

**Meet 11 - B 17 January 2026 ALTERNATIVE PROGRAM**

SESSION 1 - 8:30AM					
Age Group	Event 1	Event 2	Event 3	Event 4	
Tiny Tots			100m	Long Jump 1	
Tiny Tots			100m	Long Jump 2	
Under 6 Girls A	100m	On Track	Long Jump 1	Shot Put JS1 (1kg)	
Under 6 Girls B	100m	On Track	Long Jump 2	Shot Put JS2 (1kg)	
Under 6 Boys A	Long Jump 1	100m	Shot Put JS1 (1kg)	On Track	
Under 6 Boys B	Long Jump 2	100m	Shot Put JS2 (1kg)	On Track	
Under 7 Girls A	100m	Long Jump 3	50m	Discus JD1 (350g)	
Under 7 Girls B	100m	Long Jump 4	50m	Discus JD2 (350g)	
Under 7 Boys A	Long Jump 5	100m	Vortex JD3	50m	
Under 7 Boys B	Long Jump 6	100m	Vortex JS3	50m	
Under 8 Girls A	200m	Turbo Javelin JD1	70m	Long Jump 3	
Under 8 Girls B	200m	Turbo Javelin JD2	70m	Long Jump 4	
Under 8 Boys A	Shot Put JS1 (1.5kg)	200m	Long Jump 4	70m	
Under 8 Boys B	Shot Put JS2 (1.5kg)	200m	Long Jump 5	70m	
Under 8 Boys C	Shot Put JS3 (1.5kg)	200m	Long Jump 6	70m	
<b>9:45am - Walks - U9 (700m), U10 - U11 (1100m) and U12 - Masters (1500m)</b>					
SESSION 2 - 10:00am					
Age Group	Event 1	Event 2	Event 3	Event 4	Event 5
Under 9 Girls A	400m	Turbo Javelin JD1	100m	Long Jump 5	Discus JD1 (500g)
Under 9 Girls B	400m	Turbo Javelin JD2	100m	Long Jump 6	Discus JD2 (500g)
Under 9 Boys A	Long Jump 3	800m	Turbo Javelin JD1	100m	Shot Put JS1 (2kg)
Under 9 Boys B	Long Jump 4	800m	Turbo Javelin JD2	100m	Shot Put JS2 (2kg)
Under 9 Boys C	Long Jump 5	800m	Turbo Javelin JD3	100m	Shot Put JS3 (2kg)
Under 10 Girls A	Shot Put JS1 (2kg)	70m	Long Jump 3	Discus JD1 (500g)	100m
Under 10 Girls B	Shot Put JS2 (2kg)	70m	Long Jump 4	Discus JD2 (500g)	100m
Under 10 Boys A	Discus JD1 (500g)	Long Jump 5	70m	Shot Put JS1 (2kg)	200m
Under 10 Boys B	Discus JD2 (500g)	Long Jump 6	70m	Shot Put JS2 (2kg)	200m
Under 11 Girls A	Triple Jump 1	100m	Discus SD1 (500g or 750g)	200m	Shot Put SS2 (2kg)
Under 11 Girls B	Triple Jump 2	100m	Discus SD2 (500g or 750g)	200m	Shot Put SS3 (2kg)
Under 11 Boys A	Javelin (400g)	800m	Shot Put SS2 (2kg)	200m	Triple Jump 1
Under 11 Boys B	Javelin (400g)	800m	Shot Put SS3 (2kg)	200m	Triple Jump 2
Under 12 Girls A	Shot Put SS1 (2kg or 3kg)	400m	Triple Jump 1	200m	Discus SD1 (750g)
Under 12 Girls B	Shot Put SS2 (2kg or 3kg)	400m	Triple Jump 2	200m	Discus SD2 (750g)
Under 12 Boys	800m	Long Jump 1	100m	Discus SD1 (750g)	200m
Under 13 Girls	800m	Triple Jump 2	100m	Shot Put SS2 (3kg)	200m
Under 13 Boys	100m	Discus SD1 (750g or 1kg)	200m	Long Jump 1	Javelin (600g)
Under 14 Girls	Shot Put SS3 (3kg)	400m	Javelin (400g or 500g)	Long Jump 2	200m
Under 14-17 Boys, U20 Men & Open/Masters Men	800m	Shot Put SS3 (see below)	100m	Javelin (see below)	200m
Under 15-17 Girls, U20 Women & Open/Masters Women	Discus SD2 (1kg)	400m	Shot Put SS1 (U15-17 3kg, U20 4kg)	Long Jump 2	100m

\* PLEASE ALLOW NO MORE THAN 40 MINUTES FOR HIGH JUMP TO BE COMPLETED

SHOT PUT		DISCUS	
U14B	3kg or 4kg	U14B	1kg
U15B	4kg	U15B	1kg
U16B	4kg or 5kg	U16B	1kg or 1.5kg
U17B	5kg	U17B	1.5kg
U20 Men & Masters Men (50-59)	6kg	U20 Men	1.75kg
Open & Masters Men (21-49)	7.26kg	Open & Masters Men (21-49)	2kg
		Masters Men (50-59)	1.5kg
JAVELIN			
U14B	600g or 700g		
U15B	700g		
U16B	700g		
U17B	700g		
U20 Men, Open & Masters Men (21-49)	800g		
Masters Men (50-59)	700g		