

2021 - 2022 UWALAC Competition Program ROSTER 2

Roster 2 Dates

16-Oct 30-Oct 13-Nov 26-Nov 4-Dec 29-Jan 19-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	500m	SHOT G (1) B (2)	L.JUMP G (1,2) B (3,4)	200m (6 lanes)	HJ G (1&4) JAV B (3&4)		800m	DIS G (1) B (2)	8:00
8:05										8:05
8:10							800m			8:10
8:15										8:15
8:20	Hurdles									8:20
8:25										8:25
8:30			DIS G (1) B (2)	SHOT G (1) B (2)	L.JUMP G (1,2) B (3,4)			JAV (1 &2)	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										8:55
9:00		SHOT G (1) B (2)		800m		TRIPLE - LJ G (1,2) B (3,4)		DIS G (1) B (2)		9:00
9:05			Hurdles							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 will be held at 8.50am)									9:20
9:25						200m				9:25
9:30	DIS G (1) B (2)				HJ (1&4)		SHOT G (1) B (2)	L.JUMP G (1,2) B (3,4)		9:30
9:35			800m	Hurdles						9:35
9:40										9:40
9:45		200m (6 lanes)							800m	9:45
9:50						JAV G (3&4)				9:50
9:55										9:55
10:00					Hurdles	HJ B (1&4)	TRIPLE (1 & 2)			10:00
10:05				DIS G (1) B (2)				200m		10:05
10:10			200m							10:10
10:15	200m									10:15
10:20		L.JUMP (Triple)			SHOT G (1) B (2)				JAV G (1,2) B (3,4)	10:20
10:25						Hurdles				10:25
10:30										10:30
10:35				200m			Hurdles			10:35
10:40										10:40
10:45								Hurdles		10:45
10:50										10:50
10:55									Hurdles	10:55
11:00										11:00