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SESSION 1 - 8:30AM

Age Group	Event 1	Event 2	Event 3	Event 4	
Under 6 Boys	50m	On Track	Long Jump 6	100m	
Under 6 Girls	100m	Long Jump 6	50m	On Track	
Under 7 Girls A	Long Jump 1	100m	Shot Put JS1	50m	
Under 7 Girls B	Long Jump 2	100m	Shot Put JS2	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 8 Girls A	Shot Put JS1	100m	60m Hurdles	50m	
Under 8 Girls B	Shot Put JS2	100m	60m Hurdles	50m	
Under 8 Girls C	Shot Put JS3	100m	60m Hurdles	50m	
Under 8 Boys A	50m	60m Hurdles	Discus JD1	100m	
Under 8 Boys B	50m	60m Hurdles	Discus JD2	100m	
Under 8 Boys C	50m	60m Hurdles	Discus JD3	100m	

9:45am - 1500m run (U11-U17) and Walk (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	70m	Long Jump 3	Discus JD1	100m	60m Hurdles
Under 9 Girls B	70m	Long Jump 4	Discus JD2	100m	60m Hurdles
Under 9 Girls C	70m	Long Jump 5	Discus JD3	100m	60m Hurdles
Under 9 Boys A	High Jump 1 & 2 (scissors)*	70m	Discus JD1	200m	
Under 9 Boys B	High Jump 1 & 2 (scissors)*	70m	Discus JD2	200m	
Under 9 Boys C	High Jump 1 & 2 (scissors)*	70m	Discus JD3	200m	
Under 10 Girls A	70m	Discus JD1	Long Jump 5	60m Hurdles	200m
Under 10 Girls B	70m	Discus JD2	Long Jump 6	60m Hurdles	200m
Under 10 Boys A	800m	Shot Put JS1	100m	60m Hurdles	Long Jump 3
Under 10 Boys B	800m	Shot Put JS2	100m	60m Hurdles	Long Jump 4
Under 11 Girls A	Long Jump 1	400m	Shot Put SS1	200m	Javelin
Under 11 Girls B	Long Jump 2	400m	Shot Put SS2	200m	Javelin
Under 11 Boys	Discus SD1	800m	80m Hurdles	100m	Triple Jump 2
Under 12 Girls	100m	Discus SD2	800m	High Jump 3*	
Under 12 Boys A	High Jump 3*		400m	Discus SD1	100m
Under 12 Boys B	High Jump 3*		400m	Discus SD2	100m
Under 13 Girls A	800m	80m Hurdles	Triple Jump 1	200m	Shot Put SS1
Under 13 Girls B	800m	80m Hurdles	Triple Jump 2	200m	Shot Put SS2
Under 14-17 Girls	Shot Put SS1	Javelin	400m	Long Jump 1	200m
Under 13-17 Boys	(13B) 90m Hurdles (14-17B)	800m	Discus SD1	100m	Triple Jump 1

* PLEASE ALLOW NO MORE THAN 40 MINUTES FOR HIGH JUMP TO BE COMPLETED