

THURSDAY													
AGE	5	6	7	8	9	10	11	12	13	14	15	16	17+
9.00am	800m INVITATIONAL TRIAL EVENT Plus Wheelchair Rugby Demonstration in the Hall												
9.45am	SHOT PUT INVITATIONAL TRIAL EVENT:												
10.00am	PAR		VX	BB	LJ/SJ	RL	60m	60m	60m		FR	FJ	FJ
10.20am	SHOT	PAR		VX	BB	LJ/SJ	BG		BOC	60m	60m	60m	60m
10.40am	PRESENTATION OF TROPHIES:												
11.20am	80m	80m	80m		VX	BB	FJ	BG		NET		FR	FR
11.40am	RL	SHOT	PAR	80m	80m	VX	FR	FJ	BG	BOC	NET		
11.40am	LONG JUMP INVITATIONAL TRIAL EVENT:												
12.00pm	LJ/SJ	RL	SHOT	PAR		100m	100m	FR	FJ	BG	BOC	NET	NET
12.20pm	BB	LJ/SJ	RL	SHOT	PAR		NET	100m	100m	FJ	BG	BOC	BOC
12.40pm	VX	BB	LJ/SJ	RL	SHOT	PAR	BOC	NET	FR	100m	100m	BG	BG
1.00pm		VX	BB	LJ/SJ	RL	SHOT		BOC	NET	FR	FJ	100m	100m
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
UN	Rugby Union
Boc	Boccia
FR	Frisbee
LJ/SJ	Long Jump / Standing Jump
SVB	Sitting Volleyball
NET	Netability
SHOT	Shot Put/Shot Roll
VX	Vortex
PAR	Parachute
X	Breaktime (rest, lunch and toilet)
BB	Basketball
RL	Rugby League

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

Table Tennis / Swish Ball

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.

Pickleball (for 13 + years)

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This is usually when there is a break.