

Series 6 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 the gear .

Tots	U6	U7	U8	U9	U10	U11	U12	Seniors	<u>Straight T checklist</u>	<u>Circular T checklist</u>
LJ3	Toy hurdles:		LJ 1&2	SP 1&2	1500m		HJ 1&2	DISC 1	U6 60H (?)	U10 1500m
	60H after	60H				200m			U7 60H	U11 200m
	Xmas								U9 60H	U6 200m
RELAY	200m			60H					U8 60H	U10 200m
		SP3/4			200m	SP 1&2			U10 60H	Sen 800m
SP4									U11 60H	U12 400m
			60H	HJ 1&2			400m		U12 60H	U11 800m
50m	LJ 3							TJ 1&2	U13 80H	U12 200m
Relay track		HJ 3	DISC 1		60H	800m			G14 80H	Sen 200m
		Soft bar	GEAR						B14 90H	U9 200m
	SP 3&4				SP 1&2	60H	200m		G15 90H	U7 200m
					GEAR			200m	B15 100H	U8 200m
				200m		TJ 1 &2	60H			U12 800m
	GEAR	200m				GEAR		80/90H		U8 700m
			200m					100H		U9 700W
							800m	HJ 1&2		U12 1100W
			700m					GEAR		Sen 200H
				700W				200H		
					1100W			LITTER		