

<b>1500m Run</b>	<b>8.30am</b>	<b>U10 - U17</b>		<b>WEEK 7 PROGRAM - 1/12/2018</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</b>
Under 6 Boys	On Track	70 Metres	On Track	100 Metres	
Under 6 Girls	70 Metres	On Track	100 Metres	On Track	
Under 7 Girls A	70 Metres	Shot Put JS1	200 Metres	Long Jump 7	
Under 7 Girls B	70 Metres	Shot Put JS2	200 Metres	Long Jump 8	
Under 7 Boys A	Long Jump 7	70 Metres	Discus JD1	100 Metres	
Under 7 Boys B	Long Jump 8	70 Metres	Discus JD2	100 Metres	
Under 8 Girls A	Long Jump 6	60 M Hurdles	200 Metres	Shot Put JS1	70 Metres
Under 8 Girls B	Long Jump 5	60 M Hurdles	200 Metres	Shot Put JS2	70 Metres
Under 8 Boys A	60 M Hurdles	Discus JD1	70 Metres	200 Metres	Long Jump 6
Under 8 Boys B	60 M Hurdles	Discus JD2	70 Metres	200 Metres	Long Jump 5
Under 9 Girls A	Shot Put JS1	60 M Hurdles	70 Metres	Long Jump 3	200 Metres
Under 9 Girls B	Shot Put JS2	60 M Hurdles	70 Metres	Long Jump 4	200 Metres
Under 9 Boys A	60 M Hurdles	Long Jump 3	200 Metres	Discus JD1	70 Metres
Under 9 Boys B	60 M Hurdles	Long Jump 4	200 Metres	Discus JD2	70 Metres
Under 10 Girls A	800 Metres	High Jump (S)	60 M Hurdles	Discus SD1	70 Metres
Under 10 Girls B	800 Metres	Discus SD1	60 M Hurdles	High Jump (S)	70 Metres
Under 10 Boys	800 Metres	Shot Put SS1	60 M Hurdles	70 Metres	Long Jump 3 & 4
Under 11 Girls A	High Jump 1	100 Metres	60 M Hurdles	Discus SD2	200 Metres
Under 11 Girls B	High Jump 2	100 Metres	Discus SD1	60 M Hurdles	200 Metres
Under 11 Boys A	Triple Jump 1	100 Metres	Javelin	60 M Hurdles	200 Metres
Under 11 Boys B	Triple Jump 2	100 Metres	60 M Hurdles	Javelin	200 Metres
Under 12 Girls	800 Metres	Javelin	100 Metres	60 M Hurdles	High Jump 1
Under 12 Boys	800 Metres	Triple Jump 2	100 Metres	60 M Hurdles	Javelin
Under 13 Girls	Discus SD1	400 Metres	Shot Put SS1	100 Metres	Long Jump 1
Under 13/14 Boys	Javelin	400 Metres	100 Metres	Long Jump 1	Shot Put SS1
Under 14 Girls	Shot Put SS2	400 Metres	Long Jump 1	100 Metres	High Jump 2
SENIOR Girls	Shot Put SS1	400 Metres	High Jump 2	100 Metres	Discus SD1
SENIOR Boys	Discus SD2	400 Metres	High Jump 1	100 Metres	Triple Jump 2