UWA Athletics Club / UWALAC BIG 6 2023

2-Dec-23

	U6		U7		U8		U9		U10		U11		BIG 6			U12		U13		U14	U15	U16/17	U14/15/16/17	
	F (9)	M (11)	F (22)	M (22)	F (27)	M (14)	F (31)	M (21)	F (30)	M (29)	F (24)	M (26)	F	M	Para	F (32)	M (32)	F (25)	M (17)	F (28)	F (20)	F (18)	M (8)	
7.45	**Warm Up and Move to Site**																							7.45
8.00	60m (1)						300M						Long Jump (LJ1 to LJ4)	Long Jump (LJ 1 to 4)		Shot (S1)	Shot (S1)	Javelin (J2)	Javelin (J2)	Triple Jump (LJ2)	Long Jump (LJ2)	Discus	Discus	8.00
8.05		60m (1)						300M																8.05
8.10			60m (1)						300M															8.10
8.15				60m (1)						300M														8.15
8.20					60m (1)						300M													8.20
8.25						60m (1)						300M											1000M	8.25
8.30							60m (1)						300M									1000M		8.30
8.35								60m (1)						300M							1000M			8.35
8.40	Long Jump (LJ1)	Long Jump (LJ2)	Long Jump (LJ3)	Long Jump (LJ4)	Turbo Jav	Turbo Jav			60m (1)					Shot (S1)						1000M				8.40
8.45										60m (1)									1000M					8.45
8.50											60m (1)							1000M						8.50
8.55												60m (1)		High Jump			1000M							8.55
9.00																1000M							60m (1)	9.00
9.05							Turbo Jav	Turbo Jav	Discus	Discus	Long Jump (LJ3)	Long Jump (LJ4)				Triple Jump (LJ1)	Triple Jump (LJ2)	Shot (S1)	Shot (S1)			60m (1)		9.05
9.10																					60m (1)			9.10
9.15													Mile Elimination							60m (1)				9.15
9.20														Mile Elimination										9.20
9.25																								9.25
9.30	Vortex	Vortex	Vortex	Vortex	Long Jump (LJ1)	Long Jump (LJ2)			Turbo (J1)	Turbo (J1)	Javelin	Javelin				60m (1)				Shot (S1)	Discus	Long Jump (LJ3)	Long Jump (LJ4)	9.30
9.35																	60m (1)							9.35
9.40													All comers 4 x 400m Wheeler Foreman					60m (1)						9.40
9.45																			60m (1)					9.45
9.50																								9.50
9.55																								9.55
10.00															100M									10.00
10.05													60M											10.05
10.10														60M										10.10
10.15																								10.15
10.20																								10.20
10.25																								10.25