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