

Wednesday							
AGE	11	12	13	14	15	16	17+
9.30am	WELCOMING PARADE and OFFICIAL OPENING						
10.00am	60m FRAME RUNNING						
10.00am	200m Sprint: INVITATIONAL TRIAL EVENT:						
10.30am	CRI	RL	LJ/SJ	SHOT	SVB	BB	BB
10.50am	VX	CRI	RL	LJ/SJ	SHOT	SVB	SVB
11.10am	BB	VX	CRI	RL	LJ/SJ	SHOT	SHOT
11.30am	DISCUSS INVITATIONAL TRIAL EVENT:						
11.30am	200m	BB	VX	CRI	RL	LJ/SJ	LJ/SJ
11.50am	SVB	200m	BB	VX	CRI	RL	RL
12.10pm	SHOT	SVB	200m	BB	VX	CRI	CRI
12.30pm	LJ/SJ	SHOT	SVB	200m	BB	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		FR	FJ	FJ
10.20am	BG		BOC	60m	60m	60m	60m
10.40am	PRESENTATION OF TROPHIES:						
11.20am	FJ	BG		NET		FR	FR
11.40am	FR	FJ	BG	BOC	NET		
11.40am	LONG JUMP INVITATIONAL TRIAL EVENT:						
12.00pm	100m	FR	FJ	BG	BOC	NET	NET
12.20pm	NET	100m	100m	FJ	BG	BOC	BOC
12.40pm	BOC	NET	FR	100m	100m	BG	BG
12.40pm		BOC	NET	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
NET	Netability
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)
BB	Basketball
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

Table Tennis / Swish Ball

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.

Pickleball

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.