
Order of Events

7:30am — 8am — Packet Pickup

8:15am — Coaches Meeting followed by start of 3000m

Unless otherwise noted, events will be run in ascending order of age groups beginning with Primary.

Field Events – 8:45am

Shot Put

Discus

Long Jump

High Jump

Turbo Javelin

Running Events — 8:30am – (Rolling schedule once field events are partially completed)

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| 3000m | All Divisions (except #10) |
| 80m/100m/110m hurdles | #4 to #9 |
| 1500m | All Divisions (except #10) |
| 55m | All Divisions |
| 100m | All Divisions |
| 200/400m hurdles | #6 to #9 |
| 4x100m | All Divisions (including a Parent/Coaches relay) |
| 400m | All Divisions |
| 800m | All Divisions |
| 200m | All Divisions |
| 4x400m | All Divisions (except Primary) |