

2019- 20 UWALAC Competition Program ROSTER 1

Roster 1 Dates

12-Oct 26-Oct 9-Nov 23-Nov 4-Dec 18-Jan 22-Feb

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12-Oct 26-Oct 9-Nov 23-Nov 4-Dec 18-Jan 22-Feb											
	7 G & B	8 G & B	9 G & B	10 G & B	11 G & B	12 G & B	13 G & B	14 G & B	15 G & B	16/ 17 G & B	
7:45	Warm up	Warm up	Warm up	Warm up	Warm up	Warm up	Warm up	Warm up	Warm up	Warm up	7:45
8:00		70m ST	400m (6 lanes)	HJ (2,3,5,6)	TRIPLE G (LJ 1&2)	DIS G (1) B (2)	L JUMP (3,4)	TRIPLE (1,2)	1500m G	SHOT (G1&B2)	8:00
8:00					Jav B (3)						8:00
8:08											8:08
8:10	70m ST										8:10
8:15									HJ (G1, B4)		8:15
8:20		JAV G (1) B (2)									8:20
8:25							1500m G	400m G		100 ST	8:25
8:30	SHOT (G1&B2)		L.JUMP G (1,2) B (Triple)		100m ST			400m B			8:30
8:33							1500m B				8:33
8:35				70m ST		1500m G					8:35
8:40											8:40
8:45					DIS G (1) B (2)	1500m B					8:45
8:50				JAV G (3) B (4)							8:50
8:55								HJ (G1, B4)	1500 B		8:55
9:00			HJ (2,3,5,6)			L.JUMP G (1,2) B (3,4)	100 ST			400m (6 lanes)	9:00
9:05											9:05
9:10		100m ST									9:10
9:15	LJ (TJ Site)				400m (6 lanes)						9:15
9:20							JAV G (1) B (2)		100 ST		9:20
9:25											9:25
9:30				400m (6 lanes)				1500m G	SHOT (G1&B2)	L.JUMP G (1,2) B (3,4)	9:30
9:35	Tiny Tots Race (inside area main track)										9:35
9:38								1500m B			9:38
9:40		DIS G (1) B (2)				400m (6 lanes)					9:40
9:45	100m ST				TRIPLE B (1&2)						9:45
9:50					JAV G (4)		400m				9:50
9:55											9:55
10:00			100m ST			SHOT (G1&B2)			400m	1500m G	10:00
10:08										1500m B	10:08
10:10		HJ (2,3,5,6)									10:10
10:15			JAV G (3) B (4)					200m H (6 Lanes)			10:15
10:20	300m				1500m G					HJ (G1, B4)	10:20
10:25						200mH					10:25
10:30				100m ST	1500m B			SHOT (G1&B2)			10:30
10:35							DIS G (1) B (2)				10:35
10:40						100m ST			300m H		10:40
10:45											10:45
10:50			70m ST								10:50
10:55										300m H	10:55
11:00								100 ST			11:00