

Wednesday						
AGE	5	6	7	8	9	10
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
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					
9.45am	SHOT PUT INVITATIONAL TRIAL EVENT: Plus 60 Metre Frame Running Demonstration					
10.00am	PAR	X	VX	SOC	LJ/SJ	RL
10.20am	SHOT	PAR	X	VX	SOC	LJ/SJ
10.40am	PRESENTATION OF TROPHIES:					
11.20am	80m	80m	80m	X	VX	SOC
11.40am	RL	SHOT	PAR	80m	80m	VX
11.40am	LONG JUMP INVITATIONAL TRIAL EVENT:					
12.00pm	LJ/SJ	RL	SHOT	PAR	X	100m
12.20pm	SOC	LJ/SJ	RL	SHOT	PAR	X
12.40pm	VX	SOC	LJ/SJ	RL	SHOT	PAR
12.40pm	X	VX	SOC	LJ/SJ	RL	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

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

