



## Order of Events - 13<sup>th</sup> October 2019



Rotation	Time	Age Group and Event			
		Under 11		Under 13/Under 15	
		Girls	Boys	Girls	Boys
1	10am	Speed Bounce High Stepper		2 Laps	
2	10.30am		Speed Bounce High Stepper		2 Laps
3	11am	1 Lap		Long Jump Triple Jump	
4	11.25am		1 Lap		Long Jump Triple Jump
5	11.50pm	Vertical Jump Long Jump		4 Laps	
6	12.15pm		Vertical Jump Long Jump		4 Laps
	12.45pm	Lunch Break			
7	1pm	2 Laps		Vertical Jump U13 Speed Bounce	
8	1.30pm		2 Laps	U15 Speed Bounce	Vertical Jump Speed Bounce
9	2pm	Target Throw Chest Push		6 Laps Shot putt	6 Laps
10	2.30pm		Target Throw Chest Push		Shot Putt
11	3pm	4x1 Relay	4x1 Relay	U 13 4x1 Relay U15 2X2 Relay	U13 4x1 Relay U15 2x2 Relay
	<b>RESULTS</b>	Athlete of the Match	Age Group Scores	Team Scores	League Positions

**\*NB Above times may be subject to change. Any changes will be announced by the Event Organisers as the day progresses.**