

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	2016		2015		2014		2013		2012		2010/2011		2008/2009		2006/2007		2005-1991		1990	
	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		JT		SP		SP		SP		SP	
9:45						HJ		HJ	JT		JT		HT	LJ	HT	LJ	HT	LJ	HT	LJ
10:30					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		SP	DT		DT		DT		DT	
3:00	SP		SP			LJ		LJ	HT		HT		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
9:00	1000m	1200m	1500m			9:00 HT
10:00	60mH	80mH				SP
11:00	1500m RW					DT
11:15	100m timed finals					JT
12:15	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 at the awards table by 1pm.