

PROGRAM 1

BOYS & GIRLS ROTATION										
ROTATION	U 6	U7 GIRLS	U7 BOYS	U8 GIRLS	U8 BOYS	U 9	U 10	U 11	U 12	U 13 -17
5:30pm-5:45pm WARM UP										
ROTATION 1	SP (G)	HJ Scissor Training	SP 1&2	LJ (G)	Vortex	400m	TJ Training	TJ- BOYS LJ - GIRLS	400m	JAV
ROTATION 2	ON TRACK	LJ	LJ (G)	DIS 1&2	SP (G)	SP 1&2		400m	HJ (Flop)	400m
ROTATION 3	LJ 1(G)	100m	100m	100m	100m	Training	400m	100m		TJ- BOYS LJ - GIRLS
ROTATION 4	100m	DIS 1&2	HJ Scissor Training	Vortex	LJ (G)	100m	SP 1&2	JAV	100m	100m
ROTATION 5	—						100m		DIS1&2	

PLEASE follow program in order. Please don't move to a different event out of order if it is free unless you ask / speak to a committee member.

Vortex - Middle of oval

LEGEND:

(L) (R) - Left or Right lane of LJ Pit

(T) - Training

(G) - Grassed Long Jump Pits & Grassed Shot Put area

1&2 - Ring or pit

(M) - Mat - Measure from imprint on sand the mat - LJ runway

B&G - Boys and girls age groups to join for the event

(S) - Scissor Kick Mat (HJ)

All recording sheets to stay in the folders and left in the age group basket at the end of the meet.