

<b>Wednesday</b>							
AGE	11	12	13	14	15	16	17+
9.30am	<b>WELCOMING PARADE and OFFICIAL OPENING</b>						
10.00am	<b>200m Sprint: INVITATIONAL TRIAL EVENT:</b>						
10.30am	CRI	<del>X</del>	LJ/SJ	SHOT	SVB	<del>X</del>	<del>X</del>
10.50am	VX	CRI	<del>X</del>	LJ/SJ	SHOT	SVB	SVB
11.10am	<del>X</del>	VX	CRI	<del>X</del>	LJ/SJ	SHOT	SHOT
11.30am	<b>DISCUSS INVITATIONAL TRIAL EVENT:</b>						
11.30am	200m	<del>X</del>	VX	CRI	<del>X</del>	LJ/SJ	LJ/SJ
11.50am	SVB	200m	<del>X</del>	VX	CRI	<del>X</del>	<del>X</del>
12.10pm	SHOT	SVB	200m	<del>X</del>	VX	CRI	CRI
12.30pm	LJ/SJ	SHOT	SVB	200m	<del>X</del>	VX	VX
12.50pm	<del>X</del>	LJ/SJ	SHOT	SVB	200m	200m	200m
1.10pm	<b>100m Sprint: INVITATIONAL TRIAL EVENT:</b>						
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)						

<b>Thursday</b>							
AGE	11	12	13	14	15	16	17+
9.00am	<b>800m INVITATIONAL TRIAL EVENT</b>						
9.45am	<b>SHOT PUT INVITATIONAL TRIAL EVENT:</b>						
10.00am	60m	60m	60m	<del>X</del>	FR	FJ	FJ
10.20am	BG	<del>X</del>	BOC	60m	60m	60m	60m
10.40am	<b>PRESENTATION OF TROPHIES:</b>						
11.20am	FJ	BG	<del>X</del>	RL	<del>X</del>	FR	FR
11.40am	FR	FJ	BG	BOC	RL	<del>X</del>	<del>X</del>
11.40am	<b>LONG JUMP INVITATIONAL TRIAL EVENT:</b>						
12.00pm	100m	FR	FJ	BG	BOC	RL	RL
12.20pm	RL	100m	100m	FJ	BG	BOC	BOC
12.40pm	BOC	RL	FR	100m	100m	BG	BG
12.40pm	<del>X</del>	BOC	RL	FR	FJ	100m	100m
1.20pm	<b>400m INVITATIONALS</b>						

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

#### **Slalom**

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