

Series 3 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
Relay	LJ3	DIS 2&3	70m		1100W	TJ1&2	HJ 1&2	SP 1&2
				70m				
DIS 3					DISC 1			
		70m		400m				
							800m	100m
LJ3	100m		400m					
50m	Main track			HJ 1&2		100m	SP 1&2	400m
Relay track		100m		GEAR				TJ 1&2
	DIS 2&3				100m			
			100m			800m		
		50m	SP 1&2		400m	DISC 1		
	GEAR	Main track	GEAR			GEAR	400m	
								200m
	50m			200m				
	Main track				70m			
			LJ1&2			400m		
			GEAR				100m	
				100m				3000m
			LITTER					JAV

Straight T checklist	Circular T checklist
U8 70m	U10 1100W
U9 70m	U9 400m
U7 70m	U12 800m
Sen 100m	U8 400m
U6 100m	Sen 400m
U11 100m	U11 800m
U7 100m	U10 400m
U10 100m	U12 400m
U8 100m	Sen 200m
U7 50m	U9 200m
U6 50m	U11 400m
U10 70m	Sen 3k
U12 100m	
U9 100m	