



**UWA RIDGEWOOD HAMERSLEY JOONDALUP**

## **PROGRAM OF EVENTS**

- 4.00pm Teams Arrival**
- 4:30pm Introduce Teams & Captains** *(powerplay nominations)*
- 4:45pm 90/100m Hurdles Relay** *(high jump warm-up)*
- 5:00pm High Jump**
- 5:15pm 2 Minute Distance** *(javelin warm-up)*
- 5:30pm Javelin** *(long jump warm-up)*
- 5:45pm Long Jump** *(shot put warm-up)*
- 2 x 300m Relay**
- 6:00pm Toddler Race** *(up to 5yrs)*
- 150m Sprint**
- Shot Put**
- 6:15pm Medley Relay (Mixed)**
- 6:25pm 60m Sprint**
- 6:40pm 4 x 100m Relay (Mixed)**
- 6:50pm U13 4 x 100m Relay (Mixed)**
- 7:00pm Presentations and After Party**