2023/24 UWALAC Competition Program - Roster 2

Roster 2 Dates

14-Oct | 28-Oct | 11-Nov | 25-Nov | 2-Dec | 20-Jan | 3-Feb | 24-Feb | 2-Mar

	U6		U7		U8		U9		U10		U11		U12		U13		U14	U15	U16/17	U14/U15/U16/U17	
	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)	F (20)	F (18)	M (8)	
7:45	**Warm Up and Travel to Site**																				7:45
8:00	60 mH (2)				60m H (3)				Long Jump (LJ1 & LJ2)	Discus (D2)	800m	Shot Put (S2)	Javelin (J1)	High Jump (HJ1 & HJ2)	Shot (S1)	High Jump (HJ3)	Long Jump (LJ3 & LJ4)	Discus (D1)	Triple (TJ1)	Javelin (J2)	8:00
8:05		60 mH (2)	60 mH (2)			60m H (2)															8:05
8:10				60 mH (2)			60m H (3)				Shot Put (S2)										8:10
8:15	70m (2)				500m			60m H (2)													8:15
8:20		70m (2)	70m (2)			500m															8:20
8:25				70m (2)																	8:25
8:30	Discus (D1)	Vortex (J1)	Discus (D1)	Vortex (J1)	Long Jump (LJ3	Long Jump (LJ4)	Discus (D2)	Shot (S1)	60m H (3)				800m		High Jump (HJ1 & HJ2)	200m (3)		Triple (LJ2)			8:30
8:35										60m H (3)						Shot (S1)				800m	8:35
8:40											80m H (3)			800m					200m (3)		8:40
8:45												80m H (3)					200m (3)				8:45
8:50									200m (3)				80m H (3)								8:50
8:55										800m				80m H (3)						200m (2)	8:55
9:00					Shot (S2)	Shot (S2)	800m		Discus (D2)	Shot (S1)	High Jump (HJ1 & HJ2)	200m (3)	Triple (TJ1 TJ2)	Javelin (J2)	80m H (3)				Discus (D1)	Discus (D1)	9:00
9:05	200m (2)															80m H (2)					9:05
9:10		200m (3)						800m				Triple Jump (LJ3 & LJ4)					80m H (3)				9:10
9:15			200m (3)															90m H (2)			9:15
9:20				200m (4)																	9:20
9:25							Shot (S1)	Discus (D2)							200m (4)					90m H (1)	9:25
	Wolfpack 800m																				
9:30	Vortex (J1)	Discus (D1)	Vortex (J1)	Discus (D1)					Shot (S2)		200m (4)		High Jump (HJ1 & HJ2)	Triple (TJ1 & TJ2)	Triple (TJ4)	800m	Javelin (J2)		100m H (2)		9:30
9:35					200m (4)															100m H (1)	9:35
9:40						200m (3)												800m		110m H (1)	9:40
9:45										200m (4)	Triple (TJ3)	800m							800m		9:45
9:50							200m (3)														9:50
9:55								200m (3)										Javelin (J2)			9:55
10:00										Long Jump (LJ5 & LJ6)		High Jump (HJ1 & HJ2)				Triple (TJ4)	800m		Javelin (J1)	Triple (LJ1 & LJ2)	10:00
10:05									800m					200m (5)							10:05
10:10													200m (5)				Discus (D1)				10:10
10:15															800m						10:15
10:20																		200m (5)			10:20
10:25																					10:25
10:30																					10:30
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