|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **FRIDAY** | **LANE 1** | **LANE 2** | **LANE 3** | **LANE 4** | | | **LANE 5** | **LANE 6** | | **LANE 7** | | **LANE 8** |
| **SESSION 1** | **Boys 10/OVER** | | | **Girls 10/over** | | | | | | | | |
|  | **WARM UP 5.30 – 5.50** | | | | | | | | | | | |
|  | **SPRINT LANES 5.50 – 5.55** | | | | | | | | | | | |
|  |  | | | | | | | | | | | |
| **SATURDAY** |  | | | | | | | | | | | |
| **SESSION 2** | **Boys 10 – 12 years** | | | | | | | | | | | |
|  | **WARM UP 8.30 – 8.42** | | | | | | | | | | | |
|  | **SPRINT LANES 8.42 – 8.45** | | | | | | | | | | | |
|  | **Boys 13/over** | | | | | | **Girls 12 years** | | | | | |
|  | **WARM UP 8.45 – 8.57** | | | | | | | | | | | |
|  | **SPRINT LANES 8.57 – 9.00** | | | | | | | | | | | |
|  | **Girls 10 years** | | | | | | | **Girls 13 years** | | | | |
|  | **WARM UP 9.00 – 9.12** | | | | | | | | | | | |
|  | **SPRINT LANES 9.12 – 9.15** | | | | | | | | | | | |
|  | **Girls 14/over** | | | | | **Girls 11 years** | | | | | | |
|  | **WARM UP 9.15 – 9.27** | | | | | | | | | | | |
|  | **SPRINT LANES 9.27 – 9.30** | | | | | | | | | | | |
|  |  | | | | | | | | | | | |
| **SESSION 3** | **Boys 10 – 12 years** | | | | | | | | | | | |
|  | **WARM UP 12.10 – 12.22** | | | | | | | | | | | |
|  | **SPRINT LANES 12.22 – 12.25** | | | | | | | | | | | |
|  | **Boys 13/over** | | | | | | | **Girls 13 years** | | | | |
|  | **WARM UP 12.25 – 12.37** | | | | | | | | | | | |
|  | **SPRINT LANES 12.37 – 12.40** | | | | | | | | | | | |
|  | **Girls 10 years** | | | | | | | **Girls 14/over** | | | | |
|  | **WARM UP 12.40 – 12.52** | | | | | | | | | | | |
|  | **SPRINT LANES 12.52 – 12.55** | | | | | | | | | | | |
|  | **Girls 11 – 12 years** | | | | | | | | | | | |
|  | **WARM UP 12.55 – 1.07** | | | | | | | | | | | |
|  | **SPRINT LANES 1.07 – 1.10** | | | | | | | | | | | |
|  |  | | | | | | | | | | | |
| **SESSION 4** | **Girls 10 years** | | | | | | | | | **Girls 13 years** | | |
|  | **WARM UP 4.10 – 4.22** | | | | | | | | | | | |
|  | **SPRINT LANES 4.22 – 4.25** | | | | | | | | | | | |
|  | **Girls 11 years** | | | | | | | **Girls 14/over** | | | | |
|  | **WARM UP 4.25 – 4.37** | | | | | | | | | | | |
|  | **SPRINT LANES 4.37 – 4.40** | | | | | | | | | | | |
| **SESSION 4** | **Girls 12 years** | | | | | | | | | | **Boys 15/over** | |
|  | **WARM UP 4.40 – 4.52** | | | | | | | | | | | |
|  | **SPRINT LANES 4.52 – 4.55** | | | | | | | | | | | |
|  | **LANE 1** | **LANE 2** | **LANE 3** | **LANE 4** | | | **LANE 5** | **LANE 6** | | **LANE 7** | | **LANE 8** |
|  | **Boys 10 – 11 years** | | | | | | **Boys 12 – 13 years** | | | | | |
|  | **WARM UP 4.55 – 5.07** | | | | | | |  | | | | |
|  | **SPRINT LANES 5.07 – 5.10** | | | | | | | | | | | |
|  |  | | | | | | | | | | | |
| **SUNDAY** |  | | | | | | | | | | | |
| **SESSION 5** | **Girls 13/over** | | | | | | | **Girls 10 years** | | | | |
|  | **WARM UP 8.30 – 8.45** | | | | | | | | | | | |
|  | **SPRINT LANES 8.45 – 8.50** | | | | | | | | | | | |
|  | **Girls 11 – 12 years** | | | | | | | | | | | |
|  | **WARM UP 8.50 – 9.05** | | | | | | | | | | | |
|  | **SPRINT LANES 9.05 – 9.10** | | | | | | | | | | | |
|  | **Boys 13/over** | | | | **Boys 10-12 years** | | | | | | | |
|  | **WARM UP 9.10 – 9.25** | | | | | | | | | | | |
|  | **SPRINT LANES 9.25 – 9.30** | | | | | | | | | | | |
|  |  | | | | | | | | | | | |
| **SESSION 6** | **Girls 10 years** | | | | | **Girls 13 years** | | | | | **Girls 14 years** | |
|  | **WARM UP 11.35 – 11.50** | | | | | | | | | | | |
|  | **SPRINT LANES 11.50 – 11.55** | | | | | | | | | | | |
|  | **Girls 11 - 12** | | | | | | | | | | | |
|  | **WARM UP 11.55– 12.10** | | | | | | | | | | | |
|  | **SPRINT LANES 12.10 – 12.15** | | | | | | | | | | | |
|  | **Boys 10 - 13** | | | | | | **Girls 15/over** | | | **Boys 14/over** | | |
|  | **WARM UP 12.15 – 12.30** | | | | | | | | | | | |
|  | **SPRINT LANES 12.30 – 12.35** | | | | | | | | | | | |
|  |  | | | | | | | | | | | |
| **SESSION 7** | **Girls 10 - 11 years** | | | | | | | | | | | **Girls 15/over** |
|  | **WARM UP 3.20 – 3.35** | | | | | | | | | | | |
|  | **SPRINT LANES 3.35 – 3.40** | | | | | | | | | | | |
|  | **Girls 12 – 14 years** | | | | | | | | | | | |
|  | **WARM UP 3.40 – 3.55** | | | | | | | | | | | |
|  | **SPRINT LANES 3.55 – 4.00** | | | | | | | | | | | |
|  | **Boys 10 – 12 years** | | | | | | | | **Boys 13/over** | | | |
|  | **WARM UP 4.00 – 4.15** | | | | | | | | | | | |
|  | **SPRINT LANES 4.15 – 4.20** | | | | | | | | | | | |