	Vortex	Vtx A, 4	6:06-6:10	50m	B17
U7G2	9	4:25-4:45	Game	CrP2	4:54-4:58	100m	F6	5:08-5:26	LJump	LJ D, 3	5:39-5:57	Vortex	Vtx A, 5	6:10-6:14	50m	B18
U8B	11	4:25-4:47	Discus	DC B, 1	4:45-4:51	60m Hdl	B3	5:02-5:40	HJump	HJ C, 2	5:52-5:58	70m	B14	6:20-6:27	200m	F23
U8G1	8	4:25-4:53	HJump	HJ C, 1	4:57-5:01	60m Hdl	B5	5:08-5:24	Discus	DC B, 2	5:30-5:34	70m	F14	5:45-5:50	200m	B13
U8G2	8	4:35-4:39	60m Hdl	B1	4:50-5:18	HJump	HJ B, 1	5:26-5:30	70m	F13	5:40-5:45	200m	B12	6:00-6:16	Discus	DC B, 4
U9B	11	4:25-4:47	LJump	LJ C, 1	4:51-4:57	60m Hdl	B4	5:05-5:27	Discus	DC A, 3	5:42-5:48	100m	F16	6:23-6:28	400m	D2
U9G	13	4:39-4:45	60m Hdl	B2	4:50-5:16	LJump	LJ C, 2	5:24-5:50	Discus	DC B, 3	5:55-6:01	100m	F18	6:23-6:28	400m	D1
U10B	10	4:25-4:45	Shot Put	SP C, 1	5:04-5:08	60m Hdl	B6	5:15-5:35	LJump	LJ B, 2	6:01-6:05	100m	F19	6:30-6:35	400m	F24
U10G	11	4:25-4:47	Shot Put	SP B, 1	5:08-5:12	60m Hdl	B7	5:20-5:42	LJump	LJ A, 3	6:05-6:09	100m	F20	6:35-6:40	400m	F25
U11B	10	4:25-4:50	TJump	LJ A, 1	5:02-5:06	100m	F8	5:20-5:24	80m Hdl	B9	5:47-6:07	Discus	DC A, 5	6:35-6:40	800m	D3
U11G1	9	4:43-5:01	Discus	DC A, 2	5:06-5:10	100m	F9	5:24-5:28	80m Hdl	B10	5:42-6:04	TJump	LJ A, 4	6:35-6:40	800m	D3
U11G2	9	4:25-4:43	Discus	DC A, 1	4:50-5:12	TJump	LJ A, 2	5:16-5:20	80m Hdl	B8	5:38-5:42	100m	F15	6:35-6:40	800m	D3
U12B/G	13	4:25-4:51	LJump	LJ B, 1	4:58-5:02	100m	F7	5:32-5:36	80m Hdl	B11	5:43-6:15	Javelin	Jav A, 3	6:40-6:45	800m	D4
U13B	10	4:31-4:39	3/200m Hdl	F2	4:45-5:10	Javelin	Jav A, 1	5:15-5:50	HJump	HJ A, 2	6:09-6:13	100m	F21	6:30-6:35	800m	D2
U13G	12	4:35-4:47	3/200m Hdl	F3	5:10-5:40	Javelin	Jav A, 2	5:48-5:54	100m	F17	6:05-6:35	HJump	HJ A, 3	6:40-6:45	800m	D4
U14+B/G	10	4:25-4:33	3/200m Hdl	F1	4:40-5:15	HJump	HJ A, 1	5:27-5:47	Discus	DC A, 4	6:13-6:17	100m	F22	6:30-6:35	800m	D2

- NOTES
1. Details column shows stations and event order. E.g.: "B5" = 5th event on Back Straight, "DC A, 3" = 3rd event on Discus A.
 2. Please check sprint locations in the Details column for F = Front or B = Back straight. Back straight start for 200m runs is near the clubhouse.
 3. Front/back straight sprints use the outer 6 lanes. Distance runs (marked "D") are conducted unlaned in the inner 2 lanes parallel to other events.
 4. When waiting for an event, please do not crowd the group ahead. Choose a safe place close by.

TELL THE ATHLETES:

Next meeting: Saturday, 18 January, at 4pm

Christmas Party after this meeting - stick around for pizza!