

Rot ⁿ 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	Ob Crs	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	LJ5/6	LJ5/6	70	SP3	T Jav	SP2	800	LJ3/4	D2	SP1	800	LJ1/2	800	800	800	800
Event 3	60	SP3	SP3	Ob Crs	Vortex	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	70	70	100	LJ3/4	LJ3/4	100	HJ Sc1	D2	SP2	LJ1/2	100	SP1	100	100	D1	HJ Flop
Event 5						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 ⁿ 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	400	SP2	TJ1	SP1
Event 3	60	Game	Game	SP3	HJ Sc2	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	100	Ob Crs	LJ5/6	D2	100	100	LJ3/4	100	100	100	100	100	100	SP1	100	
Event 5						100	100	100	100	HJ Sc1	100	HJ Flop	LJ3/4	SP1	JAV	TJ1	D2	100	D1	
		Optional Event Middle Distance: 300m (u6-u8); 700m (u9); 1500m (u10-u17)																		

Rot ⁿ 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	HJ Sc2	SP3	60H	60H	60H	60H	200	200	200	200	200	200	200	200	200	200	SP1
Event 3	60	Vortex	Game	D3	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	200	200	Vortex	LJ3/4	LJ3/4	70 bk	D2	70 bk	80H	80H	80H	80H	80H	80H	SP1	D1	
Event 5						70 bk	70 bk	70 bk	SP2	70 bk	HJ Sc1	D2	JAV	D2	TJ1	SP1	LJ1/2	80/90/100	90/100/110	
		Optional Events 200mH (u13-u14) 300mH (u15-u17)																		

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

3/07/2021

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				Relays - Circular					SP1	D2	JAV	HJ Flop	D2	D1	LJ1/2	LJ1/2
Event 3	Games	Relays	Relays	LJ5/6	D3	LJ5/6	LJ3/4	LJ3/4	SP2	SP1	LJ1/2	Relays - Circular								
Event 4		Relays	Relays	SP3	LJ5/6	D3	SP3	D2	LJ3/4	LJ3/4	SP2									
Event 5		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.