

TIME	GR. 4 GIRLS	GR. 5 GIRLS	GR. 6 GIRLS	GR. 4 BOYS	GR. 5 BOYS	GR. 6 BOYS
9:00	400 M	LONG JUMP	BALL THROW	HIGH JUMP	TRIPLE JUMP	DISCUS
9:05	HIGH JUMP	400 M				
9:10			400 M			
9:15				400 M		
9:20					400 M	
9:25						400 M
9:30	100 M (H)					
9:40		100 M (H)				TRIPLE JUMP
9:45			LONG JUMP	BALL THROW		
9:50			100 M (H)			
10:00				100 M (H)		
10:05		HIGH JUMP				
10:10					100 M (H)	SHOT PUT
10:15	TRIPLE JUMP					
10:20					HIGH JUMP	100 M (H)
10:25						
10:30	200 M			LONG JUMP		
10:40		200 M	DISCUS			
10:45						
10:50			200 M			
10:55	BALL THROW					
11:00		TRIPLE JUMP		200 M		HIGH JUMP
11:10			HIGH JUMP		200 M	
11:20					LONG JUMP	200 M
11:30		800 M				
11:40		BALL THROW	800 M			
11:50			TRIPLE JUMP		800 M	
12:00						800 M
12:10	100 M (F)					LONG JUMP
12:15		100 M (F)				
12:20			100 M (F)		BALL THROW	
12:25				100 M (F)		
12:30					100 M (F)	
12:35						100 M (F)
12:40			1500 M	TRIPLE JUMP		
12:50	LONG JUMP		SHOT PUT			1500 M
1:00	4X100 RELAY					
1:05						BALL THROW
1:10		4X100 RELAY				
1:20			4X100 RELAY			
1:30				4X100 RELAY		
1:40					4X100 RELAY	
1:50						4X100 RELAY