

WEDNESDAY													
AGE	5	6	7	8	9	10	11	12	13	14	15	16	17+
9.30am	WELCOMING PARADE and OFFICIAL OPENING												
10.00am	200m Sprint: INVITATIONAL TRIAL EVENT:												
10.30am	60m	60m	60m	FR	AFL		CRI		LJ/SJ	SHOT	SVB		
10.50am	BG			60m	BOC	AFL	VX	CRI		LJ/SJ	SHOT	SVB	SVB
11.10am	FJ	BG	FR		60m	60m		VX	CRI		LJ/SJ	SHOT	SHOT
11.30am	DISCUSS INVITATIONAL TRIAL EVENT:												
11.30am		FJ	BG	BOC			200m		VX	CRI		LJ/SJ	LJ/SJ
11.50am	AFL		FJ	BG	FR	BOC	SVB	200m		VX	CRI		
12.10pm	BOC	AFL		FJ	BG	FR	SHOT	SVB	200m		VX	CRI	CRI
12.30pm	FR	BOC	AFL		FJ	BG	LJ/SJ	SHOT	SVB	200m		VX	VX
12.50pm		FR	BOC	AFL		FJ		LJ/SJ	SHOT	SVB	200m	200m	200m
1.10pm	100m Sprint: INVITATIONAL TRIAL EVENT:												
1.30pm	<b>RELAYS: 60m Shuttle - 6 per team</b> (combined age groups & gender: 5/6, 7/8, 9/10, 11/12 on the front straight) (combined age groups & gender: 13/14, 15/16, 17+ on the back straight)												

60m	60 metres race
80m	80 metres race
100m	100 metres race
200m	200 metres race
BG	Ball Games
FJ	Fling-o-majig
AFL	Aussie Rules
Boc	Boccia
FR	Frisbee
LJ/SJ	Long Jump / Standing Jump
SVB	Sitting Volleyball
CRI	Cricket
SHOT	Shot Put/Shot Roll
VX	Vortex
X	Breaktime (rest, lunch and toilet)

#### Wheelchair Rugby

This activity is set up for schools to supervise their students at a time that suits you.

This is usually when there is a break

# THURSDAY

AGE	5	6	7	8	9	10	11	12	13	14	15	16	17+
9.00am	<b>800m INVITATIONAL TRIAL EVENT</b> <b>Plus Wheelchair Rugby Demonstration in the Hall</b>												
9.45am	<b>SHOT PUT INVITATIONAL TRIAL EVENT:</b> <b>Plus 60 Metre Frame Running Demonstration</b>												
10.00am	PAR	X	VX	UN	LJ/SJ	X	60m	60m	60m	X	FR	FJ	FJ
10.20am	SHOT	PAR	X	VX	UN	LJ/SJ	BG	X	BOC	60m	60m	60m	60m
10.40am	<b>PRESENTATION OF TROPHIES:</b>												
11.20am	80m	80m	80m	X	VX	UN	FJ	BG	X	AFL	X	FR	FR
11.40am	X	SHOT	PAR	80m	80m	VX	FR	FJ	BG	BOC	AFL	X	X
11.40am	<b>LONG JUMP INVITATIONAL TRIAL EVENT:</b>												
12.00pm	LJ/SJ	X	SHOT	PAR	X	100m	100m	FR	FJ	BG	BOC	AFL	AFL
12.20pm	UN	LJ/SJ	X	SHOT	PAR	X	AFL	100m	100m	FJ	BG	BOC	BOC
12.40pm	VX	UN	LJ/SJ	X	SHOT	PAR	BOC	AFL	FR	100m	100m	BG	BG
12.40pm	X	VX	UN	LJ/SJ	X	SHOT	X	BOC	AFL	FR	FJ	100m	100m
1.20pm	<b>400m INVATIONALS</b>												

60m	60 metres race
80m	80 metres race
100m	100 metres race
200m	200 metres race
BG	Ball Games
FJ	Fling-o-majig
UN	Rugby Union
Boc	Boccia
FR	Frisbee
LJ/SJ	Long Jump / Standing Jump
SVB	Sitting Volleyball
AFL	Aussie Rules
SHOT	Shot Put/Shot Roll
VX	Vortex
PAR	Parachute
X	Breaktime (rest, lunch and toilet)

## Slalom

This activity is set up for schools to supervise their students at a time that suits you.

Wednesday						
AGE	5	6	7	8	9	10
9.30am	WELCOMING PARADE and OFFICIAL OPENING					
10.00am	200m Sprint: INVITATIONAL TRIAL EVENT:					
10.30am	60m	60m	60m	FR	AFL	
10.50am	BG			60m	BOC	AFL
11.10am	FJ	BG	FR		60m	60m
11.30am	DISCUSS INVITATIONAL TRIAL EVENT:					
11.30am		FJ	BG	BOC		
11.50am	AFL		FJ	BG	FR	BOC
12.10pm	BOC	AFL		FJ	BG	FR
12.30pm	FR	BOC	AFL		FJ	BG
12.50pm		FR	BOC	AFL		FJ
1.10pm	100m Sprint: INVITATIONAL TRIAL EVENT:					
1.30pm	<b>RELAYS: 60m Shuttle - 6 per team</b> (combined age groups & gender: 5/6, 7/8, 9/10, 11/12 on the front straight) (combined age groups & gender: 13/14, 15/16, 17+ on the back straight)					

Thursday						
AGE	5	6	7	8	9	10
9.00am	800m INVITATIONAL TRIAL EVENT <b>Plus Wheelchair Rugby Demonstration in the Hall</b>					
9.45am	SHOT PUT INVITATIONAL TRIAL EVENT: <b>Plus 60 Metre Frame Running Demonstration</b>					
10.00am	PAR		VX	UN	LJ/SJ	
10.20am	SHOT	PAR		VX	UN	LJ/SJ
10.40am	PRESENTATION OF TROPHIES:					
11.20am	80m	80m	80m		VX	UN
11.40am		SHOT	PAR	80m	80m	VX
11.40am	LONG JUMP INVITATIONAL TRIAL EVENT:					
12.00pm	LJ/SJ		SHOT	PAR		100m
12.20pm	UN	LJ/SJ		SHOT	PAR	
12.40pm	VX	UN	LJ/SJ		SHOT	PAR
12.40pm		VX	UN	LJ/SJ		SHOT
1.20pm	400m INVITATIONALS					

60m	60 metres race
80m	80 metres race
100m	100 metres race
200m	200 metres race
BG	Ball Games
FJ	Fling-o-majig
AFL	Aussie Rules
Boc	Boccia
FR	Frisbee
LJ/SJ	Long Jump / Standing Jump
SVB	Sitting Volleyball
UN	Rugby Union
SHOT	Shot Put/Shot Roll
VX	Vortex
X	Breaktime (rest, lunch and toilet)

#### Wheelchair Rugby

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This is usually when there is a break



Wednesday							
AGE	11	12	13	14	15	16	17+
9.30am	WELCOMING PARADE and OFFICIAL OPENING						
10.00am	200m Sprint: INVITATIONAL TRIAL EVENT:						
10.30am	CRI		LJ/SJ	SHOT	SVB		
10.50am	VX	CRI		LJ/SJ	SHOT	SVB	SVB
11.10am		VX	CRI		LJ/SJ	SHOT	SHOT
11.30am	DISCUSS INVITATIONAL TRIAL EVENT:						
11.30am	200m		VX	CRI		LJ/SJ	LJ/SJ
11.50am	SVB	200m		VX	CRI		
12.10pm	SHOT	SVB	200m		VX	CRI	CRI
12.30pm	LJ/SJ	SHOT	SVB	200m		VX	VX
12.50pm		LJ/SJ	SHOT	SVB	200m	200m	200m
1.10pm	100m Sprint: INVITATIONAL TRIAL EVENT:						
1.30pm	<b>RELAYS: 60m Shuttle - 6 per team</b> (combined age groups & gender: 5/6, 7/8, 9/10, 11/12 on the front straight) (combined age groups & gender: 13/14, 15/16, 17+ on the back straight)						

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9.45am	SHOT PUT INVITATIONAL TRIAL EVENT: <b>Plus 60 Metre Frame Running Demonstration</b>						
10.00am	60m	60m	60m		FR	FJ	FJ
10.20am	BG		BOC	60m	60m	60m	60m
10.40am	PRESENTATION OF TROPHIES:						
11.20am	FJ	BG		AFL		FR	FR
11.40am	FR	FJ	BG	BOC	AFL		
11.40am	LONG JUMP INVITATIONAL TRIAL EVENT:						
12.00pm	100m	FR	FJ	BG	BOC	AFL	AFL
12.20pm	AFL	100m	100m	FJ	BG	BOC	BOC
12.40pm	BOC	AFL	FR	100m	100m	BG	BG
12.40pm		BOC	AFL	FR	FJ	100m	100m
1.20pm	400m INVITATIONALS						

60m	60 metres race
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200m	200 metres race
BG	Ball Games
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