

### Waverley Shield Programme B

TIME	TRACK		TIME	FIELD		
9.45	Track Walk					
10.00am	10,11,12,13,14	400 m	10.00 am	5 5 6 8 7	B G B G B	Long Jump 1 Long Jump 2 Junior Discus (circle 1500m start) Discus Shot Put
			10.30 am	6 8 8 Para 7	G G B B&G G	Junior Discus Long Jump 1 Long Jump 2 Discus Shot Put
10.40 am	10,11,12 13,14 & O	1500m 1500m	10.30 am	9	B	High Jump
11.00 am	5 6 7 8 9 Para	60m 60m 60m 60m 60m 60m	11.00 am	12 13 11 10 10	B B&G B B G	Discus Shot Put High Jump Long Jump 1 Long Jump 2
11.30 am	5 6 7 8 9 Para	100m 100m 100m 100m 100m 100m	11.30 am	5 11 12 6 6	B&G G G G B	Shot Put High Jump Discus 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 Para	G B&G B&G	Shot Put Discus Long Jump 1
12.30 pm	5 6	80m 80m	12.30 pm	12 9 8 9	B G B B	Vortex High Jump Discus Shot Put
12.45 pm	Parents coaching session		12.45 -1.15pm			
1.15 pm	10,11,12,13,14	Medley Relays				
1.30 pm	7 8 9 Para	200m 200m 200m 200m	1.30 pm	13 11 12 12 10	B&G G G B B	High Jump Shot Put Long Jump 1 Long Jump 2 Discus
2.00 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	2.00 pm	10 7 7 11	G B G B	Discus Long Jump 1 Long Jump 2 Shot Put
			2.30 pm	12 14 & O	G B&G	Vortex Long Jump