

CALOUNDRA OPEN DAY - NAMBOUR TEAM

ATHLETE	AGE	TIME	EVENT	ATHLETE	AGE	TIME	EVENT		
Jack Rogers	U06	9:30 AM	70m	Mikayla Montgomerie	U10	10:00 AM	Shot Put		
		10:45 AM	Long Jump			11:00 AM	100m		
Riley Pereira	U07	9:30 AM	70m	Inez Emery	U11	11:30 AM	Discus		
		10:00 AM	Discus			1:00 PM	Long Jump		
		11:00 AM	100m			2:00 PM	200m		
		11:30 AM	Long Jump			3:30 PM	800m		
		2:00 PM	200m			Alexandra Angus	U12	9:15 AM	High Jump
		3:15 PM	Shot Put					11:00 AM	100m
Kyl Emery	U07	9:30 AM	70m	Annabelle Woods	U12	1:00 PM	Discus		
		10:00 AM	Discus			1:45 PM	Long Jump		
		11:00 AM	100m			2:00 PM	200m		
		11:30 AM	Long Jump			2:30 PM	Shot Put		
		2:00 PM	200m			Louis Rogers	U12	10:00 AM	Triple Jump
3:15 PM	Shot Put	10:45 AM	High Jump						
Shylah Cordwell	U07	9:30 AM	70m	Troy Cordwell	U14	11:00 AM	100m		
		10:00 AM	Discus			1:00 PM	400m		
		11:00 AM	100m			1:45 PM	Shot Put		
		11:30 AM	Long Jump			Kirra Rond	U14	3:15 PM	Discus
		3:15 PM	Shot Put					3:30 PM	800m
Mitchell Labinsky	U08	8:30 AM	Discus	Ashlee Spencer	U10	9:15 AM	Shot Put		
		9:30 AM	70m			10:00 AM	1500m Walk		
		10:00 AM	Long Jump			10:45 AM	Discus		
		11:00 AM	100m			11:00 AM	100m		
		2:00 PM	200m			11:30 AM	Triple Jump		
Banjo Murray	U10	10:00 AM	Shot Put	Rebecca Pereira	U10	1:45 PM	High Jump		
		11:30 AM	Discus			Jonathan Angus	U17	10:00 AM	1500m Walk
		1:00 PM	Long Jump					11:30 AM	Triple Jump
		Rebecca Pereira	U10					9:30 AM	70m
10:00 AM	1100m Walk			1:45 PM	High Jump				
Ashlee Spencer	U10	10:00 AM	Shot Put	Robert Labinsky	U17	2:00 PM	200m		
		11:00 AM	100m			3:30 PM	800m		
		11:30 AM	Discus			Kirra Rond	U14	10:00 AM	1500m Walk
		1:00 PM	Long Jump					11:30 AM	Triple Jump
		2:00 PM	200m			1:00 PM	400m		
		Jake Simpson	U10			9:30 AM	70m	Ashlee Spencer	U10
10:00 AM	Shot Put			2:00 PM	200m				
11:00 AM	100m			3:30 PM	800m				
11:30 AM	Discus			Jonathan Angus	U17	10:45 AM	Discus		
1:00 PM	Long Jump					11:30 AM	Triple Jump		
Lily Plowman	U10	10:00 AM	1100m Walk	Rebecca Pereira	U10	1:00 PM	400m		
		10:00 AM	Shot Put			1:45 PM	High Jump		
		1:00 PM	Long Jump			3:30 PM	800m		
		3:30 PM	800m						