



Four Pillars Multi-Event Challenge

12th January 2019

Doncaster Athletics Track



Program commences at 9:00 am for U6–U16.



- U6–U7 4 events (100m, SP, LJ, 300m) + Skills
- U8 5 events (100m, SP/Disc, LJ, Hur, 400m)
- U9–U16 5 events (100m, SP/Disc, LJ, Hur, 800m)
- All athletes to wear their Subway rego patch
- Your Centre uniform is encouraged but optional
- Trophies to 1st, 2nd & 3rd in each Age & Gender
- Alberta (or similar) point score system
- Event entry & admission is free
- No protests entered into



	U6		U7		U8		U9		U10		U11		U12		U13 - U16	
	G	B	G	B	G	B	G	B	G	B	G	B	G	B	G	B
1	300	300	SP	300	400	LJ	SP	DISC	SP	LJ	100	100	LJ	DISC	100	100
2	SP	LJ	300	100	LJ	100	LJ	LJ	100	DISC	LJ	60H	80H	80H	80/90H	80/90/100H
3	100	100	100	SP	60H	400	100	60H	60H	60H	60H	800	100	100	SP	LJ
4	LJ	SP	LJ	LJ	100	60H	60H	100	LJ	100	800	LJ	SP	800	800	800
5					SP	DISC	800	800	800	800	SP	DISC	800	LJ	LJ	DISC