MORNING TIMETABLE

<table>
<thead>
<tr>
<th>TIME</th>
<th>EAT/REST</th>
<th>DISCUS</th>
<th>LONG JUMP</th>
<th>SHOT PUT</th>
</tr>
</thead>
<tbody>
<tr>
<td>9.30</td>
<td>12/13 YRS 8 YRS</td>
<td>11 YRS 7 YRS</td>
<td>10 YRS</td>
<td>9 YRS</td>
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<tr>
<td>10.00</td>
<td>9 YRS</td>
<td>12/13 YRS 8 YRS</td>
<td>11 YRS 7 YRS</td>
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<td>12/13 YRS 8 YRS</td>
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<tr>
<td>11.30</td>
<td>LUNCH BREAK (15 MINS)</td>
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</table>

Prep Students will arrive at approximately 11.15am.
AFTERNOON TIMETABLE

11.45 PM  11 and 12/13 years Boys and Girls **Hurdle Heats**
First & second to Final.

**Hurdle Winners back for final**

**10, 9, 8, 7, 6 and 5 (combined) Boys and Girls Sprint Heats**
First & second to Final (black cross on hand).

12.30 PM  **10, 9, 8, 7, 6 and 5 (combined) Hurdle Heats**
First & second to Final.

**Hurdle Winners back for final**

**11 and 12/13 years 100 metre Sprints Heats**
First & second to Final (black cross on hand).

1.00 PM  **Final of Sprints for all age groups (Children with Black Crosses)**

1.15 PM  **GRADE LEVEL RELAYS**
Eight runners per team for each of the four Houses
Glenelg (green), Grange (blue), Nigretta (red), Wannon (yellow)

1.45 PM  **Long Distance Races (9 – 12/13 Age Groups)**
9yr Girls
9yr Boys
10yr Girls
10yr Boys
11yr Girls
11yr Boys
12/13 Girls
12/13 Boys

2.00 PM  Announcement of Boy & Girl Championship Winners

Announcement of the Jack Waldron Shield Winning House.