

Series 4 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	<u>Straight T</u> <u>checklist</u>	<u>Circular T</u> <u>checklist</u>
HJ3 to low mats	Toy hurdles: 60H after Xmas	60H SP 3&4	60H 700m	800m 60H	SP 1&2	LJ 1&2	DISC 1	HJ 1&2	U6 60H (?)	U9 800m
LJ3	1 lap				800m				U7 60H	U8 700m
								200m	U8 60H	U6 1 Lap
						200m			U9 60H	U10 800m
	SP 3&4			200m				DISC 1	U10 60H	Sen 200m
50m		LJ3		SP 1 & 2			800m		U11 60H	U11 200m
Relay track			200m		60H		TJ 1		U12 60H	U9 200m
								LJ2	U13 80H	U12 800m
			DISC 2&3		HJ 1&2	60H			G14 80H	U8 200m
RELAY			GEAR		GEAR			800m	B14 90H	Sen 800m
	200m			LJ 1&2		SP 1&2	60H		G15 90H	U6 200m
		200m		GEAR		GEAR		80/90H	B15 100H	U7 200m
					200m					U10 200m
			400W							U8 400W
						1100W		1500W		Sen 1500W
						LITTER	1500W			U11 1100W
										U12 1500W