2023/24 UWALAC Competition Program - Roster 1

	Roster 1 Dates																				
			7-Oct		21-Oct		3-Nov		18-Nov		2-Dec		13-Jan		27-Jan		10-Feb		24-Feb		
	U6		U7		U8		U9		U10		U11		U12		U13		U14		U15	U16/17	U15/16/17	
	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 (32)	M (32)	F (25)	M (17)	F (28)	M (7)	F (20)	G (18)	M (8)	
7.45	**Warm Up and Move to Site**																					7.45
8.00			Long Jump (LJ1)	Shot (S2)	Discus (D1)	High Jump S (HJ1 & HJ2)			Turbo (J1)	High Jump S (HJ3 & HJ4)	1500m		Discus (D2)	Long Jump (LJ3 & LJ4)	200m H (4)				100m (2)	100m (2)	High Jump F (HJ5)	8.00
8.05	70m (1)	70m (1)														200m H (3)						8.05
8.10							70m (3)					1500m					200m H (4)					8.10
8.15	Shot (S1)	Long Jump (LJ1 & LJ2)						70m (2)										200m H (1)				8.15
8.20															100m (3)	1500m					300m H (1)	8.20
8.25											100m (3)								300m H (3)	300m H (3)		8.25
8.30							Turbo (J1)	Turbo (J2)		400m (4)	Discus (D1)	Javelin (J3)	1500m		Discus (D2)	Long Jump (LJ3 & LJ4)	100m (3)	**Move to U15/16/17 program**	High Jump F (HJ5)	High Jump F (HJ6)		8.30
8.35									70m (3)								Shot (S2)					8.35
8.40					70m (3)								Long Jump (LJ1 & LJ2)	400m (2)							1500m	8.40
8.45						70m (2)																8.45
8.50			70m (2)	70m (3)			400m (2)															8.50
8.55						Discus (D1)		400m (2)				100m (3)									Shot (S1)	8.55
	Wolfpack - 1500m																					
9.00	100m (1)	100m (1)			Turbo (J1)		High Jump S (HJ1 & HJ2)	Long Jump (LJ2)				Long Jump (LJ3)				Javelin (J3)		**Move to U15/16/17 program**	Long Jump (LJ4)	Shot (S2)		9.00
9.05											400m (4)			Discus (D2)			1500m					9.05
9.10	Long Jump (LJ1)	Shot (S2)	100m (2)	100m (3)											1500m							9.10
9.15									400m (4)												100m (1)	9.15
9.20										70m (3)												9.20
9.25													100m (3)				Triple (TJ1 & TJ2)					9.25
9.30			Shot (S1)					High Jump S (HJ1 & HJ2)	High Jump S (HJ3 & HJ4)	Turbo (J2)	Javelin (J2)		Shot (S1)		Long Jump (LJ3)	100m (2)		**Move to U15/16/17 program**	1500m		Long Jump (LJ4)	9.30
9.35					100m (2)							400m (4)										9.35
9.40							100m (2)									Discus (D1)			Shot (S2)	1500m		9.40
9.45				Long Jump (LJ2)																		9.45
9.50						100m (2)								1500m			400m (5)					9.50
9.55															Javelin (J3)							9.55
10.00	300m				High Jump (HJ1 & HJ2)	Turbo (J1)	Long Jump (LJ1 &2)				Long Jump (LJ4)	Discus (D1)	400m (1)	Shot (S2 & S4)			High Jump F (HJ5)			Long Jump (LJ3)		#####
10.05		300m						100m (3)													400m (1)	#####
10.10			300m							100m (3)									400m (2)			#####
10.15				300m					100m (3)							400m (2)		High Jump F (HJ6)				#####
10.20																				400m (1)		#####
10.25														100m (2)	400m (2)							#####
10.30																						#####
10.35																						#####
10.40																						#####
10.45																						#####
10.50																						#####
10.55																						#####