

GUNLAC PROGRAM WEEK 2

|                      |                |                  |                |                |                         |
|----------------------|----------------|------------------|----------------|----------------|-------------------------|
| <b>1500m Run</b>     | <b>8.30am</b>  | <b>U10 - U17</b> |                |                |                         |
| <b>Walks Events</b>  | <b>8.30am</b>  | <b>U9 - U17</b>  |                |                |                         |
|                      |                |                  |                |                |                         |
| <b>Age Group</b>     | <b>Event 1</b> | <b>Event 2</b>   | <b>Event 3</b> | <b>Event 4</b> | <b>Event 5<br/>Date</b> |
| Under 6 Boys         | On Track       | 100 Metres       | On Track       | 70 Metres      | 27/10/2018              |
| Under 6 Girls        | 100 Metres     | On Track         | 70 Metres      | On Track       |                         |
| Under 7 Girls A      | Long Jump 7    | 100 Metres       | Discus JD1     | 70 Metres      |                         |
| Under 7 Girls B      | Long Jump 8    | 100 Metres       | Discus JD2     | 70 Metres      |                         |
| Under 7 Boys A       | Shot Put JS1   | 100 Metres       | 200 Metres     | Long Jump 7    |                         |
| Under 7 Boys B       | Shot Put JS2   | 100 Metres       | 200 Metres     | Long Jump 8    |                         |
| Under 8 Girls A      | Long Jump 6    | 60 M Hurdles     | 100 Metres     | 200 Metres     | Discus JD1              |
| Under 8 Girls B      | Long Jump 5    | 60 M Hurdles     | 100 Metres     | 200 Metres     | Discus JD2              |
| Under 8 Boys A       | 60 M Hurdles   | Shot Put JS1     | 100 Metres     | Long Jump 6    | 200 Metres              |
| Under 8 Boys B       | 60 M Hurdles   | Shot Put JS2     | 100 Metres     | Long Jump 5    | 200 Metres              |
| Under 9 Girls A      | Discus JD1     | 400 Metres       | 60 M Hurdles   | Long Jump 3    | 100 Metres              |
| Under 9 Girls B      | Discus JD2     | 400 Metres       | 60 M Hurdles   | Long Jump 4    | 100 Metres              |
| Under 9 Boys A       | 60 M Hurdles   | 400 Metres       | Long Jump 3    | Shot Put JS1   | 100 Metres              |
| Under 9 Boys B       | 60 M Hurdles   | 400 Metres       | Long Jump 4    | Shot Put JS2   | 100 Metres              |
| Under 10 Girls A     | 70 Metres      | Shot Put SS1     | 60 M Hurdles   | 200 Metres     | Long Jump 3             |
| Under 10 Girls B     | 70 Metres      | Shot Put SS2     | 60 M Hurdles   | 200 Metres     | Long Jump 4             |
| Under 10 Boys A      | 70 Metres      | Discus SD1       | 60 M Hurdles   | High Jump (S)  | 200 Metres              |
| Under 10 Boys B      | High Jump (S)  | 70 Metres        | 60 M Hurdles   | Discus SD2     | 200 Metres              |
| Under 11 Girls A     | 800 Metres     | Triple Jump 2    | 60 M Hurdles   | 100 Metres     | Javelin                 |
| Under 11 Girls B     | 800 Metres     | Javelin          | 60 M Hurdles   | 100 Metres     | Triple Jump 2           |
| Under 11 Boys A      | 800 Metres     | High Jump 1      | 60 M Hurdles   | Shot Put SS1   | 100 Metres              |
| Under 11 Boys B      | 800 Metres     | High Jump 2      | 60 M Hurdles   | Shot Put SS2   | 100 Metres              |
| Under 12 Girls       | 800 Metres     | Long Jump 1      | Shot Put SS2   | 60 M Hurdles   | 100 Metres              |
| Under 12 Boys        | 800 Metres     | Discus SD2       | 60 M Hurdles   | High Jump 2    | 100 Metres              |
| Under 13 Girls       | Discus SD1     | 100 Metres       | Long Jump 1    | 200 Metres     | 80 M Hurdles            |
| Under 13/14 Boys     | Long Jump 1    | 100 Metres       | Shot Put SS1   | 200 Metres     | 80 M Hurdles            |
| Under 14 Girls       | Discus SD2     | 100 Metres       | Triple Jump 2  | 200 Metres     | 80 M Hurdles            |
| Under 15/16/17 Girls | Triple Jump 2  | 100 Metres       | Discus SD1     | 200 Metres     | 80 M Hurdles            |
| Under 15/16/17 Boys  | Javelin        | 100 Metres       | 200 Metres     | Long Jump 1    | 90 M Hurdles            |