

WEEK 8 - 16/1/2021

SESSION 1 - 8.30AM

| Age Group | Event 1 | Event 2 | Event 3 | Event 4 |
|------------------|----------------|----------------|----------------|----------------|
| Under 6 Boys | On Track | 100 Metres | Long Jump 7&8 | 70 Metres |
| Under 6 Girls | Long Jump 7&8 | 100 Metres | On Track | 70 Metres |
| Under 7 Girls A | 70 Metres | Shot Put JS1 | 100 Metres | Long Jump 6 |
| Under 7 Girls B | 70 Metres | Shot Put JS2 | 100 Metres | Long Jump 5 |
| Under 7 Boys A | Discus JD1 | 70 Metres | Long Jump 6 | 200 Metres |
| Under 7 Boys B | Discus JD2 | 70 Metres | Long Jump 5 | 200 Metres |
| Under 8 Girls A | Long Jump 3 | 60 M Hurdles | Shot Put JS1 | 200 Metres |
| Under 8 Girls B | Long Jump 4 | 60 M Hurdles | Shot Put JS2 | 200 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

| Age Group | Event 1 | Event 2 | Event 3 | Event 4 | Event 5 |
|-------------------|----------------|----------------|----------------|----------------|----------------|
| Under 9 Girls A | Long Jump 5 | 60 M Hurdles | 100 Metres | Shot Put JS1 | 200 Metres |
| Under 9 Boys A | 60 M Hurdles | Discus JD1 | 100 Metres | Long Jump 6 | 200 Metres |
| Under 9 Boys B | 60 M Hurdles | Discus JD2 | 100 Metres | Long Jump 5 | 200 Metres |
| Under 10 Girls A | Shot Put SS1 | 400 Metres | Long Jump 3 | 60 M Hurdles | 100 Metres |
| Under 10 Girls B | Shot Put SS2 | 400 Metres | Long Jump 4 | 60 M Hurdles | 100 Metres |
| Under 10 Boys A | Long Jump 3 | 400 Metres | 60 M Hurdles | Discus SD1 | 100 Metres |
| Under 10 Boys B | Long Jump 4 | 400 Metres | 60 M Hurdles | Discus SD2 | 100 Metres |
| Under 11 Girls | 100 Metres | Shot Put SS3 | 400 Metres | High Jump 1 | |
| Under 11 Boys | High Jump 1 | | Shot Put SS2 | 100 Metres | 200 Metres |
| Under 12 Girls | Long Jump 1 | 100 Metres | Javelin | 200 Metres | Shot Put SS1 |
| Under 12 Boys | Long Jump 2 | 100 Metres | Discus SD1 | 200 Metres | Shot Put SS2 |
| Under 13/14 Girls | 800 Metres | Discus SD2 | 100 Metres | Long Jump 1 | 200 Metres |
| Under 13/14 Boys | 800 Metres | Discus SD1 | 100 Metres | Triple Jump 2 | 200 Metres |
| SENIOR Girls | 800 Metres | Javelin | Long Jump 2 | 100 Metres | Discus SD1 |
| SENIOR Boys | 800 Metres | Long Jump 1 | Shot Put SS1 | 100 Metres | Javelin |