



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	B & G						
0800-	PLEASE NOTE **Cut off arrival for ALL Early event participation @ STRICTLY 8:10 **														Javelin (B- Cadbury end G- HJ end)									
8:40																								
8-9am															WALKS- U8-U9/700m & U10-U11/1100m & U12-U16/1500m									
8:45	Athlete Warm Up																							
9:00	On Track		On Track (SP)		Discus 2	Long Jump 1A	Scissor High Jump	Long Jump 1B	Discus 1	High Jump Small	Shot put 1	Discus 1	Long Jump 2B	15 & 16B 300mh				15 & 16G 300mh				Long Jump 2A		
9:10	(Grass)		Shot put 2											13-14 B & G 200m Hurdles				Shot put 1						
9:20																								
9:30					Shot put 2				Discus 1				800m				Shot put 1							
9:40	Discus 2		70m		70m								Long Jump 1B				High Jump Large				70m			
9:50							70m				800m		Shot put 1		Discus 1		Long Jump 1B				High Jump Large			
10:00			On Track (Grass)		Scissor HJ		Discus 2				70m						Shot put 1				Discus 1			
10:10					HJ		Discus 2				70m						Shot put 1				Discus 1			
10:20	300m				Softbar		Discus 2				Shot Put 2		High Jump Small				400m				400m			
10:30	On Track (Grass)						Discus 2				Shot Put 2		High Jump Small				400m				400m			
10:40									Discus 1		Long Jump 2B		Shot Put 2				400m				400m			
10:50									Discus 1		Long Jump 2B		Shot Put 2				400m				400m			
11:00									Discus 1		Long Jump 2B		Shot Put 2				400m				400m			
11:10			On Track (Grass)						Discus 1		Long Jump 2B		Shot Put 2				400m				400m			
11:20									Discus 1		Long Jump 2B		Shot Put 2				400m				400m			
11:30									Discus 1		Long Jump 2B		Shot Put 2				400m				400m			
11:40									Discus 1		Long Jump 2B		Shot Put 2				400m				400m			
11:50									Discus 1		Long Jump 2B		Shot Put 2				400m				400m			
12:00									Discus 1		Long Jump 2B		Shot Put 2				400m				400m			
Discus	350g	350g	350g	350g	500g	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	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			



Merry Christmas