

Series 1 Age Managers: Ensure your group warms up - it minimises injuries.

Return field event sheets to the results table. When last on a field event, bring in what gear you can carry

Tots	U6	U7	U8	U9	U10	U11	U12	Seniors
LJ 3	70m			G-DISC 1	SP 1&2	LJ 1&2	400m	HJ 1&2
			100m	B 400m				
Relay	LJ 3	100m		B-DISC 1				
	GEAR			G 400m				
		DIS 2&3	400W					
50m		GEAR			100m	1100W	SP 1&2	
Relay track	100m		HJ 1&2		LJ 1&2			100m
				100m		DISC 1		1500W
Toy hurdles		200m				GEAR	100m	
								200m
				800m				SP 1&2
						100m		GEAR
	50m				400m		LJ 1&2	
	main track		400m				GEAR	
		50m				400m		
		main track		70m	800m			
			70m					800m
					LITTER		1500W	Javelin

<u><a href="#">Straight T checklist</a></u>	<u><a href="#">Circular T checklist</a></u>
U6 70m	U12 400m
U8 100m	U9 400m
U7 100m	U8 400W
U10 100m	U11 1100W
U6 100m	Sen 1500W
Sen 100m	U7 200m
U9 100m	Sen 200m
U12 100m	U9 800m
U11 100m	U10 400m
U6 50m	U8 400m
U7 50m	U11 400m
U9 70m	U10 800m
U8 70m	Sen 800m
	U12 1500W