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SESSION 1 - 8:30AM					
Age Group	Event 1	Event 2	Event 3	Event 4	
Under 6 Boys	200m	On Track	Long Jump 6	70m	
Under 6 Girls	200m	Long Jump 6	70m	On Track	
Under 7 Girls A	70m	Long Jump 1	Discus JD1	200m	
Under 7 Girls B	70m	Long Jump 2	Discus JD2	200m	
Under 7 Boys A	Discus JD1	50m	Long Jump 3	100m	
Under 7 Boys B	Discus JD2	50m	Long Jump 4	100m	
Under 8 Girls A	Long Jump 3	200m	Turbo Javlin TJ1	70m	
Under 8 Girls B	Long Jump 4	200m	Turbo Javlin TJ2	70m	
Under 8 Girls C	Long Jump 5	200m	Turbo Javlin TJ3	70m	
Under 8 Boys A	70m	Turbo Javlin TJ1	200m	Long Jump 3	
Under 8 Boys B	70m	Turbo Javlin TJ2	200m	Long Jump 4	
Under 8 Boys C	70m	Turbo Javlin TJ3	200m	Long Jump 5	
9:45am - 1500m run (U11-U17)					
SESSION 2 - 10:00am					
Age Group	Event 1	Event 2	Event 3	Event 4	Event 5
Under 9 Girls A	70m	Shot Put JS1	100m	High Jump 1 & 2 (scissors)*	
Under 9 Girls B	70m	Shot Put JS2	100m	High Jump 1 & 2 (scissors)*	
Under 9 Girls C	70m	Shot Put JS3	100m	High Jump 1 & 2 (scissors)*	
Under 9 Boys A	400m	Discus JD1	Long Jump 3	100m	60m Hurdles
Under 9 Boys B	400m	Discus JD2	Long Jump 4	100m	60m Hurdles
Under 9 Boys C	400m	Discus JD3	Long Jump 5	100m	60m Hurdles
Under 10 Girls A	Long Jump 3	800m	Shot Put JS1	60m Hurdles	100m
Under 10 Girls B	Long Jump 4	800m	Shot Put JS2	60m Hurdles	100m
Under 10 Boys A	Long Jump 5	70m	Discus JD1	60m Hurdles	200m
Under 10 Boys B	Long Jump 6	70m	Discus JD2	60m Hurdles	200m
Under 11 Girls A	100m	Javelin	80m Hurdles	200m	Long Jump 1
Under 11 Girls B	100m	Javelin	80m Hurdles	200m	Long Jump 2
Under 11 Boys	Long Jump 2	100m	80m Hurdles	200m	Javelin
Under 12 Girls	Long Jump 1	80m Hurdles	400m	100m	Discus SD2
Under 12 Boys A	400m	Shot Put SS1	Javelin	Long Jump 1	200m
Under 12 Boys B	400m	Shot Put SS2	Javelin	Long Jump 2	200m
Under 13 Girls A	High Jump 3*		400m	Discus SD1	100m
Under 13 Girls B	High Jump 3*		400m	Discus SD2	100m
Under 14-17 Girls	80m Hurdles (14G) 90m Hurdles (15-17G)	800m	Triple Jump 1	200m	Shot Put SS1
Under 13-17 Boys	80m Hurdles (13B) 90m Hurdles (14-17B)	800m	Triple Jump 2	200m	Discus SD1
* PLEASE ALLOW NO MORE THAN 40 MINUTES FOR HIGH JUMP TO BE COMPLETED					