	3:30-4:00		4:00-4:30		4:30-5:00		5:00-5:30		5:30-6:00	
Group	**Event**	**Details**	**Event**	**Details**	**Event**	**Details**	**Event**	**Details**	**Event**	**Details**
TTB/G	50m	Back Straight	Games	Cricket	Long Jump	LJ D	Vortex	Vortex A		
U6B	Shot Put	SP B	Long Jump	LJ C	200m	Back Straight	100m	Front Straight	Games	Cricket
U6G	Shot Put	SP C	Long Jump	LJ D	200m	Back Straight	100m	Front Straight	Games	Cricket
U7B1	Long Jump	LJ C	200m	Back Straight	Vortex	Vortex A	100m	Front Straight	Discus	Disc B
U7G1	Vortex	Vortex A	200m	Back Straight	Long Jump	LJ C	Discus	Disc B	100m	Front Straight
U7G2	Long Jump	LJ D	Discus	Disc B	200m	Back Straight	100m	Front Straight	Vortex	Vortex A
U8B1	60 Hurdles	Front Straight	Shot Put	SP A	200m	Back Straight	High Jump	HJ B	100m	Front Straight
U8B2	60 Hurdles	Front Straight	Shot Put	SP A	200m	Back Straight	High Jump	HJ C	100m	Front Straight
U8G1	60 Hurdles	Front Straight	Vortex	Vortex A	200m	Back Straight	100m	Front Straight	Long Jump	LJ C
U8G2	60 Hurdles	Front Straight	Vortex	Jav A	200m	Back Straight	100m	Front Straight	Long Jump	LJ D
U9B1	60 Hurdles	Front Straight	High Jump	HJ B	Shot Put	SP A	100m	Front Straight	400m	Distance (BS)
U9B2	60 Hurdles	Front Straight	High Jump	HJ C	Shot Put	SP A	100m	Front Straight	400m	Distance (BS)
U9G1	60 Hurdles	Front Straight	Shot Put	SP B	High Jump	HJ B	100m	Front Straight	400m	Distance (BS)
U9G2	60 Hurdles	Front Straight	Shot Put	SP C	High Jump	HJ C	100m	Front Straight	400m	Distance (BS)
U10B1	Discus	Disc B	60 Hurdles	Front Straight	Long Jump	LJ A	100m	Front Straight	400m	Front Straight
U10B2	Discus	Disc B	60 Hurdles	Front Straight	Long Jump	LJ B	100m	Front Straight	400m	Front Straight
U10G1	Long Jump	LJ A	60 Hurdles	Front Straight	Discus	Disc B	100m	Front Straight	400m	Front Straight
U10G2	Long Jump	LJ B	60 Hurdles	Front Straight	Discus	Disc A	100m	Front Straight	400m	Front Straight
U11B1	200m	Back Straight	High Jump	HJ A	80m hurdles	Front Straight	800m	Distance (BS)	Shot Put	SP A
U11B2	Shot Put	SP A	200m	Back Straight	80m hurdles	Front Straight	800m	Distance (BS)	High Jump	HJ A
U11G1	200m	Back Straight	80m hurdles	Front Straight	Shot Put	SP B	Triple Jump	LJ A	800m	Distance (BS)
U11G2	200m	Back Straight	80m hurdles	Front Straight	Shot Put	SP C	Triple Jump	LJ B	800m	Distance (BS)
U12B	High Jump	HJ A	200m	Back Straight	80m hurdles	Front Straight	Javelin	Jav A	800m	Distance (BS)
U12G	Javelin	Jav A	200m	Back Straight	80m hurdles	Front Straight	High Jump	HJ A	800m	Distance (BS)
U13B	200m	Back Straight	Discus	Disc A	80m/90m hurdles	Front Straight	800m	Distance (BS)	Long Jump	LJ A
U13G	200m	Back Straight	Long Jump	LJ A	80m/90m hurdles	Front Straight	800m	Distance (BS)	Discus	Disc A
U14+B	200m	Back Straight	Long Jump	LJ B	90m/100m hurdle	Front Straight	Discus	Disc A	800m	Distance (BS)
U14+G	Discus	Disc A	200m	Back Straight	100m/110m hurd	Front Straight	800m	Distance (BS)	Long Jump	LJ B

NOTES

1. Front Straight and Back Straight events 1 - 3 races run in lanes 1-8.
2. Front Straight event 4-5 races run in lanes 3-8.
3. Distance events run in lanes 1-2, the brackets indicate the Finish line. 800m will start and finish at the back straight.
3. Please keep to the times above. This week, TWO measured jumps/throws are recommended.
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, 16th September 6pm

Field Run Sheet - Program 2

Rotation	Long Jump A	Long Jump B	Long Jump C	Long Jump D
1	U10G1	U10G2	U7B	U7G1
2	U13G	U14+B	U6B	U6G
3	U10B1	U10B2	U7G1	Tiny tots
4	U11G1	U11G2		
5	U13B	U14+G	U8G1	U8G2

	High Jump A	High Jump B	High Jump C	
1	U12B			
2	U11B1	U9B1	U9B2	
3		U9G1	U9G2	
4	U12G	U8B1	U8B2	
5	U11B2			

	Shot Put A	Shot Put B	Shot Put C	
1	U11B2	U6B	U6G	
2	U8B	U9G1	U9G2	
3	U9B	U11G1	U11G2	
4				
5	U11B1			

	Discus A	Discus B		
1	U14+G	U10B		
2	U13B	U7G2		
3	U10G2	U10G1		
4	U14+B	U7G1		
5	U13G	U7B		

	Vortex	Javelin		
1	U7G1	U12G		
2	U8G1	U8G2		
3	U7B			
4	Tiny tots	U12B		
5	U7G2			

Track Run Sheet - Program 2

Event	Front Straight	hurdle height	flights	Back Straight (all lanes)	BS Finish - pack start
1	*Use all 8 lanes*			*Use all 8 lanes*	
	U9B 60m hurdles	45cm	6	TT 50m	
	U9G 60m hurdles	45cm	6	U11G 200m	
	U8B 60m hurdles	45cm	6	U11B1 200m	
	U8G 60m hurdles	45cm	6	U13G 200m	
				U13B 200m	
				U14+B 200m	
2	*Raise hurdles*			U7G1 200m	
	U10G 60m hurdles	60cm	6	U7B 200m	
	U10B 60m hurdles	60cm	6	U11B2 200m	
	add hurdle flight			U12G 200m	
	U11G 80m hurdles	60cm	9	U12B 200m	
				U14+G 200m	
3	U11B 80m hurdles	60cm	9	U6B 200m	
	Raise hurdles			U6G 200m	
	U12G 80m hurdles	68cm	9	U7G2 200m	
	U12B 80m hurdles	68cm	9	U8G 200m	
	Raise hurdles			U8B 200m	
	U13/14G 80m hurdles	76cm	9		
	U14B 90m hurdles	76cm	9		
	U15/16G 90m hurdles	76cm	9		
	U15/16B 100m hurdles	76cm	10		
	U17G 100m hurdles	76cm	10		
	U17B 110m hurdles	76cm	10		
4	*Only use lanes 3 - 8*				*Marshall off track*
	U6B 100m				*Target 20 athletes per race*
	U6G 100m				*Pack start ok early in season when numbers are high*
	U7G2 100m				*(need to progress to laned start from mid Nov to practice for regionals)*
	U8G 100m				
	U9G 100m				U11B 800m
	U9B 100m				U13G 800m
	U10G 100m				U13B 800m
	U10B 100m				U14+G 800m
5	U7G1 100m				U9G 400m
	U8B 100m				U9B 400m
	400s could be pack start but 800s might conflict so better in lanes if there is time.				U11G 800m
	U10G 400m				U12G 800m
	U10B 400m				U12B 800m
					U14+B 800m