

WEEK 4 PROGRAM

Age Group	Event 1	Event 2	Event 3	Event 4	Event 5
28/11/2020					
SESSION 1 - 8.30AM					
Under 6 Boys	100 Metres	On Track	Long Jump 7	70 Metres	
Under 6 Girls	On Track	100 Metres	Long Jump 8	70 Metres	
Under 7 Girls A	Long Jump 6	50 Metres	Discus JD1	100 Metres	
Under 7 Girls B	Long Jump 5	50 Metres	Discus JD2	100 Metres	
Under 7 Boys A	Shot Put JS1	50 Metres	Long Jump 6	200 Metres	
Under 7 Boys B	Shot Put JS2	50 Metres	Long Jump 5	200 Metres	
Under 8 Girls A	Long Jump 3	60 M Hurdles	Shot Put JS1	100 Metres	
Under 8 Girls B	Long Jump 4	60 M Hurdles	Shot Put JS2	100 Metres	
Under 8 Boys A	60 M Hurdles	Discus JD1	200 Metres	Long Jump 3	
Under 8 Boys B	60 M Hurdles	Discus JD2	200 Metres	Long Jump 4	
9.35am - 1500m (Under 11-17) and Walks (Under 9-17)					
SESSION 2 - 9.45am					
Under 9 Girls	Long Jump 4	400 Metres	60 M Hurdles	Discus JD1	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	Shot Put S1	100 Metres	60 M Hurdles	High Jump (S)	
Under 10 Girls B	Shot Put S2	100 Metres	60 M Hurdles	High Jump (S)	
Under 10 Boys A	High Jump (S)		100 Metres	60 M Hurdles	Discus SD1
Under 10 Boys B	High Jump (S)		100 Metres	60 M Hurdles	Discus SD2
Under 11 Girls	800 Metres	Javelin	100 Metres	Long Jump 2	200 Metres
Under 11 Boys	800 Metres	Discus SD1	100 Metres	Triple Jump 1	
Under 12 Girls	Triple Jump 2	100 Metres	Discus SD2	200 Metres	Shot Put S2
Under 12 Boys	800 Metres	Triple Jump 2	100 Metres	Javelin	200 Metres
Under 13/14 Girls	100 Metres	Discus SD2	200 Metres	High Jump 1	
Under 13/14 Boys	Long Jump 1	100 Metres	Shot Put S2	200 Metres	Javelin
Under 15/16/17 Girls	High Jump 1		100 Metres	Discus SD1	200 Metres
Under 15/16/17 Boys	Discus SD1	100 Metres	Long Jump 1	Shot Put S1	200 Metres