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| ***FIELD***  | ***TRACK*** |
| ***8:50am*** | *Discus* | *U12.5 Boys* | *1500m Final* | *All grades starting with seniors* |
| *Long Jump* | *U16 Girls* |  |  |
| *Javelin* | *U14 Girls* |  |  |
| *High Jump* | *U12.5 Girls* |  |  |
| *Shot* | *U19 Boys* |  |  |
| ***9:20am*** |  |  | *200m Heats* | *All grades starting with juniors* |
| ***9:25am*** | *Discus* | *U19 Girls* |  |  |
| *Long Jump* | *U16 Boys* |  |  |
| *Javelin* | *U14 Boys* |  |  |
| *High Jump* | *U16 Girls* |  |  |
| *Shot* | *U14 Girls* |  |  |
| *Triple Jump* | *U19 Boys* |  |  |
|  |  |  |  |  |
| ***10:10am*** | *Long Jump* | *U19 Boys* |  |  |
| *Ball Throw* | *U12.5 Girls* |  |  |
| *High Jump* | *U19 Girls* |  |  |
| *Shot* | *U14 Boys* |  |  |
| *Triple Jump* | *U12.5 Boys* |  |  |
|  | *Discus* | *U16 Girls* |  |  |
| ***10:20am*** |  |  | *200m Finals* | *All grades starting with seniors* |
| ***10:45am*** |  |  | *800m Final* | *All grades starting with seniors* |
| ***10:50am*** | *Discus* | *U19 Boys* |  |  |
| *Long Jump* | *U19 Girls* |  |  |
| *Javelin* | *U16 Boys* |  |  |
| *High Jump* | *U14 Girls* |  |  |
| *Shot* | *U16 Girls* |  |  |
| *Triple Jump* | *U12.5 Girls and U14 Boys* |  |  |
| ***11:15*** |  |  | *100m Heats* | *All grades starting with seniors* |
| ***11:30am*** | *Discus* | *U14 Girls* |  |  |
| *Long Jump* | *U12.5 Girls* |  |  |
| *Ball Throw* | *U12.5 Boys* |  |  |
| *High Jump* | *U14 Boys* |  |  |
| *Shot* | *U19 Girls* |  |  |
|  | *Triple Jump* | *U16 Boys* |  |  |
| ***LUNCHTIME 12:10 – 12:40*** |
| ***12:40pm*** | *Discus* | *U14 Boys* | *400m*  | *All grades starting with seniors* |
| *Long Jump* | *U14 Girls* |  |  |
| *Javelin* | *U19 Boys* |  |  |
| *High Jump* | *U16 Boys* |  |  |
| *Shot* | *U12.5 Boys* |  |  |
|  | *Triple Jump* | *U19 and 16 Girls* |  |  |
| ***1:00pm*** |  |  | *800m Walk* |  |
| ***1:20pm*** | *Discus* | *U12.5 Girls* |  |  |
| *Long Jump* | *U12.5 Boys*  |  |  |
| *Javelin* | *U16 Girls* |  |  |
| *High Jump* | *U19 Boys* |  |  |
| *Shot* | *U16 Boys* |  |  |
| *Triple Jump* | *U14 Girls* |  |  |
| ***1:50pm*** |  |  | *100m Finals* | *All grades starting with Juniors* |
| ***2:00pm*** | *Discus* | *U16 Boys* |  |  |
| *Long Jump* | *U14 Boys* |  |  |
| *Javelin* | *U19 Girls* |  |  |
| *High Jump* | *U12.5 Boys* |  |  |
| *Shot* | *U12.5 Girls* |  |  |
| ***2:40pm*** |  |  | *4 x 100m Relays* | *Starting with U12.5* |
| ***2:55pm*** |  |  | *Staff student challenge* |  |
| ***3:05pm*** |  |  | *Roll Call* |  |