

2019 - 2020 UWALAC Competition Program ROSTER 2

Roster 2 Dates

19-Oct 2-Nov 16-Nov 30-Nov 4-Dec 1-Feb 7-Mar

	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		SHOT G (1,3) B (2,4)	L.JUMP G (1,2) B (3,4)	200m (6 lanes)	HJ G (1&4) JAV B (3&4)		800m	L.JUMP (Triple)	DIS G (1,3) B (2,4)	8:00
8:05											8:05
8:10		70m ST						800m			8:10
8:15											8:15
8:20	Hurdles										8:20
8:25											8:25
8:30			DIS G (1,3) B (2,4)	SHOT G (1,3) B (2,4)	L.JUMP G (1,2) B (3,4)			JAV (1 & 2)	800m	TRIPLE B (1&2)	8:30
8:35		Hurdles									8:35
8:40						800m	HJ (1&4)				8:40
8:45											8:45
8:50	Vortex Jav (3&4)									200m (6 lanes)	8:50
8:55		SHOT G (1,3) B (2,4)									8:55
9:00				800m		TRIPLE - LJ G (1,2) B (3,4)		DIS G (1,3) B (2,4)			9:00
9:05			Hurdles						JAV (G 3,4) B (1,2)		9:05
9:10							200m (6 lanes) B			TRIPLE G (1&2)	9:10
9:15					800m		200m (6 lanes) G				9:15
9:20	Tiny Tots Race (inside area main track)										9:20
9:25						200m	SHOT G (1,3) B (2,4)				9:25
9:30	DIS G (1,3) B (2,4)				HJ (1&4)			L.JUMP G (1,2) B (3,4)			9:30
9:35			200m	Hurdles							9:35
9:40									TRIPLE (1 & 2)	800m	9:40
9:45		200m									9:45
9:50						JAV G (3&4)					9:50
9:55											9:55
10:00					Hurdles	HJ B (1&4)	TRIPLE (LJ 3,4)				10:00
10:05			800m	DIS G (1,3) B (2,4)				200m			10:05
10:10										Hurdles (G)	10:10
10:15	200m (6 lanes)								Hurdles (G)		10:15
10:20		L.JUMP (Triple)			SHOT G (1,3) B (2,4)						10:20
10:25						Hurdles				JAV G (1,2) B (3,4)	10:25
10:30									DIS G (1,3) B (2,4)		10:30
10:35				200m				Hurdles			10:35
10:40											10:40
10:45											10:45
10:50		500m						Hurdles			10:50
10:55										Hurdles (B)	10:55
11:00									200m		11:00