

Group	4:15 - 4:45pm		4:45 - 5:15pm		5:15pm - 5:45m		5:45 - 6:15pm		6:15 - 6:45pm	
	Event	Details	Event	Details	Event	Details	Event	Details	Event	Details
TTB/G	Games	Cricket	Shot Put	SP C	70m	Back Straight	Long Jump	LJ C / D		
U6B	Long Jump	LJ C	Mini Hurdles	Back Straight	70m	Back Straight	300m	Distance (FS)	Vortex	Vortex A
U6G	Long Jump	LJ D	Mini Hurdles	Back Straight	70m	Back Straight	300m	Distance (FS)	Vortex	Vortex A
U7B1	500m	Distance (BS)	Mini Hurdles	Back Straight	Vortex	Vortex A	70m	Back Straight	Discus	Disc B
U7G1	500m	Distance (BS)	Mini Hurdles	Back Straight	Shot Put	SP A	70m	Back Straight	Games	Cricket
U7G2	500m	Distance (BS)	Mini Hurdles	Back Straight	Shot Put	SP C	70m	Back Straight	Games	Cricket
U8B1	70m	Back Straight	Long Jump	LJ C	700m	Distance (FS)	Vortex	Vortex A	Discus	Disc A
U8B2	70m	Back Straight	Long Jump	LJ D	700m	Distance (FS)	Vortex	Vortex A	Discus	Disc B (or A)
U8G1	Vortex	Vortex A	High Jump	HJ B	700m	Distance (FS)	70m	Back Straight	Shot Put	SP C
U8G2	Vortex	Vortex A	High Jump	HJ C	700m	Distance (FS)	70m	Back Straight	Shot Put	SP C
U9B1	70m	Back Straight	Discus	Disc A	Long Jump	LJ C	100m	Front Straight	800m	Distance (BS)
U9B2	70m	Back Straight	Discus	Disc B	Long Jump	LJ D	100m	Front Straight	800m	Distance (BS)
U9G1	70m	Back Straight	Long Jump	LJ A	Discus	Disc A	100m	Front Straight	800m	Distance (BS)
U9G2	70m	Back Straight	Long Jump	LJ B	Discus	Disc B	100m	Front Straight	800m	Distance (BS)
U10B1	Shot Put	SP A	100m	Front Straight	70m	Back Straight	800m	Distance (BS)	High Jump	HJ B
U10B2	Shot Put	SP B	100m	Front Straight	70m	Back Straight	800m	Distance (BS)	High Jump	HJ C
U10G1	High Jump	HJ B	100m	Front Straight	70m	Back Straight	800m	Distance (BS)	Shot Put	SP A
U10G2	High Jump	HJ C	100m	Front Straight	70m	Back Straight	800m	Distance (BS)	Shot Put	SP B
U11B1	Javelin	Jav A	1500m	Distance (FS)	100m	Front Straight	400m	Front Straight	Long Jump	LJ A
U11B2	Javelin	Jav A	1500m	Distance (FS)	100m	Front Straight	400m	Front Straight	Long Jump	LJ B
U11G1	Discus	Disc A	1500m	Distance (FS)	100m	Front Straight	Long Jump	LJ B	400m	Front Straight
U11G2	Discus	Disc B	1500m	Distance (FS)	Long Jump	LJ B	100m	Front Straight	400m	Front Straight
U12B	Triple Jump	LJ A	100m	Front Straight	1500m	Distance (FS)	Shot Put	SP B	400m	Front Straight
U12G	Triple Jump	LJ B	100m	Front Straight	1500m	Distance (FS)	Shot Put	SP A	400m	Front Straight
U13G	200 Hurd	Front Straight	High Jump	HJ A	Javelin	Jav A	100m	Front Straight	1500m	Distance (FS)
U14+ G	200/300 Hurd	Front Straight	Javelin	Jav A	100m	Front Straight	High Jump	HJ A	1500m	Distance (FS)
U13B	200 Hurd	Front Straight	100m	Front Straight	Triple Jump	LJ A	Discus	Disc A	1500m	Distance (FS)
U14+ B	200/300 Hurd	Front Straight	Shot Put	SPB	100m	Front Straight	Triple Jump	LJ A	1500m	Distance (FS)

- NOTES
1. Front Straight and Back Straight races run in lanes 3-8.
 2. Distance events run in lanes 1-2, the brackets indicate the Finish line. 300m, 500m, 700m, 1500m all start at the 1500m start line. 800m will start and finish at the back straight.
 3. Please keep to the times above.
 4. When waiting for an event, please do not crowd the group ahead. Choose a safe place at a distance from other groups.
 5. Yellow highlight = group responsible for bringing back equipment to sheds.

TELL THE ATHLETES:

Next meet: Friday, 10th February 3pm

GOOD LUCK TO ALL THE ATHLETES COMPETING AT THE REGIONAL CHAMPIONSHIPS

Field Run Sheet - Program 1a

Rotation	Long Jump A	Long Jump B	Long Jump C	Long Jump D
1	U12G (Triple)	U12B (Triple)	U6B	U6G
2	U9G1	U9G2	U8B1	U8B2
3	U13B (Triple)	U11G1	U9B1	U9B2
4	U14+ B (Triple)	U11G2	TT	
5	U11B1	U11B2		

	High Jump A	High Jump B	High Jump C	
1		U10G1	U10G2	
2	U13G	U8G1	U8G2	
3				
4	U14+ G			
5		U10B1	U10B2	

	Shot Put A	Shot Put B	Shot Put C	
1	U10B1	U10B2		
2		U14+ B	TT	
3	U7G1		U7G2	
4	U12G	U12B		
5	U10G1	U10G2	U8G1&2	

	Discus A	Discus B		
1	U11G1	U11G2		
2	U9B1	U9B2		
3	U9G2	U9G1		
4	U13B		* U7 boys start as early as possible	
5	U8B1	U7B, followed by U8B2		U8B2 either go to Dis

	Vortex	Javelin		
1	U8G1&2	U11B		
2	cont U8G	cont U11B	* groups can stay for up to 40mins	
3	U7B	U14+ G		
4	U8B1&2	U13G		
5	U6B&G			

Track Run Sheet - Program 1a

Event	Front Straight (Lanes 3-8)	Back Straight (Lanes 3-8)	Distance (pack start, then lanes 1-2)	
			FS Finish	BS Finish
1	300m H U15B/G 200m H U14G 200m H U14B <i>Lower Hurdles</i> 200m H U13B 200m H U13G	<i>WAIT to clear 300m Hurd</i> 70m U8B 1 &2 70m U9B 1 &2 70m UGB 1 &2	3/5/7/1500 - target 20-30 athletes per race	500m U7G&B (start 1500m)
2	100m U12G 100m U12B 100m U13B 100m U10B 1&2 100m U10G 1&2	<i>set up mini Hurd</i> 60m H U7G 60m H U7B 60m H U6G 60m H U6B <i>pack mini Hurd</i>	1500m U11G1&2 1500m U11B1&2	
3	100m U11G1 100m U11B 1&2 100m U14+ G 100m U14+ B	70m TT 70m U6G 70m U6B 70m U10G1&2 70m U10B1&2	700m U8G&B 1500m U12G&B	
4	100m U9G 1&2 100m U9B 1&2 100m U11G2 100m U13G 400m U11B1&2	70m U7G1&2 70m U7B 70m U8G1&2 <i>track clear for 400/800</i>	300m U6 G&B	<i>Marshall off track</i> <i>400m running on FS lane 3-8</i> <i>Target 20 athletes per race</i> 800m U10G1&2 800m U10B1&2
5	<i>careful 800m/1500m starting on BS</i> 400m U11G1&2 400m U12G 400m U12B		<i>Marshall off track</i> <i>careful 800m starting on BS</i> <i>400m running on FS lane 3-8</i> 1500m U13G 1500m U13B 1500m U14G/15+BG	<i>Marshall off track</i> <i>careful 1500m starting on BS</i> <i>400m running on FS lane 3-8</i> 800m U9G1&2 800m U9B1&2