

Rot <sup>n</sup> 1	TT	6G	6B	7G	7B	8G	8B	9G	9B	10G	10B	11G	11B	12G	12B	U13G	U13B	U14+G	U14+B
5:45		-----Warm Up-----																	
Event 1	Games	70	70	Vortex	70	LJ5/6	70	HJ Sc1	800	LJ3/4	800	800	800	SP1	D1	LJ1/2	HJ Flop	LJ1/2	JAV
Event 2	Games	Game	Game	70	Ob Crs	70	SP3	T Jav	SP2	800	LJ3/4	D2	SP1	800	LJ1/2	800	800	800	800
Event 3	60	Vortex	SP3	LJ5/6	LJ5/6	HJ Sc2	100	800	LJ3/4	SP2	100	100	100	D1	800	HJ Flop	LJ1/2	JAV	LJ1/2
Event 4		LJ5/6	LJ5/6	Ob Crs	Vortex	100	LJ3/4	LJ3/4	100	HJ Sc1	D2	SP2	LJ1/2	100	SP1	100	100	D1	HJ Flop
Event 5		Game	Game	100	100	SP3	HJ Sc2	100	T Jav	100	HJ Sc1	LJ1/2	D2	TJ1	100	JAV	SP2	100	100
		Optional Event 5:30pm : Walks (u6-u7 100m; u8 300m, u9 700m; u10-u11 1100m; u12-u17 1500m)																	

Rot <sup>n</sup> 2	TT	6G	6B	7G	7B	8G	8B	9G	9B	10G	10B	11G	11B	12G	12B	U13G	U13B	U14+G	U14+B
5:45		-----Warm Up-----																	
Event 1	Games	70	70	LJ5/6	D3	LJ5/6	Vortex	HJ Sc1	400	400	D2	TJ1	HJ Flop	JAV	LJ1/2	D1	400	400	400
Event 2	Games	LJ5/6	LJ5/6	70	70	70	Ob Crs	400	D2	LJ3/4	400	400	400	400	400	400	SP2	TJ1	SP1
Event 3	60	Game	Game	SP3	LJ5/6	D3	70	LJ3/4	HJ Sc1	T Jav	SP2	JAV	D2	LJ3/4	HJ Flop	SP1	TJ1	D1	LJ1/2
Event 4		SP3	Vortex	100	HJ Sc2	100	LJ5/6	D2	100	100	LJ3/4	100	100	100	100	100	100	SP1	100
Event 5		Game	Game	D3	100	Ob Crs	100	100	LJ5/6	HJ Sc1	100	HJ Flop	LJ3/4	SP1	JAV	TJ1	D2	100	D1
		Optional Event 8:00pm : 300m (u6-u8); 1500m (u9-u17)																	

Rot <sup>n</sup> 3	TT	6G	6B	7G	7B	8G	8B	9G	9B	10G	10B	11G	11B	12G	12B	U13G	U13B	U14+G	U14+B
5:45		-----Warm Up-----																	
Event 1	Games	60H (m)	60H (m)	60H (m)	60H (m)	LJ5/6	D3	SP2	200	LJ3/4	T Jav	LJ3/4	200	LJ2	SP1	D2	JAV	HJ Flop	TJ1
Event 2	Games	Game	Vortex	LJ3/4	D3	60H	60H	60H	60H	200	200	200	SP2	200	200	200	200	200	SP1
Event 3	60	Vortex	Game	HJ Sc2	LJ5/6	200	200	200	HJ Sc1	60H	60H	SP2	TJ1	HJ Flop	D2	LJ1/2	D1	LJ1/2	200
Event 4		LJ5/6	LJ5/6	D3	SP3	Vortex	LJ3/4	LJ3/4	70 bk	D2	70 bk	80H	80H	80H	80H	80H	80H	SP1	D1
Event 5		Game	Game	200	200	70 bk	70 bk	70 bk	SP2	70 bk	HJ Sc1	D2	JAV	D2	TJ1	SP1	LJ1/2	80/90/100	90/100/110
		200mH (u13-u14) 300mH (u15-u17)																	

DO NOT CHANGE THE ORDER OF EVENTS WITHOUT APPROVAL OF ARENA MANAGER

2/08/2020

All Specifications for each age group can be found on the LAQ Specification sheet in your folder including :  
throwing implement weights, HJ starting heights, hurdle distance and height, spikes, recording

### RELAY PROGRAMME

Relay	TT	6G	6B	7G	7B	8G	8B	9G	9B	10G	10B	11G	11B	12G	12B	U13G	U13B	U14+G	U14+B
5:45		-----Warm Up-----																	
Event 1	Games	LJ5/6	LJ5/6	Relays Shuttle.				Relays - Circular				LJ3/4	LJ3/4	HJ Flop	D1	LJ1/2	LJ1/2	SP2	SP1
Event 2	Games	Game	Game	Centre of Oval								SP1	D2	JAV	HJ Flop	D2	D1	LJ1/2	LJ1/2
Event 3	Games	Relays	Relays	LJ5/6	D3	HJ Sc1	LJ3/4	LJ3/4	SP2	SP1	LJ1/2	Relays - Circular							
Event 4		Relays	Relays	HJ Sc2	LJ5/6	LJ5/6	SP3	D2	LJ3/4	LJ3/4	SP2								
Event 5		Game	Game	SP3	HJ Sc2	D3	HJ Sc1	All in 800m. Mass start with mixed age groups											

### WET WEATHER PROGRAMME

Relay	TT	6G	6B	7G	7B	8G	8B	9G	9B	10G	10B	11G	11B	12G	12B	U13G	U13B	U14+G	U14+B		
5:45		-----Warm Up-----																			
Event 1	Games	70	70	LJ5/6	T Jav	SP3	LJ5/6	All in 800m. Mass start with mixed age groups												LJ1/2	LJ1/2
Event 2	Games	Game	Game	100	Ob Crs	100	100	LJ5/6	LJ5/6	100	100	SP2	SP1	JAV	JAV	LJ1/2	LJ1/2	800	800		
Event 3	Games	Vortex	Vortex	Ob Crs	100	LJ5/6	SP3	100	100	LJ1/2	LJ1/2	100	100	100	100	100	100	100	100		

Athletes can run in any group for the 800m and 100m - All times *will* count towards PBs and achievement points.