

**Week 4 - 12/11/2022**

<b>SESSION 1 - 8:30AM</b>					
<b>Age Group</b>	<b>Event 1</b>	<b>Event 2</b>	<b>Event 3</b>	<b>Event 4</b>	
Under 6 Boys	100m	On Track	70m	On Track	
Under 6 Girls	100m	On Track	70m	On Track	
Under 7 Girls A	Discus JD1	100m	Long Jump 3	50m	
Under 7 Girls B	Discus JD2	100m	Long Jump 4	50m	
Under 7 Boys A	200m	Long Jump 3	70m	Shot Put JS1	
Under 7 Boys B	200m	Long Jump 4	70m	Shot Put JS2	
Under 7 Boys C	200m	Long Jump 5	70m	Shot Put JS3	
Under 8 Girls A	Long Jump 1	100m	Shot Put JS1	60m Hurdles	
Under 8 Girls B	Long Jump 2	100m	Shot Put JS2	60m Hurdles	
Under 8 Girls C	Long Jump 3	100m	Shot Put JS3	60m Hurdles	
Under 8 Boys A	60m Hurdles	200m	Discus JD1	Long Jump 1	
Under 8 Boys B	60m Hurdles	200m	Discus JD2	Long Jump 2	
Under 8 Boys C	60m Hurdles	200m	Discus JD3	Long Jump 3	
<b>9:45am - 1500m (Under 11-17) and Walk (Under 9-17)</b>					
<b>SESSION 2 - 10:00am</b>					
<b>Age Group</b>	<b>Event 1</b>	<b>Event 2</b>	<b>Event 3</b>	<b>Event 4</b>	<b>Event 5</b>
Under 9 Girls A	800m	Discus JD1	70m	Long Jump 3	SHUTTLE RELAYS (Round Track Back straight)
Under 9 Girls B	800m	Discus JD2	70m	Long Jump 4	SHUTTLE RELAYS (Round Track Back straight)
Under 9 Girls C	800m	Discus JD3	70m	Long Jump 5	SHUTTLE RELAYS (Round Track Back straight)
Under 9 Boys A	800m	Shot Put JS1	70m	SHUTTLE RELAYS (Round Track Back straight)	60m Hurdles
Under 9 Boys B	800m	Shot Put JS2	70m	SHUTTLE RELAYS (Round Track Back straight)	60m Hurdles
Under 9 Boys B	800m	Shot Put JS3	70m	SHUTTLE RELAYS (Round Track Back straight)	60m Hurdles
Under 10 Girls A	Long Jump 5	800m	Discus SD1	70m	60m Hurdles
Under 10 Girls B	Long Jump 6	800m	Discus SD2	70m	60m Hurdles
Under 10 Boys A	Shot Put JS1	800m	Long Jump 5	70m	60m Hurdles
Under 10 Boys B	Shot Put JS2	800m	Long Jump 6	70m	60m Hurdles
Under 11 Girls	Triple Jump 1		200m	Shot Put SS2	100m
Under 11 Boys A	High Jump 1		100m	200m	Discus SD1
Under 11 Boys B	High Jump 2		100m	200m	Discus SD2
Under 12 Girls	Discus SD2	80m Hurdles	Long Jump 1	200m	Shot Put SS1
Under 12 Boys	Long Jump 2	80m Hurdles	200m	Discus SD1	100m
Under 13 Girls	80m Hurdles	Triple Jump 2	100m	Javelin	400m
Under 13 Boys	80m Hurdles	Shot Put SS2	100m	Triple Jump 1	400m
Under 14 Girls	80m Hurdles	Javelin	100m	Triple Jump 2	400m
Under 14-17 Boys	100m	Shot Put SS1	200m	High Jump 1	
Under 15-17 Girls	100m	Discus SD1	200m	High Jump 2	