



Order of Events – 2017/18



Time	Age Group and Event					
	Under 11		Under 13		Under 15	
	Girls	Boys	Girls	Boys	Girls	Boys
10am	Speed Bounce High Stepper Balance Test		2 Laps		2 Laps	
10.25am		Speed Bounce High Stepper Balance Test		2 Laps		2 Laps
10.50am	1 Lap		Long Jump Triple Jump		Vertical Jump Speed Bounce	
11.15am		1 Lap		Long Jump Triple Jump		Vertical Jump Speed Bounce
11.40pm	Vertical Jump Long Jump Triple Jump		4 Laps		4 Laps	
12.10pm		Vertical Jump Long Jump Triple Jump		4 Laps		4 Laps
12.30pm	Javelin	Javelin				
1.15pm	2 Laps		Vertical Jump Speed Bounce		Long Jump Triple Jump	
1.40pm		2 Laps		Vertical Jump Speed Bounce		Long Jump Triple Jump
2.10pm	Target Throw Chest Push		6 Laps / Shot putt	6 Laps	Shot Putt	
2.30pm		Target Throw Chest Push		Shot Putt		Shot Putt
3pm	Over n Under Relay x 4	Over n Under Relay x 4	Hurdles Relay x 4	Hurdles Relay x 2	8 lap paarluf x 2	8 lap paarluf x 2
RESULTS	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 as we are trialling a new timetable for the day.**