TIME	GR. 4 GIRLS	GR. 5 GIRLS	GR. 6 GIRLS	GR. 4 BOYS	GR. 5 BOYS	GR. 6 BOYS		
9:00	400 M	LONG JUMP	DISCUS	HIGH JUMP	TRIPLE JUMP	BALL THROW		**High Jump**
9:10		400 M						4B - 9:00
9:20			400 M					6B - 9:40
9:30				400 M				5G - 10:20
9:40	LONG JUMP	TRIPLE JUMP	SHOT PUT	BALL THROW	400 M	HIGH JUMP		4G - 11:10
9:50						400 M		*5B - 11:50*
10:00	100 M (H)							*6G - 12:25*
10:10		100 M (H)						
10:20	TRIPLE JUMP	HIGH JUMP	100 M (H)		BALL THROW	SHOT PUT		***Long Jump***
10:30			LONG JUMP	100 M (H)				*5G - 9:00*
10:40					100 M (H)			4G - 9:40
10:50						100 M (H)		6G - 10:30
11:00		800 M	800 M			TRIPLE JUMP		4B - 11:10
11:10	HIGH JUMP		BALL THROW	LONG JUMP	800 M	800 M		6B - 11:50
11:20	200 M							5B - 12:25
11:30		200 M						
11:40			200 M					**Triple Jump**
11:50		BALL THROW	TRIPLE JUMP	200 M	HIGH JUMP	LONG JUMP		5B - 9:00
12:00					200 M			5G - 9:40
12:10						200 M		4G - 10:20
12:20								6B - 11:00
12:25	100 M (F)		HIGH JUMP	TRIPLE JUMP	LONG JUMP	DISCUS		6G - 11:50
12:30	BALL THROW	100 M (F)						4B - 12:25
12:35			100 M (F)					
12:40				100 M (F)				**Ball Throw**
12:45					100 M (F)			6B - 9:00
12:50						100 M (F)		4B - 9:40
1:00			1500 M			1500 M		5B - 10:20
1:10								6G - 11:10
1:20	4X100 RELAY							5G - 11:50
1:25		4X100 RELAY						4G - 12:30
1:30			4X100 RELAY					
1:35				4X100 RELAY				
1:40					4X100 RELAY			
1:45						4X100 RELAY		
1:50	CLEAN UP!	CLEAN UP!	CLEAN UP!	CLEAN UP!	CLEAN UP!	CLEAN UP!		
2:00	CLEAN UP!	CLEAN UP!	CLEAN UP!	CLEAN UP!	CLEAN UP!	CLEAN UP!		