

### Club Champs Week 1 (note track events take priority) - 29 Oct 23

| Time  | Tots               | U6     | U7                | U8                 | U9B                  | U9G                  | U10B                | U10G              | Time | U11 | U12B | U12G    | U13G  | U14G+ | U13B+ |
|-------|--------------------|--------|-------------------|--------------------|----------------------|----------------------|---------------------|-------------------|------|-----|------|---------|-------|-------|-------|
| 8:00  | Games <sup>P</sup> | HJ5    | HJ3/4             | Shot3              | TurboJ               | TurboJ               | LJ3                 | LJ4               | 8:00 | HJ1 | LJ2  | TJ1     | DIS1  | Shot1 | Jav   |
| 8:30  | LJ3                | Throws | TurboJ 2          | LJ4                | DIS2                 | DIS3                 | HJ4                 | HJ3               | 8:45 | Jav | HJ2  | DIS1    | Shot1 | TJ1   | LJ2   |
| 9:00  |                    | LJ3    | LJ4               | DIS3               | HJ4                  | HJ3                  | DIS2                | Shot4             | 9:30 | Jav | HJ2  | DIS1    | Shot1 | TJ1   | LJ2   |
| 9:30  | Games <sup>P</sup> | Shot3  | TurboJ            | LJ3                | LJ4                  | Shot4                | TurboJ              |                   | 9:30 | LJ2 | Jav  | Shot1/2 | TJ1   | DIS1  | HJ2   |
| 10:00 |                    |        | DIS3 <sup>P</sup> | HJ3/4 <sup>P</sup> | Shot3/4 <sup>P</sup> | Shot3/4 <sup>P</sup> | TurboJ <sup>P</sup> | DIS2 <sup>P</sup> |      | LJ2 | Jav  | Shot1/2 | TJ1   | DIS1  | HJ2   |

### Track Series 2

| Time  | Tots   | U6     | U7        | U8          | U9B         | U9G         | U10s        | U10s        | Time  | U11         | U12B        | U12G        | U13G        | U14G+    | U13B+    |
|-------|--------|--------|-----------|-------------|-------------|-------------|-------------|-------------|-------|-------------|-------------|-------------|-------------|----------|----------|
| 7:45  |        |        | Walks     | Walks       | Walks       | Walks       | Walks       | Walks       | 7:45  | Walks       | Walks       | Walks       | Walks       | Walks    | Walks    |
| 8:00  |        | P300   | P500      | P700M       | 800M        | 800M        | 800M        | 800M        | 8:00  | 1500M       | 1500M       | 1500M       | 1500M       | 1500M    | 1500M    |
| 8:00  |        |        |           |             |             |             |             |             | 8:00  |             |             |             | 200H        | 2/300 H  | 2/300 H  |
| 9:00  | 9-9:15 | 9-9:15 | 9:15-9:30 | 9:15-9:30   | 9:30-9:45   | 9:30-9:45   | 9:30-9:45   | 9:30-9:45   | 9:00  | 09:45-10:00 | 09:45-10:00 | 09:45-10:00 | 09:45-10:00 | 10:00    | 10:00    |
|       | 50M    | 50M    | 100M      | 100M        | 100M        | 100M        | 100M        | 100M        |       | 100M        | 100M        | 100M        | 100M        | 100M     | 100M     |
| 10:00 |        |        |           | 10:15-10:30 | 10:15-10:30 | 10:15-10:30 | 10:30-10:45 | 10:30-10:45 | 10:00 | 10:30-10:45 | 10:45-11    | 10:45-11    | 10:45-11    | 10:45-11 | 10:45-11 |
|       |        |        |           | 400M        | 400M        | 400M        | 400M        | 400M        |       | 400M        | 400M        | 400M        | 400M        | 400M     | 400M     |

### Club Champs Week 2 (note track events take priority) - 4 Nov 23

| Time  | Tots               | U6               | U7                 | U8                 | U9B                 | U9G                 | U10B             | U10G              | Time | U11     | U12B  | U12G | U13G | U14G+ | U13B+ |
|-------|--------------------|------------------|--------------------|--------------------|---------------------|---------------------|------------------|-------------------|------|---------|-------|------|------|-------|-------|
| 8:00  | LJ4                | Games            | DIS3               | HJ3/4              | Shot3/4             | Shot3/4             | TurboJ (7.45)    | TurboJ (7.45)     | 8:00 | TJ1     | Shot1 | Jav  | HJ1  | LJ2   | DIS1  |
| 8:30  | Games <sup>P</sup> | LJ3              | Shot3              | TurboJ             | LJ3                 | LJ4                 | DIS2             | Shot4             | 8:45 | DIS1    | TJ1   | LJ2  | Jav  | HJ2   | Shot1 |
| 9:00  |                    | Throws           | LJ3                | DIS3               | HJ4                 | HJ3                 | Shot4            | LJ4               | 9:30 | DIS1    | TJ1   | LJ2  | Jav  | HJ2   | Shot1 |
| 9:30  |                    | HJ5 <sup>P</sup> | TurboJ 2           | LJ3/4              | DIS3                | DIS2                | HJ4              | HJ3               | 9:30 | Shot1/2 | DIS1  | HJ2  | LJ2  | Jav   | TJ1   |
| 10:00 |                    |                  | HJ3/4 <sup>P</sup> | Shot3 <sup>P</sup> | TurboJ <sup>P</sup> | TurboJ <sup>P</sup> | LJ3 <sup>P</sup> | DIS2 <sup>P</sup> |      | Shot1/2 | DIS1  | HJ2  | LJ2  | Jav   | TJ1   |

### Track Series 1

| Time          | Tots   | U6     | U7         | U8         | U9B         | U9G         | U10s        | U10s        | Time          | U11         | U12B        | U12G        | U13G        | U14G+       | U13B+       |
|---------------|--------|--------|------------|------------|-------------|-------------|-------------|-------------|---------------|-------------|-------------|-------------|-------------|-------------|-------------|
| 7:45          |        |        | Walks      | Walks      | Walks       | Walks       | Walks       | Walks       | 7:45          | Walks       | Walks       | Walks       | Walks       | Walks/3k    | Walks/3k    |
| 8:00          |        |        |            | P700       | 800m        | 800m        | 800m        | 800m        | 8:00          | 800m        | 800m        | 800m        | 800m        | 800m        | 800m        |
| 9:00          |        |        |            | 9-9:15     | 9-9:15      | 9-9:15      | 9:15-9:30   | 9:15-9:30   | 9:00          | 9:15-9:30   | 9:30-9:45   | 9:30-9:45   | 9:30-9:45   | 9:30-9:45   | 9:30-9:45   |
|               |        |        |            | Hurdles    | Hurdles     | Hurdles     | Hurdles     | Hurdles     |               | Hurdles     | Hurdles     | Hurdles     | Hurdles     | Hurdles     | Hurdles     |
| 9:00          | 9-9:15 | 9-9:15 | 9:15-9:30  | 9:15-9:30  | 9:30-9:45   | 9:30-9:45   | 9:30-9:45   | 9:30-9:45   | 9:00          |             |             |             |             |             |             |
| Back Straight | 50M    | 50M    | 70M        | 70M        | 70M         | 70M         | 70M         | 70M         | Back Straight |             |             |             |             |             |             |
| 9:45          |        |        | 9:45-10:00 | 9:45-10:00 | 10:00-10:15 | 10:00-10:15 | 10:00-10:15 | 10:00-10:15 | 9:45          | 10:15-10:30 | 10:15-10:30 | 10:15-10:30 | 10:15-10:30 | 10:30-10:45 | 10:30-10:45 |
|               |        |        | 200M       | 200M       | 200M        | 200M        | 200M        | 200M        |               | 200M        | 200M        | 200M        | 200M        | 200M        | 200M        |