

## Week A Program

Indicative Time	6's	7's	8's	9's	10's	11's	12's	13's	Seniors 14's to U20
6:00pm				700m Walk	1100m Walk	1100m Walk	1500m Walk	1500m Walk	1500m Walk
6:20pm	Muster	Muster	Muster	Muster	Muster	Muster	Muster	Muster	Muster
6:30pm	70m	500 PS	Shot Put	Long Jump	Discus	High Jump	100m	200m Hurdles	Javelin
6:45pm	300 PS	Shot Put	70m				Triple Jump	100m	300/400m Hurdles
7:00pm			700 PS	70m	Long Jump	100m	1500m	High Jump	Discus
7:15pm	Discus	70m	100m	400m		1500m	High Jump		Long Jump
7:30pm	100m			Shot Put	70m	Triple Jump		1500m	1500m
7:45pm		100m		100m	400m		Discus	Long Jump	
8:00pm					100m	400m		Discus	100m
8:15pm						Shot Put	400m	400m	400m

## Week B Program

Indicative Time	6's	7's	8's	9's	10's	11's	12's	13's	Seniors 14's to U20
6:20pm	Muster	Muster	Muster	Muster	Muster	Muster	Muster	Muster	Muster
6:30pm	200 PS	Long Jump	60m Hurdles	60m Hurdles	200m	800m	800m	Shot Put	Triple Jump
6:45pm	Long Jump	200m	Discus	High Jump	60m Hurdles	80m Hurdles	80m Hurdles	Javelin	800m
7:00pm		Discus	200m		Shot Put	Long Jump	Javelin	80/90m Hurdles	High Jump
7:15pm	Shot Put		Long Jump	200m			200m		90/100/110m Hurdles
7:30pm	50m	50m		Discus	800m	200m	Long Jump	200m	
7:45pm			400 PS		High Jump	Javelin		Triple Jump	200m
8:00pm				800m			Shot Put	800m	
8:15pm						Discus			Shot Put
Last Event								3000m	3000m