

START TIMES	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
9:00	Roll Check + Go to first event						
9:15	SHOT PUT		GUMBOOT THROW	DISCUS	LONG JUMP	HIGH JUMP	200M AND 1500M
9:45	GUMBOOT THROW	DISCUS	100M HEATS/FINAL				
10:15	100M HEATS/FINAL		DISCUS	GUMBOOT THROW	HIGH JUMP	LONG JUMP	
10:45	MORNING TEA BREAK COFFEE CART AVAILABLE 9:30-11:30						
11:00	HIGH JUMP	LONG JUMP	400M		SHOT PUT AND 400M		
11:25	400M		LONG JUMP	HIGH JUMP	DISCUS	GUMBOOT THROW	
11:50	FIELD RELAY + HOMEBASE SPIRAL RELAY						
12:15	LUNCH + BBQ						
12:45	DISCUS	GUMBOOT THROW	SACK RACES				Triple Jump 800M
1:15	SACK RACES		HIGH JUMP	LONG JUMP	GUMBOOT THROW	DISCUS	
1:45	LONG JUMP	HIGH JUMP	SHOT PUT				
2:15	400M TRACK WALK (All students except those involved in the 4x100m relay)						
2:20	4 x 25M, 4 x 50M AND 4 X 100M RELAYS						
2:45	CLEAN UP AND DEPART						

START TIMES	YEAR 1-3 YELLOW	YEAR 1-3 RED	YEAR 4-6 GREEN	YEAR 4-6 PURPLE	YEAR 4-6 BLUE
9:00	Roll Check + Walk over to Nga Puna Wai Together				
9:45	LONG JUMP PIT 2	3 LEGGED RACE	SHOT PUT CIRCLE 2	HIGH JUMP PIT 2	DISCUS CIRCLE 2
10:15	3 LEGGED RACE	BEAN BAG TOSS	HIGH JUMP PIT 2	DISCUS CIRCLE 2	LONG JUMP PIT 2
10:45	MORNING TEA BREAK COFFEE CART AVAILABLE 9:30-11:30				
11:00	HIGH JUMP PIT 2	LONG JUMP PIT 2	GUMBOOT THROW		
11:25	BEAN BAG TOSS	HIGH JUMP PIT 2	DISCUS CIRCLE 2	LONG JUMP PIT 2	SHOT PUT CIRCLE 2
11:50	FIELD RELAY + HOMEBASE SPIRAL RELAY				
12:15	LUNCH + BBQ				
12:45			LONG JUMP PIT 2	SHOT PUT CIRCLE 2	HIGH JUMP PIT 2
1:15	40M & 60M	40M & 60M	60M & 80M	60M & 80M	60M & 80M
1:45	GUMBOOT THROW		3 LEGGED RACE		
2:15	400M TRACK WALK (All students except those involved in the 4x100m relay)				
2:20	4 x 25M, 4 x 50M AND 4 X 100M RELAYS				
2:45	CLEAN UP AND DEPART				