

Waverley Shield Programme A

TIME	TRACK	FIELD
10.00am	7,8,9,10,11,12,13 14 & O	4x100m relay
		6 B 6 G 5 G&B 14 & O G&B 10.15 Para B&G
		long jump 1 long jump 2 Junior Discus (1500m start) shot long jump
10.30am	5 80m 6 80m	7 B 8 B 8 G Para B&G
		Discus Long jump 2 Long jump 1 Shot Put
10.45am	10,11,12, 13,14&O	800m
11.00am	7 100m 8 100m 9 100m Para 100m	10 B 11 G 12 G 13 B&G
		Shot Put Discus HJ Long Jump
11.30am On the front straight	13 80H 14 & O G 80H 12 80H 14 & O B 100H	11.30 5 B&G 11.30 6 B&G
		Long jump Junior Shot
11.30am On the back straight	8 60m H 9 60m H 10 60m H 11 60m H	11.45 10 B 11.45 13 G&B 11.45 12 B
		High Jump Discus Shot Put
12.00pm	5 60m 6 60m 7 60m 8 60m 9 60m Para 60m	12 G 14 B&G 12.15 pm 11 B
		Shot Put High Jump Discus
12.30 pm	10 100m 11 100m 12 100m 13 100m 14 & O 100m	9 B 9 G 8 G 12.45pm 7 G 12.45pm 10 G
		long jump 1 long jump 2 Shot Put discus high jump
1.00 pm	5 100m 6 100m	7 G 7 B 8 B 1.15pm 9 B
		long jump 1 long jump 2 Shot Put Discus
1.30 pm	10 200m 11 200m 13 200m 7 200m	8 G 1.45pm 9 G 1.45pm 12 B 14 & O B&G
		Shot Put Discus High Jump Javelin
2.00 pm	8 200m 12 200m 9 200m	2.15pm 10 G
		Shot Put
2.30 pm	14 & O 200m	11 B 11 G 13 B & G
		Long Jump 2 Long Jump 1 Javelin

Waverley Shield Programme B

TIME	TRACK	FIELD
10.00am	5 60m	10 B long jump 1
	6 60m	10 G long jump 2
	7 60m	11 B high jump
	8 60m	12 B discus
	9 60m	13 G & B shot put
Para 60m		
10.30am		6 G junior discus
		5 G long jump 1
		5 B long jump 2
		8 G discus
		13 G & B high jump
10.40am	10,11,12 1500m	7 G shot put
	13,14 & O 1500m	
11.00am On the back straight	8 60H	11.00 am 6 B junior discus
	10 60H	11.00 am 7 B shot put
	9 60H	11.15 am 10 B discus
	11 60H	11.15 am 8 B long jump 1
		11.15 am 8 G long jump 2
11.00am On the front straight	12 80H	11.45 am 5 B & G shot put
	13 80H	11.45 am 11 G high jump
	14 G 80H	11.45 am 12 G discus
	14 & O B 100H	11.45 am 6 G long jump 1
		11.45 am 6 B long jump2
11.30am	Para 100m	12.15 pm 9 G shot put
	5 100m	12.15 pm 14 & O G & B discus
	6 100m	12.15 pm Para G&B long jump 1
	7 100m	12.30 pm 12 B vortex
	8 100m	
	9 100m	
12.00pm	10 100m	12.45 pm 5 G junior shot
	11 100m	12.45 pm 8 B discus
	13 100m	12.45 pm 9 B shot put
	12 100m	
	14 & O 100m	
12.30 pm	5 80m	
	6 80m	
1.00 pm	7 200m	1.15 pm 11 G shot put
	8 200m	1.15 pm 12 G long jump 1
	9 200m	1.15 pm 12 B long jump 2
	Para 200m	1.15 pm Para B & G discus
1.30 pm	10 400m	1.30pm 9 G & B high jump
	11 400m	1.45 pm 10 G discus
	12 400m	1.45 pm 7 B long jump 1
	13 400m	1.45 pm 7 G long jump 2
	400m	1.45 pm 11 B shot
2.00 pm	14 & O	2.00 pm 12 G vortex
2.15 pm	10-14 & O Medley Relay	2.15 pm 14 & O G & B long jump