

## Waverley Shield Programme A

TIME	TRACK		TIME	FIELD		
10.00am	8 & 9	60 m Hurdles	10.00 am	6	B	Long Jump 1
	10 & 11		6	G	Long Jump 2	
	12	80 m Hurdles		5	G&B	Junior Discus (1500m start)
	13 & 14 G	80 m Hurdles		14 & O	G&B	Shot Put
	14 & O	100 m Hurdles	10.15 am	Para	B&G	Long jump 1
10.45am	5	80m	10.30 am	7	B	Discus
	6	80m		8	B	Long Jump 2
				8	G	Long Jump 1
				Para	B&G	Shot Put
11.00 am	10,11,12, 13,14&O	800m				
11.15 am	7	100m	11.00 am	10	B	Shot Put
	8	100m		11	G	Discus
	9	100m		12	G	High Jump
	Para	100m		13	B&G	Long Jump
11.45 am	7,8,9,10,11,12	4x100 m relays	11.30 am	5	B&G	Long jump
	13,14			6	G	Junior Shot
			11.45 am	6	B	Junior Shot
			12.15 pm	10	G	High Jump
				13	B&G	Discus
				12	B	Shot Put
				11	B&G	Long Jump
12.15pm	5	60m	12.45 pm	8	G	Shot Put
	6	60m		14	B&G	High Jump
	7	60m		7	G	Discus
	8	60m		9	B	Long Jump 1
	9	60m		9	G	Long Jump 2
	Para	60m				
12.45 pm	10	100m	1.15 pm	12	G	Shot Put
	11	100m		11	B	Discus
	12	100m		10	B	High Jump
	13	100m				
	14 & O	100m				
1.15 pm	5	100m	1.15 pm	7	G	Long Jump 1
	6	100m		7	B	Long Jump 2
				14 & O	B&G	Javelin
			1.45 pm	8	B	Shot Put
				9	B	Discus
1.30 pm	8	200m	1.45pm	12	B	High Jump
	9	200m		13	B&G	Javelin
	12	200m	2.15 pm	10	G	Shot Put
	7	200m		9	G	Discus
2.00 pm	11	200m				
	10	200m				
	13	200m				
2.30 pm	14 & O	200m				

## Waverley Shield Programme B

TIME	TRACK		TIME	FIELD				
10.00am	8	60m hurdles	10.00 am	5	B	Long Jump 1		
	9			5	G	Long Jump 2		
	10			6	B	Junior Discus		
	11			8	G	Discus		
	12,13,14 G 14B	80m hurdles 100m hurdles		7	B	Shot Put		
10.40 am	10,11,12 13,14 & O	1500m 1500m	10.30 am	6	G	Junior Discus		
				8	G	Long Jump 1		
				8	B	Long Jump 2		
				Para	B&G	Discus		
				7	G	Shot Put		
9					High Jump			
11.00 am	5	60m	11.00 am	12	B	Discus		
	6	60m		13	B&G	Shot Put		
	7	60m		11	B	High Jump		
	8	60m		10	B	Long Jump 1		
	9	60m		10	G	Long Jump 2		
	Para	60m						
11.30 am	5	100m	11.30 am	5	B&G	Shot Put		
	6	100m		11	G	High Jump		
	7	100m		12	G	Discus		
	8	100m		6	G	Long Jump 1		
	9	100m		6	B	Long Jump 2		
	Para	100m						
12.00 pm	10	100m	12.00 pm	9	G	Shot Put		
	11	100m		14 & O	B&G	Discus		
	13	100m		Para	B&G	Long Jump 1		
	12	100m						
	14 & O	100m						
12.30 pm	5	80m	12.30 pm	12	B	Vortex		
	6	80m		9	G	High Jump		
				8	B	Discus		
						9	B	Shot Put
1.00 pm	7	200m	1.00 pm	13	B&G	High Jump		
	8	200m		11	G	Shot Put		
	9	200m		12	G	Long Jump 1		
	Para	200m		12	B	Long Jump 2		
				10	B	Discus		
1.30 pm	10	400m	1.30pm	10	G	Discus		
	11	400m		7	B	Long Jump 1		
	12	400m		7	G	Long Jump 2		
	13	400m		11	B	Shot Put		
	14 & O	400m						
			2.00 pm	12	G	Vortex		
				14 & O	B&G	Long Jump		
2.15 pm	10-14 & O	Medley Relay						