



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		
0800-8:40	PLEASE NOTE **Cut off arrival for ALL Early event participation @ STRICTLY 8:10 **										Javein (11's first)				Discus 1		Shot Put 2						
8-9am	WALKS- U12-U16/1500m, U8 & 9/700m & U10-11/1100m																						
8:45	Athlete Warm Up																						
9:00	Shot Put 2		On Track (Back Straight)				700m	LJ 2A	SP 1	Scissor HJ			LJ 1B	LJ 1A	Discus 1	Triple Jump 2B	15 & 16B 300mh		15 & 16G 300mh		Discus 2		
9:10			Discus 2		LJ 1A	100 metres		100 metres		100 metres						13-14 B & G 200m Hurdles							
9:20															800 metres		Triple Jump 1B		High Jump Large		Triple Jump 2B		
9:30																							
9:40																							
9:50																					100 metres		
10:00																							
10:10																							
10:20	300 metres		100 metres		On Track (Back Straight)																		
10:30															400m								
10:40																					400m		
10:50	Long Jump 2A		LJ 1A	Discus 2			Scissor HJ	SP 2	400 Metres		400 Metres		Discus 1	Triple Jump 1B	Shot put 1		Triple Jump 2B		High Jump Large				
11:00																							
11:10																					Long Jump 1A		
11:20																							
11:30																							
11:40																							
11:50																							
12:00																							
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	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		15
																							22
																							18
																							23
																							18
																							5



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