



Time	5yrs	6yrs	7yrs	8yrs	9yrs	10yrs	11yrs	12yrs	13yrs	14/15yrs	16-Open	Time					
5.00								4.30 warm up	Age specific Pole Vault			5.00					
5.40	Warm Up							5.30 Age specific 80/90/100/110h				5.40					
5.50	Marshalling											5.50					
6.00	DISCUS  Shot 5	DISCUS  Shot 6	60m hurdles	60m hurdles	Height Change	Parents required		LONG JUMP Pit 1	JAVELIN Jav 2 (Hill End)	DISCUS Green Cage	HIGH JUMP Blue Mats	6.00					
6.10					60m hurdles	60m hurdles	Height Change					6.10					
6.20							60m hurdles					6.20					
6.30			70m	70m	LONG JUMP	400m						6.30					
6.40				400m			6.40										
6.50	60m	60m	HIGH JUMP Scissors Mats	SHOT PUT Boys: Shot 3 Girls: Shot 2	Boys: Pit 4	DISCUS Green Cage (Hill End)	LONG JUMP					6.50					
7.00							Girls: Pit 2			100m	100m	100m	100m	7.00			
7.10	LONG JUMP Pit 4	LONG JUMP Pit 2	Mat 1: Boys					Boys: Pit 1					7.10				
7.20			Mat 2: Girls		SHOT PUT			Girls: Pit 3					7.20				
7.30			SHOT PUT Boys: Shot 5 Girls: Shot 6	HIGH JUMP Scissors Mats	Boys: Shot 2 Girls: Shot 3			400m	400m	400m	400m	7.30					
7.40													7.40				
7.50	100m	100m				LONG JUMP Boys: Pit 4 Girls: Pit 2	DISCUS Green Cage (Hill End)	SHOT PUT Shot 1	TRIPLE JUMP Pit 1	TRIPLE JUMP Pit 3	JAVELIN Jav 2 (Hill End)	7.50					
8.00				Mat 1: Boys												8.00	
8.10	70m	70m		Mat 2: Girls													8.10
8.20			200m	200m													8.20
8.30					200m							8.30					
8.40						1 Mile	1 Mile	1 Mile	1 Mile	1 Mile	1 Mile	8.40					
8.50												8.50					
If you are the last field event, please pack up all the equipment into a neat pile BESIDE THE TRACK to be collected at the end of the night																	
Event times are only approximate and will be adjusted as necessary to cater for athlete numbers and other circumstances																	
# Athletes wishing to run a programmed hurdle event MUST Facebook message the club before Friday 12pm to be allocated a lane. Marshalling at 5:20pm																	

