

Waverley Shield Programme A (updated)

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 9 14 & O Para	B G G&B G Discus G&B B&G	Long Jump 1 Long Jump 2 Junior Discus (1500m start) Shot Put Long jump 1
10.30am	5 6	80m 80m	10.30 am	10 11 12 13	B G G B&G	Shot Put Discus High Jump Long Jump
			10.30 am	12	B	High Jump
11.00 am	10,11,12, 13,14&O	800m	11.00 am	10	G	Shot Put
11.15 am	7 8 9 Para	100m 100m 100m 100m	11.00 am	7 8 8 Para	B G B B&G	Discus Long Jumo Long Jump Shot Put
			11.15 am	14&13	B&G	Javelin
11.45 am	14,13,12,11,10,9 8,7	4x100 m relays	11.45 pm	5 6 6	B&G G B	Long jump Junior Shot Junior Shot
			12.00 pm			
			12.15 pm	10 13 12 11	G B&G B B&G	High Jump Discus Shot Put Long Jump
12.15pm	5 6 7 8 9 Para	60m 60m 60m 60m 60m 60m	12.45 pm	8 14 7 9 9	G B&G G B G	Shot Put High Jump Discus Long Jump 1 Long Jump 2
12.45 pm	10 11 12 13 14 & O	100m 100m 100m 100m 100m	1.15 pm	12 11 10 7	G B B B&G	Shot Put Discus High Jump Long Jump
1.15 pm	5 6	100m 100m	1.45 pm	8 9 12,13,14	B B B&G	Shot Put Discus Triple Jump
1.30 pm	8 9 10 11	60 m Hurdles 60 m Hurdles 60 m Hurdles 60 m Hurdles				
2.00 pm	12 13 & 14 G 14 & Over	80 m Hurdles 80 m Hurdles 100 m Hurdles				