

1500m Run	8.30am	U10 - U17		WEEK 6 - 23 November 2019	
Walks Events	8.30am	U9 - U17			
Age Group	Event 1	Event 2	Event 3	Event 4	Event 5
Under 6 Boys	On Track	50 Metres	On Track	100 Metres	
Under 6 Girls	50 Metres	On Track	100 Metres	On Track	
Under 7 Girls A	Long Jump 7	70 Metres	Discus JD2	200 Metres	
Under 7 Girls B	Long Jump 8	70 Metres	Discus JD3	200 Metres	
Under 7 Boys A	Shot Put JS1	70 Metres	Long Jump 7	200 Metres	
Under 7 Boys B	Shot Put JS2	70 Metres	Long Jump 8	200 Metres	
Under 8 Girls A	Turbo Javelin	Long Jump 6	50 Metres	Discus JD1	200 Metres
Under 8 Girls B	Long Jump 5	Turbo Javelin	50 Metres	Discus JD2	200 Metres
Under 8 Boys A	50 Metres	Shot Put JS1	Turbo Javelin	100 Metres	Long Jump 6
Under 8 Boys B	50 Metres	Shot Put JS2	Long Jump 5	Turbo Javelin	100 Metres
Under 9 Girls A	HJ Skills (S3)	Discus JD1	200 Metres	Long Jump 3	100 Metres
Under 9 Girls B	Long Jump 4	100 Metres	HJ Skills (S2)	Discus JD3	200 Metres
Under 9 Boys A	800 Metres	Long Jump 3	Shot Put JS1	100 Metres	HJ Skills (S2)
Under 9 Boys B	800 Metres	Long Jump 4	Shot Put JS2	100 Metres	HJ Skills (S3)
Under 10 Girls A	High Jump (S2)		Shot Put SS1	200 Metres	60 M Hurdles
Under 10 Girls B	Shot Put SS2	High Jump (S3)		200 Metres	60 M Hurdles
Under 10 Boys A	Discus SD1	70 Metres	Long Jump 3	200 Metres	60 M Hurdles
Under 10 Boys B	Discus SD2	70 Metres	Long Jump 4	200 Metres	60 M Hurdles
Under 11 Girls	800 Metres	High Jump 1	80 M Hurdles	100 Metres	Discus SD2
Under 11 Boys	800 Metres	Shot Put SS2	80 M Hurdles	100 Metres	High Jump 1
Under 12 Girls	800 Metres	Long Jump 1 Long Jump 2	80 M Hurdles	100 Metres	Javelin
Under 12 Boys	800 Metres	Javelin	80 M Hurdles	Triple Jump 2	100 Metres
Under 13 Girls	Long Jump 1	400 Metres	80 M Hurdles	Shot Put SS2	100 Metres
Under 13/14 Boys	Javelin	400 Metres	Triple Jump 2	80 M Hurdles	100 Metres
Under 14 Girls	Shot Put SS1	400 Metres	80 M Hurdles	Long Jump 1	100 Metres
SENIOR Girls	90 M Hurdles	400 Metres	Discus SD2	100 Metres	Triple Jump 2
SENIOR Boys	90 M Hurdles	400 Metres	Discus SD1	100 Metres	Long Jump 1