

Club Champs Week 1 (note track events take priority)

Time	Tots	6	7	8	9B	9G	10B	10G	Time	11B	12B	12G	11G	13G+	13B+
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 ^P	LJ3	Shot3	TurboJ	LJ3	LJ4	DIS2	Shot4	8:45	DIS1	TJ1	LJ2	Jav	HJ2	Shot1
9:00		Throws	LJ3	DIS3	HJ4	HJ3	Shot4	LJ4		DIS1	TJ1	LJ2	Jav	HJ2	Shot1
9:30		HJ5 ^P	TurboJ 2	LJ3/4	DIS3	DIS2	HJ4	HJ3	9:30	Shot1/2	DIS1	HJ2	LJ2	Jav	TJ1
10:00			HJ3/4 ^P	Shot3 ^P	TurboJ ^P	TurboJ ^P	LJ3 ^P	DIS2 ^P		Shot1/2	DIS1	HJ2	LJ2	Jav	TJ1

Track Series 1

Time	Tots	6	7	8	9B	9G	10s	10s	Time	11B	12B	12G	11G	13G+	13B+
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 Hurdles	9-9:15 Hurdles	9-9:15 Hurdles	9:15-9:30 Hurdles	9:15-9:30 Hurdles	9:00	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	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	9:00						
Back Straight			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	Back Straight						
9:45									9:45	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

Club Champs Week 2 (note track events take priority)

Time	Tots	6	7	8	9B	9G	10B	10G	Time	11B	12B	12G	11G	13G+	13B+
8:00	Games ^P	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		Jav	HJ2	DIS1	Shot1	TJ1	LJ2
9:30		Games ^P	Shot3	TurboJ	LJ3	LJ4	Shot4	TurboJ	9:30	LJ2	Jav	Shot1/2	TJ1	DIS1	HJ2
10:00			DIS3 ^P	HJ3/4 ^P	Shot3/4 ^P	Shot3/4 ^P	TurboJ ^P	DIS2 ^P		LJ2	Jav	Shot1/2	TJ1	DIS1	HJ2

Track Series 2

Time	Tots	6	7	8	9B	9G	10s	10s	Time	11B	12B	12G	11G	13G+	13B+
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 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	9:00	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	10:00	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