

WILLIAMSTOWN LITTLE ATHLETICS CENTRE #9
Week 19 22nd February 2020

START TIME	U9		U10		U11		U12		U13		U14		U15-U16		START TIME
	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	
9:00 AM	COACHING Starts on back straight								COACHING Starts on back straight						9:00 AM
9:10 AM															9:10 AM
9:20 AM															9:20 AM
9:30 AM									800m						9:30 AM
9:40 AM															9:40 AM
9:50 AM															9:50 AM
10:00 AM	Discus (Cage 1)	Discus (Cage 2)	Shot Put	High Jump (Mat 1)	Triple Jump (LJ Pit)	High Jump (Mat 2)	Triple Jump	Javelin	80mH	80mH	90mH	80mH	100mH	90mH	10:00 AM
10:10 AM															10:10 AM
10:20 AM															10:20 AM
10:30 AM	200m	200m	High Jump (Mat 1)	Shot Put	1500m	1500m	200m	200m	Long Jump	Long Jump (TJ Pit)	Long Jump	Long Jump (TJ Pit)	Javelin	Long Jump (TJ Pit)	10:30 AM
10:40 AM															10:40 AM
10:50 AM															10:50 AM
11:00 AM	High Jump (Mat 1)	Long Jump	200m	200m	200m	200m	1500m	1500m	Shot Put	Javelin	Shot Put	Discus	Shot Put	Triple Jump	11:00 AM
11:10 AM															11:10 AM
11:20 AM															11:20 AM
11:30 AM	400m	400m	400m	400m	Long Jump (in TJ Pit)	Long Jump	Shot Put	High Jump (Mat 2)	400m						11:30 AM
11:40 AM															11:40 AM
11:50 AM															11:50 AM
12:00 PM	FINISH														12:00 PM