

Waverley Shield Programme A

TIME	TRACK		TIME	FIELD		
9.45	Track Walk					
10.00am	7,8,9,10 11,12,13,14, Para	200m	10.00 am	6 6 5 14 & O Para	B G G&B G&B B&G	Long Jump 1 Long Jump 2 Junior Discus (1500m start) Shot Put Long jump 1
10.45am	5 6	80m 80m	10.30 am	7 8 8 Para	B B G B&G	Discus Long Jump 2 Long Jump 1 Shot Put
11.00 am	10,11,12, 13,14&O	800m				
11.15 am	7 8 9 Para	100m 100m 100m 100m	11.00 am	10 11 12 13	B G G B&G	Shot Put Discus High Jump Long Jump
11.45 am	Parents Coaching Session					
12.15 pm	14,13,12,11,10,9 8,7	4x100 m relays	12.15 pm	5 6 6 12,13,14	B&G G B B&G	Long jump Junior Shot Junior Shot Triple Jump
			12.45 pm	10 13 12 11	G B&G B B&G	High Jump Discus Shot Put Long Jump
12.45pm	5 6 7 8 9 Para	60m 60m 60m 60m 60m 60m	1.15 pm	8 14 7 9 9	G B&G G B G	Shot Put High Jump Discus Long Jump 1 Long Jump 2
1.15 pm	10 11 12 13 14 & O	100m 100m 100m 100m 100m	1.45 pm	12 11 10	G B B	Shot Put Discus High Jump
1.45 pm	5 6	100m 100m	1.45 pm	7 7 14 & O	G B B&G	Long Jump 1 Long Jump 2 Javelin
			2.15 pm	8 9	B B	Shot Put Discus
2.00 pm	8 9 10 11	60 m Hurdles 60 m Hurdles 60 m Hurdles 60 m Hurdles	2.15 pm	12 13	B B&G	High Jump Javelin
			2.45 pm	10 9	G G	Shot Put Discus
2.45 pm	12 13 & 14 G 14 & Over	80 m Hurdles 80 m Hurdles 100 m Hurdles				