

Meet 15 - A 21 February 2026

SESSION 1 - 8:30AM					
Age Group	Event 1	Event 2	Event 3	Event 4	
Tiny Tots		70m		Long Jump 1	
Tiny Tots		70m		Long Jump 2	
Under 6 Girls A	Long Jump 1	200m	On Track	Discus JD1 (350g)	
Under 6 Girls B	Long Jump 2	200m	On Track	Discus JD2 (350g)	
Under 6 Boys A	Vortex JS1	100m	Long Jump 1	On Track	
Under 6 Boys B	Vortex JS2	100m	Long Jump 2	On Track	
Under 7 Girls A	200m	Long Jump 5	100m	Vortex JS1	
Under 7 Girls B	200m	Long Jump 6	100m	Vortex JS2	
Under 7 Boys A	Discus JD1 (350g)	50m	Long Jump 3	200m	
Under 7 Boys B	Discus JD2 (350g)	50m	Long Jump 4	200m	
Under 8 Girls A	60m Hurdles (45cm)	200m	Turbo Javelin JD1	100m	
Under 8 Girls B	ORANGE TAPE	200m	Turbo Javelin JD2	100m	
Under 8 Boys A	Long Jump 3	Shot Put JS1 (1.5kg)	200m	60m Hurdles (45cm)	
Under 8 Boys B	Long Jump 4	Shot Put JS2 (1.5kg)	200m	60m Hurdles (45cm)	
Under 8 Boys C	Long Jump 5	Shot Put JS3 (1.5kg)	200m	ORANGE TAPE	
9:45am - 1500m - U11 - Masters					
SESSION 2 - 10:00am					
Age Group	Event 1	Event 2	Event 3	Event 4	Event 5
Under 9 Girls A	Discus JD1 (500g)	70m	Long Jump 3	200m	60m Hurdles (45cm)
Under 9 Girls B	Discus JD2 (500g)	70m	Long Jump 4	200m	ORANGE TAPE
Under 9 Boys A	High Jump 1 & 2 (scissors)*		70m	Discus JD1 (500g)	200m
Under 9 Boys B	High Jump 1 & 2 (scissors)*		70m	Discus JD2 (500g)	200m
Under 9 Boys C	High Jump 1 & 2 (scissors)*		70m	Discus JD3 (500g)	200m
Under 10 Girls A	Long Jump 3	Discus JD1 (500g)	70m	60m Hurdles (60cm)	200m
Under 10 Girls B	Long Jump 4	Discus JD2 (500g)	70m	ORANGE TAPE	200m
Under 10 Boys A	800m	Long Jump 5	Turbo Javelin JD1	60m Hurdles (60cm)	100m
Under 10 Boys B	800m	Long Jump 6	Turbo Javelin JD2	ORANGE TAPE	100m
Under 11 Girls A	Long Jump 1	400m	Shot Put SS2 (2kg)	100m	Javelin (400g)
Under 11 Girls B	Long Jump 2	400m	Shot Put SS3 (2kg)	100m	Javelin (400g)
Under 11 Boys A	Discus SD1 (500g or 750g)	100m	80m Hurdles (60cm)	200m	Triple Jump 1
Under 11 Boys B	Discus SD2 (500g or 750g)	100m	GREEN TAPE	200m	Triple Jump 2
Under 12 Girls A	800m	Discus SD1 (750g)	100m	High Jump 3 & 4*	
Under 12 Girls B	800m	Discus SD2 (750g)	100m	High Jump 3 & 4*	
Under 12 Boys	High Jump 3 & 4*		400m	Javelin (400g or 600g)	100m
Under 13 Girls	Javelin (400g)	Long Jump 2	400m	Discus SD2 (750g or 1kg)	100m
Under 13 Boys	80m Hurdles (76cm) GREEN TAPE	800m	Long Jump 1	100m	Discus SD1 (750g or 1kg)
Under 14 Girls	Shot Put SS2 (3kg)	80m Hurdles (76cm) GREEN TAPE	100m	Triple Jump 1	200m
Under 14-17 Boys, U20 Men & Open/Masters Men	90m Hurdles (76cm) PURPLE TAPE	800m	Long Jump 2	100m	Discus SD2 (weights below)
Under 15-17 Girls, U20 Women & Open/Masters Women	Shot Put SS3 (weights below)	Javelin (weights below)	400m	Long Jump 2	200m

*** 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
U15-U17G	3kg	Masters Men (50-59)	1.5kg
Open & Masters Women (21-49)	4kg	U15-U17G	1kg
Masters Women (50-74)	3kg	U20-Masters Women (21-74)	1kg

JAVELIN	
U14B	600g or 700g
U15B	700g
U16B	700g
U17B	700g
U20 Men, Open & Masters Men (21-49)	800g
Masters Men (50-59)	700g
U15-U17G	500g
U20-Masters Women (21-49)	600g
Masters Women (50-74)	500g