

### Club Champs Week 1 (note track events take priority) - 29 Oct

Time	Tots	U6s	U7s	U8s	U9B	U9G	U10s	U11s	U12G	U12B	U13G+	U13B+
8:00		HJ5 <sup>P</sup>	LJ3	Shot3/4	DIS3	DIS2	LJ4	Jav	Shot1/2	HJ2	DIS1	TJ2
8:30		Throws	Shot3&4	DIS3	LJ3	LJ4	HJ3/4	Jav	Shot1/2	HJ2	DIS1	TJ2
9:00	LJ4	LJ3	HJ4	TurboJ	Shot3/4	Shot3/4	DIS2	TJ2	DIS1	TJ1	Jav	Shot1
9:30	Games <sup>P</sup>	Games <sup>P</sup>	TurboJ 2	LJ3/4	HJ3	HJ4	TurboJ	TJ2	DIS1	TJ1	Jav	HJ2
10:00			DIS3&4 <sup>P</sup>	HJ3/4	TurboJ	TurboJ	Shot3/4P	Shot 1	TJ2	Shot2	TJ1	HJ2 <sup>P</sup>

### Track Series 2

Time	Tots	U6s	U7s	U8s	U9s	U10s	U11s	U12B	U12G	U13G+	U13B+
7:30			Walks	Walks	Walks	Walks	Walks	Walks	Walks	Walks	Walks
8:00		P300	P500	P700M	800M	800M	1500M	1500M	1500M	1500M	1500M
8:00										2/300 H	
9:00	9-9:15 50M	9-9:15 50M	9:15-9:30 100M	9:15-9:30 100M	9:30-9:45 100M	9:30-9:45 100M	09:45-10:00 100M	09:45-10:00 100M	10:00 100M		
10:00			10:15-10:30 400M	10:15-10:30 400M	10:30-10:45 400M	10:30-10:45 400M	10:45-11 400M	10:45-11 400M	10:45-11 400M		

### Club Champs Week 2 (note track events take priority) - 5 Nov (note small <sup>P</sup> means pack up)

Time	Tots	U6s	U7s	U8s	U9B	U9G	U10s	U11s	U12G	U12B	U13G+	U13B+
8:00		Games	DIS3	HJ3/4	DIS2 (7.45)		TurboJ	DIS1	HJ1	LJ2	Shot1/2	Jav
8:30		LJ3	TurboJ	DIS3	HJ3	HJ4	LJ4	DIS1	HJ1	LJ2	LJ1	Jav
9:00	LJ4	Throws	LJ3	DIS3/TurboJ	Shot3/4	Shot3/4	HJ3/4	<b>LJ1 (O)</b>	Jav	DIS1	<b>LJ1 (O)</b>	LJ2
9:30	Games <sup>P</sup>	HJ5 <sup>P</sup>	Shot3&4	LJ3/4	TurboJ	TurboJ	Shot2	LJ1	Jav	DIS1	HJ2	LJ2
10:00			HJ3 <sup>P</sup>	Shot3/4 <sup>P</sup>	LJ3 <sup>P</sup>	LJ4 <sup>P</sup>	DIS2 <sup>P</sup>	HJ1	LJ1	Jav	HJ2	DIS1

### Track Series 1

Time	Tots	U6s	U7s	U8s	U9s	U10s	U11s	U12B	U12G	U13G+	U13B+
7:30			Walks	Walks	Walks	Walks	Walks	Walks	Walks	Walks/3000M	
8:00				P700	800m	800m	800m	800m	800m	800m	
9:00				9-9:15 Hurdles	9-9:15 Hurdles	9:15-9:30 Hurdles	9:15-9:30 Hurdles	9:30-9:45 Hurdles	9:30-9:45 Hurdles	9:30-9:45 Hurdles	
9:00 Back Straight	9-9:15 50M	9-9:15 50M	9:15-9:30 70M	9:15-9:30 70M	9:30-9:45 70M	9:30-9:45 70M					
9:45			9:45-10:00 200M	9:45-10:00 200M	10:00-10:15 200M	10:00-10:15 200M	10:15-10:30 200M	10:15-10:30 200M	10:30-10:45 200M		