

WEDNESDAY													
AGE	5	6	7	8	9	10	11	12	13	14	15	16	17+
9.30am	WELCOMING PARADE and OFFICIAL OPENING												
10.00am	60m FRAME RUNNING												
10.00am	200m Sprint: INVITATIONAL TRIAL EVENT:												
10.30am	60m	60m	60m	FR	NET	X	CRI	RL	LJ/SJ	SHOT	SVB	BB	BB
10.50am	BG	X	X	60m	BOC	NET	VX	CRI	RL	LJ/SJ	SHOT	SVB	SVB
11.10am	FJ	BG	FR	X	60m	60m	BB	VX	CRI	RL	LJ/SJ	SHOT	SHOT
11.30am	DISCUSS INVITATIONAL TRIAL EVENT:												
11.30am	X	FJ	BG	BOC	X	X	200m	BB	VX	CRI	RL	LJ/SJ	LJ/SJ
11.50am	NET	X	FJ	BG	FR	BOC	SVB	200m	BB	VX	CRI	RL	RL
12.10pm	BOC	NET	X	FJ	BG	FR	SHOT	SVB	200m	BB	VX	CRI	CRI
12.30pm	FR	BOC	NET	X	FJ	BG	LJ/SJ	SHOT	SVB	200m	BB	VX	VX
12.50pm	X	FR	BOC	NET	X	FJ	RL	LJ/SJ	SHOT	SVB	200m	200m	200m
1.10pm	100m Sprint: INVITATIONAL TRIAL EVENT:												
1.30pm	RELAYS: 60m Shuttle - 6 per team (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
NET	Netability
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)
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)

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.