

Series 5 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	50m	500m			DISC 1	HJ 1&2	SP 1&2	LJ 1&2
			70m	400m				
Toy hurdles	DIS 2&3	70m	400m					
				70m				400m
			SP 1&2				200m	
70m Relay track	70m Main track	LJ 3		DISC 1		1500m	LJ 1&2	
				GEAR	70m			
DIS 2&3	HJ3		HJ 1&2			100m		
GEAR	soft bar	100m	GEAR		400m			SP 1&2
					LJ 1&2			GEAR
					GEAR	400m	100m	
				800m				100m
				100m		200m		
			100m				1500m	
					100m			1500m
							LITTER	JAV

<u>Straight T</u> <u>checklist</u>	<u>Circular T</u> <u>checklist</u>
U6 50m	U7 500m
U8 70m	U9 400m
U7 70m	U8 400m
U9 70m	Sen 400m
U6 70m	U12 200m
U10 70m	U11 1500m
U11 100m	U10 400m
U7 100m	U11 400m
U12 100m	U9 800m
Sen 100m	U11 200m
U9 100m	U12 1500m
U8 100m	Sen 1500m
U10 100m	