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| STARTTIMES | YEAR 7/8 BOYS | YEAR 7/8 GIRLS | YEAR 9/10 BOYS | YEAR 9/10 GIRLS | YEAR 11-13 BOYS | YEAR 11-13 GIRLS | OPEN EVENTS |
| 8:40 | **Roll Check + Go to first event** |
| 9:00 | SHOT PUT | GUMBOOT THROW | DISCUS | LONG JUMP | HIGH JUMP | 200M AND 1500M |
| 9:30 | GUMBOOT THROW | DISCUS | **100M HEATS/FINAL\*****\*Straight final if only enough for 1 race** |  |
| 10:00 | 100M HEATS/FINAL\*\*Straight final if only enough for 1 race  | DISCUS  | GUMBOOT THROW | HIGH JUMP | LONG JUMP |  |
| 10:30 | HIGH JUMP | LONG JUMP | JAVELIN AND 400M(Go to track event first) | SHOT PUT AND 400M(Go to track event first) |  |
| 11:00 | 400M | LONG JUMP | HIGH JUMP | DISCUS | GUMBOOT THROW |  |
| 11:30 | **HOMEBASE SPIRAL RELAY** |
| 12:00 | **LUNCH + ICE BLOCKS + BBQ** |
| 12:30 | DISCUS | GUMBOOT THROW | **100M FINAL\* AND SACK RACES****\*Only if required** | Triple Jump |
| 1:00 | \*100M FINAL AND SACK RACES\*Only if required  | HIGH JUMP | LONG JUMP | GUMBOOT THROW | DISCUS |  |
| 1:30 | LONG JUMP | HIGH JUMP | SHOT PUT | JAVELIN | 800M |
| 2:00 | **400M TRACK WALK (All students except those involved in the 4x100m relay)** |
| 2:15 | **4 X 100M RELAYS** |
| 2:30 | **CLEAN UP AND DEPART** |