

SPORTS DAY PROGRAM 2019

	F-1 With KN	F-1 with TM	Under 10 Girls –MIB	Under 10 Boys – SR	Under 12 Girls	Under 12 Boys	Under 14 Girls	Under 14 Boys	Under 16 Girls	Under 16 Boys	Open Girls	Open Boys
100m DASH for F-1's												
9:00	Modified Shot put	Modified High Jump	400m Races for all age groups									
	NOVELTY	NOVELTY										
9:30	Modified High Jump	Modified Shot Put	100m	100m	Long Jump	Shot Put	Triple Jump	High Jump (1)	Discus		Long Jump (1 st)	
	NOVELTY	NOVELTY										
10:00	RECESS		Shot Put	High Jump (2)	100m	100m	100m	Discus	High Jump (1)	Triple Jump	Shot Put (1 st)	Long Jump
10:30	Modified Javelin	Modified Discus	Long Jump	Shot Put	High Jump (1)	Triple Jump	Discus	100m	100m	100m	100m	100m
	NOVELTY	NOVELTY										
11:00	Modified Discus	Modified Javelin	200m	200m	200m		High Jump (1)	Triple Jump	Long Jump	Discus		Shot Put
	NOVELTY	NOVELTY										
11:30	LUNCH		Discus	Long Jump	Triple Jump	200m Heat	200m Heat	200m Heat	Shot Put	High Jump (1)	Discus (1 st)	
12:00			High Jump (2)	Discus		Long Jump	Shot Put		200m Heat	200m Heat	Triple Jump	High Jump (1)
12:20	Modified LJ Modified TJ	Modified TJ Modified LJ	LUNCH									
1:00	NOVELTY EVENTS				Discus	High Jump (1)		Long Jump		Shot Put		Triple Jump
1:30						Discus	Long Jump	Shot Put	Triple Jump		High Jump (1)	
2:00					Shot Put					Long Jump		Discus
2:30			RELAYS									
2:45			PRESENTATIONS									

