2024/25 UWALAC Competition Program - Roster 2

Roster 2 Dates

19th Oct 1st Nov 16th Nov 7th Dec 18th Jan 1st Feb 22nd Feb 15th Mar

Note: 23rd November- Saturday from 4pm - BIG 6

		U6		U7	U8		U9		U10		U11		U12		U13		U14	U15	U16/17	U14/U15/U16/U17	
	Twilight	6/7 F (15)	M (9)	M (20)	F (29)	M (22)	F (21)	M (20)	F (34)	M (26)	F (32)	M (28)	F (26)	M (27)	F (21)	M (26)	F (18)	F (22)	F (17)	M (28)	
7.45	4.45	**Warm Up and Move to Site**																			7:45
8.00	5.00	**Wolfpack 800m**																			
8:00	5.00	60 mH (2)			60m H (3)				Long Jump (LJ1 & LJ2)	Discus (D2)	800m	Shot Put (S2)	Javelin (J1)	High Jump (HJ1 & HJ2)	Shot (S1)	Javelin (J2)	Triple (LTJ 5)	Discus (D1)	Triple (LTJ 6)	High Jump (HJ3 & HJ4)	8:00
8:05	5.05		60 mH (2)			60m H (2)															8:05
8:10	5.10			60 mH (2)			60m H (3)				Shot Put (S3)										8:10
8:15	5.15	70m (2)			500m			60m H (2)													8:15
8:20	5.20		70m (2)			500m															8:20
8:25	5.25			70m (2)																	8:25
8:30	5.30	Discus (D1)	Vortex (J1)	Vortex (J2)	Long Jump (LTJ 1 & 2)	Long Jump (LTJ 3 & 4)	Discus (D2)	Shot (S1)	60m H (3)				800m		High Jump (HJ1 & HJ2)	200m (3)		Triple (LTJ 5)			8:30
8:35	5.35									60m H (3)										800m	8:35
8:40	5.40										80m H (3)			800m		Shot (S2)			200m (3)		8:40
8:45	5.45											80m H (3)					200m (3)				8:45
8:50	5.50								200m (3)				80m H (3)								8:50
8:55	5.55									800m				80m H (3)						200m (2)	8:55
9:00	6.00				Shot (S3)	Shot (S2)	800m		Discus (D2)	Shot (S1)	High Jump (HJ1 & HJ2)	200m (3)	Triple (LTJ5 & 6)	Javelin (J2)	80m H (3)				Javelin (J1)	Discus (D1)	9:00
9:05	6.05	200m (2)														80m H (2)					9:05
9:10	6.10		200m (3)					800m				Triple Jump (TLJ 3 & 4)					80m H (3)				9:10
9:15	6.15																	90m H (2)			9:15
9:20	6.20			200m (4)																	9:20
9:25	6.25						Shot (S1)	Discus (D2)							200m (4)					90m H (1)	9:25
9:30	6.30	Vortex (J1)	Discus (D1)						Shot (S2)		200m (4)		High Jump (HJ1 & HJ2)	Triple (TLJ 5 & 6)	Triple (LTJ4)	800m	Javelin (J2)		100m H (2)		9:30
9:35	6.35				200m (4)															100m H (1)	9:35
9:40	6.40			Discus (D2)		200m (3)												800m		110m H (1)	9:40
9:45	6.45									200m (4)	Triple (LTJ3)	800m									9:45
9:50	6.50						200m (3)												800m		9:50
9:55	6.55							200m (3)										Javelin (J2)			9:55
10:00	7.00									Long Jump (LTJ 1 & 2))		High Jump (HJ1 & HJ2)				Triple (LTJ4)	800m		Discus (D2)	Triple (LTJ5 & 6)	10:00
10:05	7.05								800m					200m (5)							10:05
10:10	7.10												200m (5)				Discus (D1)				10:10
10:15	7.15														800m						10:15
10:20	7.20																	200m (5)			10:20
10:25	7.25																				10:25
10:30																					10:30
10:35																					10:35
10:40																					10:40
10:45																					10:45
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