

The Athletes Foot Senior Carnival / Junior Pentathlon
*Start times may be brought forward up to 30 minutes on the day
 therefore athletes should be mindful of clashing events when nominating*

7:30am	Pent: 100 Metres <i>(outside 7 lanes)</i>	U9 B & G U10 B & G	7:30am	Discus High Jump Triple Jump <i>(pit 1)</i>	U13 B & G U11 B & G U15 B & G U17 B & G
7:35am	3000m Walk <i>(inside 3 lanes)</i>	U14 - U17 B & G		Triple Jump <i>(pit 2)</i> Triple Jump <i>(pit 2)</i>	U14 B & G U14 B & G
8:15am	1500m Walk	U15 B & G U17 B & G U14 B & G U12 B & G U13 B & G	8:00am	Shot Put	U12 B & G
8:50am	1100m Walk	U11 B & G	8:20am	Javelin Javelin	U15 B & G U17 B & G
9:10am	400 Metres	U13 B & G U15 B & G U17 B & G U14 B & G U12 B & G U11 B & G	8:50am	Long Jump	U13 B & G
			9:05am	Javelin	U14 B & G
			9:15am	Shot Put Shot Put	U15 B & G U17 B & G
			9:20am	Pent: High Jump Pent: High Jump	U9 Boys U10 Girls
			9:30am	Triple Jump	U11 B & G
			9:40am	Javelin	U13 B & G
10:00am	200 Metres Hurdles	U13 B & G U14 B & G U15 B & G U17 B & G	10:00am	Pent: Shot Put Pent: Shot Put	U9 Girls U10 Boys
10:30am	Sprint Hurdles	U13 Boys U13 Girls U14 Girls U15 Girls U17 Girls U14 Boys U15 Boys U17 Boys U12 B & G U11 B & G	10:20am	Discus	U12 B & G
			10:50am	Long Jump <i>(pit 1)</i> Long Jump <i>(pit 1)</i> Long Jump <i>(pit 2)</i>	U15 B & G U17 B & G U14 B & G
11:30am	Pent: Hurdles	U10 B & G U9 B & G	11:10am	Discus	U11 B & G
			11:30am	Triple Jump	U13 B & G
			12:00pm	High Jump Shot Put	U12 B & G U14 B & G
			12:05pm	Pent: Long Jump Pent: Long Jump	U9 Girls U10 Boys
			12:20pm	Pent: Discus Pent: Discus	U9 Boys U10 Girls



12:45pm	100 Metres	U15 B & G U17 B & G U14 B & G U13 B & G U11 B & G U12 B & G	12:45pm	Shot Put	U11 B & G
1:45pm	800 Metres	U15 B & G U17 B & G U14 B & G U13 B & G U11 B & G U12 B & G	1:45pm	Triple Jump	U12 B & G
2:45pm	Pent: 800 Metres	U9 B & G U10 B & G	2:05pm	High Jump	U13 B & G
			2:15pm	Javelin	U11 B & G
			2:40pm	Shot Put	U13 B & G
			2:55pm	High Jump	U14 B & G
			3:00pm	Javelin	U12 B & G
3:45pm	200 Metres	U15 B & G U17 B & G U14 B & G U13 B & G U11 B & G U12 B & G	3:10pm	Long Jump	U11 B & G
			3:50pm	Discus High Jump High Jump	U14 B & G U15 B & G U17 B & G
4:30pm	1500 Metres	U15 B & G U17 B & G U14 B & G U13 B & G U11 B & G U12 B & G	4:35pm	Long Jump Discus Discus	U12 B & G U15 B & G U17 B & G