

Program 3

Time	Tots
8.15-9.15am	Tots (First)
9.30-10.30am	Tots (Second)

Time	6s	7s	8s	9s	10s	11s	12s	13s & 14s	15s & 17s
7:15			Set up						
7.45								<i>Optional event: 3000m</i>	
8:00					1100m Walk				
8.10				700m Walk					
8:25	Announcements & Warm-up								
8:30	Long Jump @ Side	200m	Shot Put @ Canteen	60m Hurdles	High Jump	1100m Walk	Triple Jump	Shot Put @ Concrete	100m @ Sprint
	50m	Shot Put @ Waterside	60m Hurdles	200m	60m Hurdles	Long Jump	100m	400m	400m
	200m Pack Start	50m	Discus @ Waterside	100m	Shot Put @ Canteen	200m	High Jump	Long Jump	Discus @ Concrete
			200m	Discus @ Concrete	100m	80m Hurdles	80m Hurdles	100m	Long Jump
						Javelin	800m	200m H	300m H