

Waverley Shield Programme B (updated)

TIME	TRACK		TIME	FIELD		
9.45	Track Walk					
10.00am	10,11,12,13,14	400 m	10.00 am	5 5 6 9 8 7 6	B G B G G B G	Long Jump 1 Long Jump 2 Junior Discus (circle 1500m start) Discus Shot Put Junior Discus
			10.15 am	6		
			10.30 am	12 13 11 10 10	B B&G B B G	Discus Shot Put High Jump Long Jump 1 Long Jump 2
10.40 am	5,6,7 8,9,Para	60 m 160 m	11.00 am	9	B	High Jump
11.00 am	10 11 12 13 14	1500 m 1500 m 1500 m 1500 m 1500 m	11.00 am	8 8 7 Para	G B G B&G	Long Jump 1 Long Jump 2 Shot Put Discus
11.30 am	5 6 7 8 9 Para	100m 100m 100m 100m 100m 100m	11.30 am	5 13 12	B&G G&B G	Shot Put High Jump Discus
			11.45 am	6 6	G B	Long Jump 1 Long Jump 2
12.00 pm	10 11 13 12 14 & O	100m 100m 100m 100m 100m	12.00 pm	9 14 & O 7 7	G B&G B G	Shot Put Discus Long Jump 1 Long Jump 2
			12.15 am	11	G	High Jump
12.30 pm	5 6	80m 80m	12.30 pm	12 9 8	B&G B B	Vortex Shot Put Discus
12.40 pm	7,8,9	Medley Relays	(400,200,100,100) 4 peopole per team			
12.50 pm	10,11,12,13,14	Medley Relays	(800,400,200,100,100) 5 people per team			
1.00 pm	7 8 9 Para	200m 200m 200m 200m	1.00 pm	10 11 12 12	B G G B	Discus Shot Put Long Jump 1 Long Jump 2
1.30 pm	8,9,10 11 12 13,14G 14 B & O	60 m Hurdles 80m Hurdles 80 m Hurdles 80 m Hurdles 100 m Hurdles	1.30 pm	10 7 7 11 Para 14 & O	G B G B B&G B&G	Discus Long Jump 1 Long Jump 2 Shot Put Long Jump Long Jump