

Senior Track Programme 2019 - 2020

11/11/2019

Week One

Field Events

Track Events

6.00pm

Discus 1:	Boys 8A/B		
Discus 2:	Girls 7	100m:	Girls 10 / Boys 10
High Jump1:	Girls 9A	100m:	Girls 11 / Boys 11
High Jump2:	Boys 7A	100m:	Girls 12 / Boys 12
Long Jump 1:	Girls 9B	100m:	Girls 13 / Boys 13
Long Jump 2:	Boys 7B	100m:	Girls 14 / Boys 14
Shotput 1:	Boys 9A/B		
Shotput 2:	Girls 8A/B		

6.20pm

Discus 1:	Boys 10A/B		
Discus 2:	Girls 10A	200m:	Girls 7 / Boys 7
High Jump1:	Girls 12A/12B		
High Jump2:	Girls 10B	200m:	Girls 8 / Boys 8
Long Jump 1:	Girls 13, 14		
Long Jump 2:	Girls 11A/11B	200m:	Girls 9 / Boys 9
Shotput 1:	Boys 11A/11B		
Shotput 2:	Boys 12A/12B, 13		

6.40pm

Discus 1:	Girls 9B		
Discus 2:	Boys 7B	200m:	Girls 10 / Boys 10
High Jump1:	Boys 9A/9B	200m:	Girls 11 / Boys 11
High Jump2:	Girls 8A/B	200m:	Girls 12 / Boys 12
Long Jump 1:	Boys 8A/B	200m:	Girls 13 / Boys 13
Long Jump 2:	Girls 7	200m:	Girls 14/ Boys 14
Shotput 1:	Girls 9A		
Shotput 2:	Boys 7A		

7.00pm

Discus 1:	Girls 13, 14		
Discus 2:	Girls 11A/11B	60m:	Girls 7 / Boys 7
High Jump1:	Boys 11A/11B		
High Jump2:	Boys 12A/12B, 13	60m:	Girls 8 / Boys 8
Long Jump 1:	Boys 10A/B		
Long Jump 2:	Girls 10A	60m:	Girls 9 / Boys 9
Shotput 1:	Girls 12A/12B		
Shotput 2:	Girls 10B		

7.20pm

		800m	Girls 10,11,12,13, 14 Boys 10,11,12,13, 14
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7.30pm Finish

Senior Track Programme 2019 - 2020

11/11/2019

Week Two

Field Events

Track Events

6.00pm

Discus 1:	Girls 9A		
Discus 2:	Boys 7A	100m:	Girls 10 / Boys 10
High Jump1:	Boys 8A/B	100m:	Girls 11 / Boys 11
High Jump2:	Girls 7	100m:	Girls 12 / Boys 12
Long Jump 1:	Boys 9A/9B	100m:	Girls 13 / Boys 13
Long Jump 2:	Girls 8A/B	100m:	Girls 14/ Boys 14
Shotput 1:	Girls 9B		
Shotput 2:	Boys 7B		

6.20pm

Discus 1:	Girls 12A/12B		
Discus 2:	Girls 10B	300m:	Girls 7 / Boys 7
High Jump1:	Boys 10A/B		
High Jump2:	Girls 10A	300m:	Girls 8 / Boys 8
Long Jump 1:	Boys 11A/11B		
Long Jump 2:	Boys 12A/12B, 13	300m:	Girls 9 / Boys 9
Shotput 1:	Girls 13,14		
Shotput 2:	Girls 11A/11B		

6.40pm

Discus 1:	Boys 9A/9B		
Discus 2:	Girls 8A/B	200m:	Girls 10 / Boys 10
High Jump1:	Girls 9B	200m:	Girls 11 / Boys 11
High Jump2:	Boys 7B	200m:	Girls 12 / Boys 12
Long Jump 1:	Girls 9A	200m:	Girls 13 / Boys 13
Long Jump 2:	Boys 7A	200m:	Girls 14/ Boys 14
Shotput 1:	Boys 8A/B		
Shotput 2:	Girls 7		

7.00pm

Discus 1:	Boys 11A/11B		
Discus 2:	Boys 12A/12B, 13	100m:	Girls 7 / Boys 7
High Jump1:	Girls 13,14		
High Jump2:	Girls 11A/11B	100m:	Girls 8 / Boys 8
Long Jump 1:	Girls 12A/12B		
Long Jump 2:	Girls 10B	100m:	Girls 9 / Boys 9
Shotput 1:	Boys 10A/B		
Shotput 2:	Girls 10A		

7.20pm

		400m:	Girls 10, 11, 12, 13, 14
		400m:	Boys 10, 11, 12, 13, 14

7.30pm Finish