

Field Series 1 (note track events take priority) - 14 Nov 23

(note small ^P means pack up)

Time	Tots	U6	U7	U8	U9B	U9G	U10B	U10G	U11	U12B	U12G	U13G	U14G+	U13B+
8:00	LJ4	Games	DIS3	HJ3/4	Shot3/4	Shot3/4	TurboJ (7.45)	TurboJ (7.45)	LJ2	DIS2	DIS1	Shot1	Jav (7.45)	HJ2 (7.45)
8:30	Games ^P	LJ3	Shot3	TurboJ	LJ3	LJ4	DIS2	Shot4	Jav	LJ1	LJ2	HJ1	DIS1	Shot1/2
9:00		Throws	LJ3	DIS3	HJ4	HJ3	Shot4	LJ4	HJ2	Jav	Jav	DIS1	Shot1/2	LJ1/2
9:30		HJ5 ^P	TurboJ 2	LJ3/4	DIS3 ^P	DIS2	HJ4	HJ3	DIS1	Shot1	Shot2	LJ2 ^P	HJ2	Jav
10:00			HJ3/4 ^P	Shot3 ^P	TurboJ ^P	TurboJ ^P	LJ3 ^P	DIS2 ^P	Shot1/2 ^P	HJ1 ^P	HJ2 ^P	Jav ^P	LJ1 ^P	DIS1 ^P

Track Series 1

Time	Tots	U6	U7	U8	U9B	U9G	U10s	U10s	U11	U12B	U12G	U13G	U14G+	U13B+
7:45			Walks	Walks	Walks	Walks	Walks	Walks	Walks	Walks	Walks	Walks	Walks/3k	Walks/3k
8:00				P700	800m	800m	800m	800m	800m	800m	800m	800m	800m	800m
9:00				9-9:15 Hurdles	9-9:15 Hurdles	9-9:15 Hurdles	9:15-9:30 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	9:30-9:45 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	9:30-9:45 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	10:00-10:15 200M	10:00-10:15 200M	10:15-10:30 200M	10:15-10:30 200M	10:15-10:30 200M	10:15-10:30 200M	10:30-10:45 200M	10:30-10:45 200M

Field Series 2 (note track events take priority)

Time	Tots	U6	U7	U8	U9B	U9G	U10B	U10G	U11	U12B	U12G	U13G	U14G+	U13B+
8:00	Games	HJ5	HJ3/4	Shot3	TurboJ	TurboJ	LJ3	LJ4	Shot1	Jav (7.45)	Jav (7.45)	HJ1 (7.45)	HJ2 (7.45)	DIS1 (7.45)
8:30	LJ3	Throws	TurboJ 2	LJ4	DIS2	DIS3	HJ4	HJ3	HJ2	TJ1	TJ2	Shot1	DIS1	Jav
9:00		LJ3	LJ4	DIS3	HJ4	HJ3	DIS2	Shot4	DIS1	HJ1 ^P	HJ2	Jav	Shot 1/2	TJ1/2
9:30		Games ^P	Shot3	TurboJ	LJ3 ^P	LJ4 ^P	Shot4	TurboJ	TJ1 ^P	DIS1	DIS2	TJ2	Jav	Shot1/2
10:00			DIS3 ^P	HJ3/4 ^P	Shot3/4 ^P	Shot3/4 ^P	TurboJ ^P	DIS2 ^P	Jav ^P	Shot1 ^P	Shot2 ^P	DIS1 ^P	TJ2 ^P	HJ2 ^P

Track Series 2

Time	Tots	U6	U7	U8	U9B	U9G	U10s	U10s	U11	U12B	U12G	U13G	U14G+	U13B+
7:45			Walks	Walks	Walks	Walks	Walks	Walks	Walks	Walks	Walks	Walks	Walks	Walks
8:00		P300	P500	P700M	800M	800M	800M	800M	1500M	1500M	1500M	1500M	1500M	1500M
8:00												200H	2/300 H	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	9:30-9:45 100M	9:30-9:45 100M	09:45-10:00 100M	09:45-10:00 100M	09:45-10:00 100M	09:45-10:00 100M	10:00 100M	10:00 100M
10:00				10:15-10:30 400M	10:15-10:30 400M	10:15-10:30 400M	10:30-10:45 400M	10:30-10:45 400M	10:30-10:45 400M	10:45-11 400M	10:45-11 400M	10:45-11 400M	10:45-11 400M	10:45-11 400M