

WEEK 2 PROGRAM

WEEK 2 PROGRAM - 14/11/20					
Age Group	Event 1	Event 2	Event 3	Event 4	Event 5
Under 6 Boys	On Track	On Track	Long Jump 7	100 Metres	
Under 6 Girls	On Track	On Track	100 Metres	Long Jump 8	
Under 7 Girls A	Long Jump 3	70 Metres	Discus JD1	100 Metres	
Under 7 Girls B	Long Jump 4	70 Metres	Discus JD2	100 Metres	
Under 7 Boys A	70 Metres	Shot Put JS1	100 Metres	Long Jump 3	
Under 7 Boys B	70 Metres	Shot Put JS2	100 Metres	Long Jump 4	
Under 8 Girls A	Discus JD1	60 M Hurdles	Long Jump 3	200 Metres	
Under 8 Girls B	Discus JD2	60 M Hurdles	Long Jump 4	200 Metres	
Under 8 Boys A	60 M Hurdles	Long Jump 3	200 Metres	Shot Put JS1	
Under 8 Boys B	60 M Hurdles	Long Jump 4	200 Metres	Shot Put JS2	
<b>9.35am - 1500m (Under 11-17) and Walks (Under 9-17)</b>					
<b>SESSION 2 - 9.45am</b>					
Under 9 Girls A	800 Metres	Discus JD1	60 M Hurdles	Long Jump 3	
Under 9 Girls B	800 Metres	Discus JD2	60 M Hurdles	Long Jump 4	
Under 9 Boys A	800 Metres	Long Jump 3	Shot Put JS1	60 M Hurdles	
Under 9 Boys B	800 Metres	Long Jump 4	Shot Put JS2	60 M Hurdles	
Under 10 Girls A	100 Metres	60 M Hurdles	Shot Put SS2	200 Metres	Long Jump 3
Under 10 Girls B	100 Metres	60 M Hurdles	Shot Put SS1	200 Metres	Long Jump 4
Under 10 Boys A	60 M Hurdles	100 Metres	Discus SD1	200 Metres	Long Jump 1
Under 10 Boys B	60 M Hurdles	100 Metres	Discus SD2	200 Metres	Long Jump 2
Under 11 Girls	High Jump 1 TECHNIQUE		400 Metres	Discus SD2	100 Metres
Under 11 Boys	High Jump 2 TECHNIQUE		400 Metres	Shot Put SS1	100 Metres
Under 12 Girls	Shot Put SS2	100 Metres	400 Metres	High Jump 1	
Under 12 Boys	Shot Put SS1	100 Metres	400 Metres	Triple Jump 2	Discus SD2
Under 13/14 Girls	Javelin	100 Metres	Long Jump 1	Discus SD1	200 Metres
Under 13/14 Boys	Triple Jump 2	Discus SD1	100 Metres	Shot Put SS2	200 Metres
SENIOR Girls	Long Jump 1	400 Metres	Javelin	100 Metres	Discus SD1
SENIOR Boys	Discus SD1	400 Metres	100 Metres	High Jump 2	