

Time	TRACK	FIELD EVENT START TIMES			
09:22	200M Yr 7 C	High Jump Yr 7	Long Jump Yr 8	Javelin Yr 9	Shot Yr 10
09:24	200M Yr 8 C				
09:26	200M Yr 9 C				
09:28	200M Yr 10 C				
09:30					
09:32	200M Yr 7 B				
09:34	200M Yr 8 B				
09:36	200M Yr 9 B				
09:38	200M Yr 10 B				
09:40					
09:42	200M Yr 7 A				
09:44	200M Yr 8 A				
09:46	200M Yr 9 A				
09:48	200M Yr 10 A				
09:55	800M Yr 7+8 C	High Jump Yr 8	Long Jump Yr 9	Javelin Yr 10	Shot Yr 7
10:00	800M Yr 9+10 C				
10:05	800M Yr 7+8 B				
10:10	800M Yr 9+10 B				
10:15	800M Yr 7+8 A				
10:20	800M Yr 9+10 A				
10:28	1500M Yr7 A+B				
10:36	1500M Yr8 A+B				
10:44	1500M Yr9 A+B				
10:52	1500M Yr10 A+B				
11:02	300M Yr 7 C	High Jump Yr 9	Long Jump Yr 10	Javelin Yr 7	Shot Yr 8
11:04	300M Yr 7 B				
11:06	300M Yr 7 A				
11:08	300M Yr 8 C				
11:10	300M Yr 8 B				
11:12	300M Yr 8 A				
11:14	300M Yr 9 C				
11:16	300M Yr 9 B				
11:18	300M Yr 9 A				
11:20	300M Yr 10 C				
11:22	300M Yr 10 B				
11:24	300M Yr 10 A				

Time		TRACK		FIELD EVENT START TIMES									
11:30	100M Yr 7 C	High Jump Yr 10	Long Jump Yr 7	Javelin Yr 8	Shot Yr 9								
11:31	100M Yr 7 B												
11:32	100M Yr 7 A												
11:33	100M Yr 8 C												
11:34	100M Yr 8 B												
11:35	100M Yr 8 A												
11:36	100M Yr 9 C												
11:37	100M Yr 9 B												
11:38	100M Yr 9 A												
11:39	100M Yr 10 C												
11:40	100M Yr 10 B												
11:41	100M Yr 10 A												
11:50	4 x 200M Yr 7	<div>Event Areas:</div> <table><tr><td>Shot Put -</td><td>Centre of Track</td></tr><tr><td>Long Jump -</td><td>Long Jump Pits</td></tr><tr><td>High Jump -</td><td>Sports Hall</td></tr><tr><td>Javelin -</td><td>Centre of Track</td></tr></table>				Shot Put -	Centre of Track	Long Jump -	Long Jump Pits	High Jump -	Sports Hall	Javelin -	Centre of Track
Shot Put -	Centre of Track												
Long Jump -	Long Jump Pits												
High Jump -	Sports Hall												
Javelin -	Centre of Track												
11:54	4 x 200M Yr 8												
11:58	4 x 200M Yr 9												
12:02	4 x 200M Yr 10												
		<div>Field Key:</div> <table><tr><td>Year 7</td><td>8</td></tr><tr><td>Year 8</td><td>8</td></tr><tr><td>Year 9*</td><td>8</td></tr><tr><td>Year 10</td><td>9</td></tr></table>				Year 7	8	Year 8	8	Year 9*	8	Year 10	9
Year 7	8												
Year 8	8												
Year 9*	8												
Year 10	9												
12:12	4 x 100M Yr 7												
12:15	4 x 100M Yr 8												
12:18	4 x 100M Yr 9												
12:21	4 x 100M Yr 10												
12:28	PRESENTATION												
12:30	DISPERSE												

Y10 = 9 forms: All runners to run in one heat with two runners running either side of one lane in the 200m, 300m & 4 x 200m & 4 x 200m. Ask grounds team to mark additional lane for the 100m