

Multi-event Day: Warm up from 8.30 am; *U8 to long jump at. 8.30 sharp																			
time	100m				Hurdles				LJ	LJ	800m (400m for U8's)				SP	tD	SP	D	On track
8.30									8B*	8G*									
8.45	9G	8B	8G	6B/ G					9B	11B	10B	10G	11G		12B	12G	13+B	13+G	6B 6G 7G 7B
9.05	10G	11B	11G						10B	12G	12B	13+ G	13+B		8B	8G	9B	9G	
9.25	12G	13+B	13G	7B/ G					9G	12B	9B	8G*	8B*		10B	10G	11B	11G	
9.45	9B	10B	12B						10G	11G	12G	9G	11B						
10.00	Set Up Hurdles								13+B	13+G					HJ		Javelin		
10.20					8B	8G	9B	9G							U14+B		U15+G		
10.40					10B	10G	11B	11G							U14+G		U15+B		
11.00	200m	14+G			12B	12G	13+B	13+G											

Note:

- 1) Under 14 and older girls do 200m not 100m
- 2) Under 8 will do 400m not 800m.