2023/24 UWALAC Competition Program - Roster 1

Roster 1 Club Championships - 10th February 2024

	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)					70m (3)					1500m				200m H (3)						8.05
8.10								70m (2)									200m H (4)					8.10
8.15	Shot (S1)	Long Jump (LJ1 & LJ2)																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
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																						#####