

Wednesday							
AGE	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	CRI	RL	LJ/SJ	SHOT	SVB	SOC	SOC
10.50am	VX	CRI	RL	LJ/SJ	SHOT	SVB	SVB
11.10am	SOC	VX	CRI	RL	LJ/SJ	SHOT	SHOT
11.30am	DISCUSS INVITATIONAL TRIAL EVENT:						
11.30am	200m	SOC	VX	CRI	RL	LJ/SJ	LJ/SJ
11.50am	SVB	200m	SOC	VX	CRI	RL	RL
12.10pm	SHOT	SVB	200m	SOC	VX	CRI	CRI
12.30pm	LJ/SJ	SHOT	SVB	200m	SOC	VX	VX
12.50pm	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)						

Thursday							
AGE	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	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
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

SOC
RL

Soccer
Rugby League

