



Please Note : **This program is a guide only** and is subject to change on the day to suit particular circumstances as they arise.  
 Weather conditions, availability of helpers and the number of athletes in attendance will impact the scheduled times -

**PLEASE WAIT FOR YOUR EVENT TO BE CALLED**

	U6		U7		U8		U9		U10		U11		U12		U13-16B		U13&14G		U15& 16G		Multi	
	B	G	B	G	B	G	B	G	B	G	B	G	B	G	B	G	G	G	B & G			
0800-8:40	<b>PLEASE NOTE **Cut off arrival for Early event participation @ STRICTLY 8:10 **</b>										Javelin		Javelin		Shot Put 1		Discus 1					
8:45	<b>Athlete Warm Up</b>																					
	On Track		On Track		On Track ( Grass )		Discus 1	LJ 1A	60m Hurdles ( Bck Straight)						100m H 15/16B - 90mH 15/16G & 14B 80mh 13/14G & B - 14G				Shot Put 1			
	Shot Put 2		LJ 2A	LJ 2B	60m Hurdles ( Bck Straight)						80m Hurdles											
					60m Hurdles ( Bck Straight)				Shotput 2	High Jump Scissor	80m Hurdles		Triple Jump 2B	Triple Jump 2A	1500 metres		Shot Put 1	Long Jump 1B	70 Metres			
	On Track ( Grass )		On Track ( Grass )		200 metres						1500 metres				High Jump Large		Long Jump 2B	Shot Put 1				
	70 Metres ( Bck Straight)		200 metres				LJ 1B	Discus 2			1500 metres				High Jump Large		Long Jump 2B	Shot Put 1	200 metres			
					LJ 2A	HJ Scissor Softbar			200 metres				1500 metres									
									70 Metres ( Bck Straight)	200 metres		LJ 1A	LJ 1B	200 metres		200 metres				Long Jump 2B		
	<b>Welcome Doncaster LAC</b>										High Jump Scissor	Shotput 2	200 metres				Discus 1		1500 metres			
											200 metres						1500metres					
Discus	350g	350g	350g	350g	500g	500g	500g	500g	500g	500g	500g	500g	750g	750g	13-750g 14-16 1kg		13-750g 14-16 1kg		Age/Class specific			
Shot Put	1kg	1kg	1kg	1kg	1.5kg	1.5kg	2kg	2kg	2kg	2kg	2kg	2kg	2kg	2kg	13/14-3kg 15/16-4kg		13-16 3kg		Age/Class specific			
Javelin	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	400g	400g	400g	400g	13/14-600g 15/16-700g		400g	500g	N/A			
Hurdles	N/A	N/A	N/A	N/A	60mh	60mh	60mh	60mh	60mh	60mh	80mh	80mh	80mh	80mh	13-80m 14-90m 15/16-100m		80mh ( Black )		90mh ( white )		N/A	
No's	16		15		19		19		20		21		27		18		19		24		18	
															22		23		18		5	