MINGARA REGIONAL ATHLETICS CLUB

**Rotation A: 6-10s**

Listen for marshalling for track events

| 5:00pm | Event 1 | | Event 2 | Event 3 | Event 4 |
|---|---|---|---|---|---|
| **6G** | 300m PACK | | LJ1 | 100m | D3 & PACK UP |
| **6B** | 300m PACK | | LJ2 | 100m | D2 |
| **7G** | D3 | | 500m PACK | SP1 | 100m |
| **7B** | LJ @LJ2 | | 500m PACK | SP3 & PACK UP | 100m |
| **8G** | 400m PACK | First races | SP1 | 100m | D1 |
| **8B** | 400m PACK | | SP3 | 100m | LJ @ TJ1 |
| **9G** | SP2 | | 400m | HJ Scissor & PACK UP | 100m |
| **9B** | HJ Scissor | | 400m | SP2 | 100m |
| **10G** | LJ @TJ1 | | 400m | D2 | 100m |
| **10B** | D2 | | 400m | LJ1 | 100m |

**Rotation A: 11+**

Listen for marshalling from **6:30pm.**
Events will commence when track and field are free.
**NOTE: 100m races will not commence until after 6-10 group finished**

| | Event 1 | Event 2 | Event 3 | | Event 4 | | Event 5 |
|---|---|---|---|---|---|---|---|
| **11G** | TJ2 | 100m | JAV | | 400m | | |
| **11B** | JAV | 100m | TJ2 | **PACK UP** | 400m | | |
| **12G** | LJ2 | 100m | D1 | | 400m | | |
| **12 & 13B** | 13B 3000m | LJ1 | 100m | | D2 | **PACK UP** | 400m |
| **13 & 14G** | 3000m | HJ1 | 100m | | SP2 | | 400m |
| **14B** | 3000m | 100m | SP1 | | HJ1 | | 400m |
| **15+ B** | 300m | 100m | HJ1 | | SP1 | | 400m |
| **15+ G** | 3000m | 100m | LJ2 | | JAV | | 400m |