

FIELD	9(U10)		10(U12)		11(U12)		12(U14)		13(U14)		14/15(U16)		16/17(U18)		18/19(U20)		Seniors(20+)		Masters(35+)	
SATURDAY	2015		2014		2013		2012		2011		2009/2010		2007/2008		2005/2006		2004-1990		1989-	
	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M
9:00		HJ		HJ	LJ		LJ			JT	TJ	JT	TJ	SP	TJ	SP	TJ	SP	TJ	SP
9:45						HJ		HJ	JT		JT		HT	LJ	HT	LJ	HT	LJ	HT	LJ
10:30	SP		SP		HJ	JT	HJ	JT	PV	LJ	PV	LJ	PV		PV		PV		PV	
11:15			DT		DT	SP	DT	SP	DT	PV	DT	PV		PV		PV		PV		PV
12:00		SP	JT	SP						HJ		HJ	LJ		LJ		LJ		LJ	
12:45	LJ		LJ	DT		DT		DT	SP	DT	SP	DT	JT	HJ	JT	HJ	JT	HJ	JT	HJ
1:30				JT	SP		SP		LJ		LJ			DT		DT		DT		DT
2:15	HJ		HJ		JT		JT			SP		TJ	DT	TJ	DT	TJ	DT	TJ	DT	TJ
3:00						LJ		LJ	HT		HT	SP	HJ	JT	HJ	JT	HJ	JT	HJ	JT
3:45		LJ		LJ					HJ	HT	HJ	HT	SP		SP		SP		SP	
4:15														HT		HT		HT		HT

MASTERS THROWS PENTATHLON

SATURDAY	TRACK					F/M
8:45	5000m					
9:00	1000m	1200m	1500m			9:00 HT
10:00	60mH	80mH	100mH	110mH		SP
11:00	1500m RW					DT
11:15	100m timed finals					JT
12:00	rascals					WT
12:45	800m timed finals					
1:30	60m timed finals					
2:15	200m timed finals					
3:00	600m timed finals					
3:45						
4:15	4x100m relays (fun)					

Track takes precedence! If there are conflicts, athletes should check into both events and attend track first.

Track events run youngest to oldest; alternating female then male.

In field events, all athletes get 3 attempts.

There will be no athlete "add-ins" on event sheets.

Relay teams (for fun!!) must be entered on the relay sheet (awards table) and handed to the timing booth by 1pm.