

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 DEMONSTRATION												
10.00am	200m Sprint: INVITATIONAL TRIAL EVENT:												
10.30am	60m	60m	60m	FR	AFL	X	CRI	RL	LJ/SJ	SHOT	SVB	SOC	SOC
10.50am	BG	X	X	60m	BOC	AFL	VX	CRI	RL	LJ/SJ	SHOT	SVB	SVB
11.10am	FJ	BG	FR	X	60m	60m	SOC	VX	CRI	RL	LJ/SJ	SHOT	SHOT
11.30am	DISCUSS INVITATIONAL TRIAL EVENT:												
11.30am	X	FJ	BG	BOC	X	X	200m	SOC	VX	CRI	RL	LJ/SJ	LJ/SJ
11.50am	AFL	X	FJ	BG	FR	BOC	SVB	200m	SOC	VX	CRI	RL	RL
12.10pm	BOC	AFL	X	FJ	BG	FR	SHOT	SVB	200m	SOC	VX	CRI	CRI
12.30pm	FR	BOC	AFL	X	FJ	BG	LJ/SJ	SHOT	SVB	200m	SOC	VX	VX
12.50pm	X	FR	BOC	AFL	X	FJ	RL	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)

SOC Soccer

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