



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 | 4X1 Relay | 4X1 Relay | 4X1 Relay | 4X1 Relay | 2X2 Relay | 2X2 Relay |
| 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.**