

2021-22 UWALAC Competition Program ROSTER 1

Roster 1 Dates

| Roster 1 Dates | | | | | | | | | | | |
|----------------|---|-----------------|---------------------------|-----------------|-------------------|------------------------|-------------------|------------------|------------------------|-------|------|
| | 9-Oct | 23-Oct | 6-Nov | 20-Nov | 4-Dec | 15-Jan | 5-Feb | 26-Feb | | | |
| | 6/7 G & B | 8 G & B | 9 G & B | 10 G & B | 11 G & B | 12 G & B | 13 G & B | 14 G & B | 15/16/ 17 G & B | | |
| 7:45 | 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 B (3,4) | TRIPLE (1,2) | SHOT (G1&B2) | 8:00 | |
| 8:00 | | | | | Jav B (3) | | 1500m (G) | | | 8:00 | |
| 8:08 | | | | | | | | | | 8:08 | |
| 8:10 | 70m ST | | | | | | | | | 8:10 | |
| 8:15 | | | | | | | | | | 8:15 | |
| 8:20 | | JAV G (1) B (2) | | | | | | | | 8:20 | |
| 8:25 | | | | | | | | 400m G | 100 ST | 8:25 | |
| 8:30 | SHOT (G1&B2) | | L.JUMP G (1,2) B (Triple) | | 100m ST | | Long Jump G (3,4) | 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) | | 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) | | | 9:20 | |
| 9:25 | | | | | | | | | | 9:25 | |
| 9:30 | | | | 400m (6 lanes) | | | | 1500m G | L.JUMP G (1,2) B (3,4) | 9:30 | |
| 9:35 | Tiny Tots Race (inside area main track will take place at around 8.50am) | | | | | | | | | | 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) | | | 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 | | | | 10:40 | |
| 10:45 | | | | | | | | | | 10:45 | |
| 10:50 | | | 70m ST | | | | | | | 10:50 | |
| 10:55 | | | | | | | | | 300m H | 10:55 | |
| 11:00 | | | | | | | | 100 ST | | 11:00 | |