

C					
SESSION 1 - 8:30AM					
Age Group	Event 1	Event 2	Event 3	Event 4	
Under 6 Boys	Long Jump 6	100m	On Track	50m	
Under 6 Girls	100m	On Track	50m	Long Jump 6	
Under 7 Girls A	Discus JD1	200m	Shot Put JS1	70m	
Under 7 Girls B	Discus JD2	200m	Shot Put JS2	70m	
Under 7 Boys A	Long Jump 3	200m	Discus JD1	70m	
Under 7 Boys B	Long Jump 4	200m	Discus JD2	70m	
Under 8 Girls A	50m	60m Hurdles	Turbo Javlin TJ1	100m	
Under 8 Girls B	50m	60m Hurdles	Turbo Javlin TJ2	100m	
Under 8 Girls C	50m	60m Hurdles	Turbo Javlin TJ3	100m	
Under 8 Boys A	Turbo Javlin TJ1	100m	60m Hurdles	50m	
Under 8 Boys B	Turbo Javlin TJ2	100m	60m Hurdles	50m	
Under 8 Boys C	Turbo Javlin TJ3	100m	60m Hurdles	50m	
9:45am - Walks (U9 - 700m, U10-U11 - 1100m and U12-U17 - 1500m)					
SESSION 2 - 10:00am					
Age Group	Event 1	Event 2	Event 3	Event 4	Event 5
Under 9 Girls A	Shot Put JS1	800m	Long Jump 3	200m	60m Hurdles
Under 9 Girls B	Shot Put JS2	800m	Long Jump 4	200m	60m Hurdles
Under 9 Girls C	Shot Put JS3	800m	Long Jump 5	200m	60m Hurdles
Under 9 Boys A	100m	Turbo Javlin TJ1	70m	Long Jump 3	Shot Put JS1
Under 9 Boys B	100m	Turbo Javlin TJ2	70m	Long Jump 4	Shot Put JS2
Under 9 Boys C	100m	Turbo Javlin TJ3	70m	Long Jump 5	Shot Put JS3
Under 10 Girls A	400m	Long Jump 5	Shot Put JS1	100m	Turbo Javlin TJ2
Under 10 Girls B	400m	Long Jump 6	Shot Put JS2	100m	Turbo Javlin TJ3
Under 10 Boys A	Long Jump 3	400m	Turbo Javlin TJ2	Shot Put JS1	100m
Under 10 Boys B	Long Jump 4	400m	Turbo Javlin TJ3	Shot Put JS2	100m
Under 11 Girls A	High Jump 1*		400m	Discus SD1	100m
Under 11 Girls B	High Jump 2*		400m	Discus SD2	100m
Under 11 Boys	100m	Shot Put SS2	400m	High Jump 1 & 2*	
Under 12 Girls	Javelin	Triple Jump 1	100m	Shot Put SS2	200m
Under 12 Boys A	800m	Discus SD1	Long Jump 1	80m Hurdles	200m
Under 12 Boys B	800m	Discus SD2	Long Jump 2	80m Hurdles	200m
Under 13 Girls A	Long Jump 1	800m	80m Hurdles	100m	Shot Put SS1
Under 13 Girls B	Long Jump 2	800m	80m Hurdles	100m	Shot Put SS2
Under 14-17 Girls	80m Hurdles (14G) 90m Hurdles (15-17G)	800m	Shot Put SS1	100m	Long Jump 2
Under 13-17 Boys	Shot Put SS1	Triple Jump 2	400m	Javelin	200m
* PLEASE ALLOW NO MORE THAN 40 MINUTES FOR HIGH JUMP TO BE COMPLETED					