

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	X	CRI	X	LJ/SJ	SHOT	SVB	X	X
10.50am	BG	X	X	60m	BOC	AFL	VX	CRI	X	LJ/SJ	SHOT	SVB	SVB
11.10am	FJ	BG	FR	X	60m	60m	X	VX	CRI	X	LJ/SJ	SHOT	SHOT
11.30am	DISCUSS INVITATIONAL TRIAL EVENT:												
11.30am	X	FJ	BG	BOC	X	X	200m	X	VX	CRI	X	LJ/SJ	LJ/SJ
11.50am	AFL	X	FJ	BG	FR	BOC	SVB	200m	X	VX	CRI	X	X
12.10pm	BOC	AFL	X	FJ	BG	FR	SHOT	SVB	200m	X	VX	CRI	CRI
12.30pm	FR	BOC	AFL	X	FJ	BG	LJ/SJ	SHOT	SVB	200m	X	VX	VX
12.50pm	X	FR	BOC	AFL	X	FJ	X	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
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	800m INVITATIONAL TRIAL EVENT Plus Wheelchair Rugby Demonstration in the Hall												
9.45am	SHOT PUT INVITATIONAL TRIAL EVENT: Plus 60 Metre Frame Running Demonstration												
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	PRESENTATION OF TROPHIES:												
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	LONG JUMP INVITATIONAL TRIAL EVENT:												
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	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
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	X
10.50am	BG	X	X	60m	BOC	AFL
11.10am	FJ	BG	FR	X	60m	60m
11.30am	DISCUSS INVITATIONAL TRIAL EVENT:					
11.30am	X	FJ	BG	BOC	X	X
11.50am	AFL	X	FJ	BG	FR	BOC
12.10pm	BOC	AFL	X	FJ	BG	FR
12.30pm	FR	BOC	AFL	X	FJ	BG
12.50pm	X	FR	BOC	AFL	X	FJ
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)					

Thursday						
AGE	5	6	7	8	9	10
9.00am	800m INVITATIONAL TRIAL EVENT Plus Wheelchair Rugby Demonstration in the Hall					
9.45am	SHOT PUT INVITATIONAL TRIAL EVENT: Plus 60 Metre Frame Running Demonstration					
10.00am	PAR	X	VX	UN	LJ/SJ	X
10.20am	SHOT	PAR	X	VX	UN	LJ/SJ
10.40am	PRESENTATION OF TROPHIES:					
11.20am	80m	80m	80m	X	VX	UN
11.40am	X	SHOT	PAR	80m	80m	VX
11.40am	LONG JUMP INVITATIONAL TRIAL EVENT:					
12.00pm	LJ/SJ	X	SHOT	PAR	X	100m
12.20pm	UN	LJ/SJ	X	SHOT	PAR	X
12.40pm	VX	UN	LJ/SJ	X	SHOT	PAR
12.40pm	X	VX	UN	LJ/SJ	X	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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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	X	LJ/SJ	SHOT	SVB	X	X
10.50am	VX	CRI	X	LJ/SJ	SHOT	SVB	SVB
11.10am	X	VX	CRI	X	LJ/SJ	SHOT	SHOT
11.30am	DISCUSS INVITATIONAL TRIAL EVENT:						
11.30am	200m	X	VX	CRI	X	LJ/SJ	LJ/SJ
11.50am	SVB	200m	X	VX	CRI	X	X
12.10pm	SHOT	SVB	200m	X	VX	CRI	CRI
12.30pm	LJ/SJ	SHOT	SVB	200m	X	VX	VX
12.50pm	X	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)						

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9.45am	SHOT PUT INVITATIONAL TRIAL EVENT: Plus 60 Metre Frame Running Demonstration						
10.00am	60m	60m	60m	X	FR	FJ	FJ
10.20am	BG	X	BOC	60m	60m	60m	60m
10.40am	PRESENTATION OF TROPHIES:						
11.20am	FJ	BG	X	AFL	X	FR	FR
11.40am	FR	FJ	BG	BOC	AFL	X	X
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	X	BOC	AFL	FR	FJ	100m	100m
1.20pm	400m INVITATIONALS						

60m	60 metres race
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