

Central Coast Run Jump Throw
2nd April 2016

Track and Field Schedule		Fun Event Schedule	
<i>Time</i>	<i>Activity</i>	<i>Time</i>	<i>Activity</i>
12:00 PM	200 Metres Main straight 100 up 100 back	12:15 PM	Egg 'n Spoon Grass track on eastern side of LJ pits
12:00 PM	100 Meters Back straight	12:30 PM	Tug 'o war round 1 Grass track on eastern side of LJ pits
12:30 PM	Double Trevor Chappell shot put - twin handed under arm front facing shot put Depending on numbers use both northern circles	12:45 PM	Sack races Grass track on eastern side of LJ pits
1:05 PM	400 Metres Alternate races with fun 400 metres	1:15 PM	Tug 'o war round 2 Grass track on eastern side of LJ pits
1:05 PM	400 Metres, wrong way Alternate races with normal 400 M	1:30 PM	Blind obstacle course
1:30 PM	Long Jump Northern Pit	1:45 PM	Tug 'o war round 3 Grass track on eastern side of LJ pits
1:30 PM	Standing Long Jump Southern Pit	2:00 PM	Tyre Relay
1:30 PM	Shot Put	2:20 PM	Tug 'o war final Grass track on eastern side of LJ pits
1:45 PM	800 Metres, Alternate races with fun 800 M		
1:45 PM	800 Metres, 400 hundred clockwise, turn around cone, 400 ant-clockwise Alternate races with normal 800 M		
2:15 PM	5 x (3, 200 & 2, 100) Relay In lanes, use 4x100 zones Runner 1: 200 from 400 start Runner 2: 100m from 200 start back to 300 start Runner 3: 200 from 300 start to 100 start Runner 4: 100 from 100 start back to 200 start Runner 5: 200 from 200 start to finish		
2:30 PM	Cross Country		