

SCHEDULE

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Session 1 Thursday Running

8:00 am 3000 (11-12)
 4 x 100 (8 &U/9-10/ 11-12)
 800 (8&U/9-10/11-12)
 200 (P) (8&U/9-10/11-12)
 4x800 (11-12)
 200 (F) (8&u/9-10/11-12)

Session 1 Thursday Field

9:00 am Long Jump (Girls 8&U)
 Shot Put (Girls 8&U)
 Discus (Boys 11-12)
 Javelin (Girls 9-10)
 High Jump (Boys 9-10)

11::00 am Long Jump (Girls 9-10)
 Shot Put (Girls 9-10)
 Javelin (Girls 11-12)
 High Jump (Boys 11-12)
 Hammer Throw (Boys 15-16)

1:00 pm Long Jump (Girls 11-12)
 Shot Put (Girls 11-12)
 Javelin (Girls 8&U)
 Hammer Throw (Boys 17-18)

Session 2 Friday Running

8:00 am 100 (P) (8&U/9-10/11-12)
 100 (F) (8&U/9-10/11-12)
 80H (P) (11-12)
 80H (F) (11-12)
 400 (8&U/9-10/11-12)
 1500 (8&U/9-10/11-12)
 4x400 (8&U/9-10/11-12)

Session 2 Friday Field

9:00 am Long Jump (Boys 8&U)
 Shot Put (Boys 8&U)
 Discus (Girls 11-12)
 Javelin (Boys 9-10)
 High Jump (Girls 9-10)

11:00 am Long Jump Boys 9-10))
 Shot Put (Boys 9-10)
 Javelin (Boys 11-12)
 High Jump (Girls 11-12)
 Hammer Throw (Girls 15-16)

1:00 pm Long Jump (Boys 11-12)
 Shot Put (Shot 11-12)
 Javelin (Boys 8&U)
 Hammer Throw (Girls 17-18)

Session 3
Saturday Running
7:30 am

1500/3000 Race Walk
3000M (13-14/15-16/17-18)
200H (13-14)
400H Girls 15-16/17-18)
400H (Boys 15-16/17-18)
4x100 (13-14/15-16/17-18)
800 (13-14/15-16/17-18)
200 (P) (13-14/15-16/17-18)
4x800 (13-14/15-16/17-18)
200 (F) (13-14/15-16/17-18)

Session 3
Saturday Field
9:00 am

Long Jump (Girls 13-14)
Triple Jump (Boys 13-14)
Shot Put (Girls 13-14)
Discus (Boys 13-14)
High Jump (Boys 13-14)
Pole Vault (Girls 13-14)
Javelin (Girls 15-16)

11:00 am

Long Jump (Girls 15-16)
Triple Jump (Boys 15-16)
Shot Put (Girls 15-16)
Discus (Boys 15-16)
High Jump (Boys 15-16)
Pole Vault (Girls 15-16)
Javelin (Girls 17-18)

1:00 pm

Long Jump (Girls 17-18)
Triple Jump (Boys 17-18)
Shot Put (Girls 17-18)
Discus (Boys 17-18)
High Jump (Boys 17-18)
Pole Vault (Girls 17-18)
Javelin (Girls 13-14)

Session 4
Sunday Running
7:30 am

Steeplechase (15-16/17-18)
100 (P) (13-14/15-16/17-18)
100 (F) (13-14/15-16/17-18)
110H (P) (Boys 15-16/17-18)
100H (P) (Girls 15-16/17-18)
100H (P) (Boys 13-14)
100H (P) (Girls 13-14)
100H (F) (Girls 13-14)
100H (F) (Boys 13-14)
100H (F) (Girls 15-16/17-18)
110H (F) (Boys 15-16/17-18)
400 (13-14/15-16/17-18)
1500 (13-14/15-16/17-18)
4x400 (13-14/15-16/17-18)

Session 4
Sunday Field
9:00 am

Long Jump (Boys 13-14)
Triple Jump (Girls 13-14)
Shot Put (Boys 13-14)
Discus (Girls 13-14)
High Jump (Girls 13-14)
Pole Vault (Boys 13-14)
Javelin (Boys 15-16)

11:00 am

Long Jump (Boys 15-16)
Triple Jump (Girls 15-16)
Shot Put (Boys 15-16)
Discus (Girls 15-16)
High Jump (Girls 15-16)
Pole Vault (Boys 15-16)
Javelin (Boys 17-18)

1:00 pm

Long Jump (Boys 17-18)
Triple Jump (Girls 17-18)
Shot Put (Boys 17-18)
Discus (Girls 17-18)
High Jump (Girls 17-18)
Pole Vault (Boys 17-18)
Javelin (Boys 13-14)