

**Meet 16 - B 28 February 2026**

<b>SESSION 1 - 8:30AM</b>				
<b>Age Group</b>	<b>Event 1</b>	<b>Event 2</b>	<b>Event 3</b>	<b>Event 4</b>
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	200m	Shot Put JS1 (1kg)	On Track
Under 6 Boys B	Long Jump 2	200m	Shot Put JS2 (1kg)	On Track
Under 7 Girls A	Long Jump 5	Discus JD1 (350g)	100m	60m Mini Hurdles
Under 7 Girls B	Long Jump 6	Discus JD2 (350g)	100m	ORANGE TAPE
Under 7 Boys A	60m Mini Hurdles	100m	Long Jump 3	Vortex JD2
Under 7 Boys B	ORANGE TAPE	100m	Long Jump 4	Vortex JD3
Under 8 Girls A	200m	Long Jump 3	Discus JD1 (500g)	70m
Under 8 Girls B	200m	Long Jump 4	Discus JD2 (500g)	70m
Under 8 Boys A	Turbo Javelin JD1	200m	Long Jump 4	70m
Under 8 Boys B	Turbo Javelin JD2	200m	Long Jump 5	70m
Under 8 Boys C	Turbo Javelin JD3	200m	Long Jump 6	70m

9:45am - Walks - U9 (700m), U10 - U11 (1100m) and U12 - Masters (1500m)

<b>SESSION 2 - 10:00am</b>					
<b>Age Group</b>	<b>Event 1</b>	<b>Event 2</b>	<b>Event 3</b>	<b>Event 4</b>	<b>Event 5</b>
Under 9 Girls A	400m	Turbo Javelin JD1	100m	Long Jump 3	Discus JD1 (500g)
Under 9 Girls B	400m	Turbo Javelin JD2	100m	Long Jump 4	Discus JD2 (500g)
Under 9 Boys A	Long Jump 3	800m	Turbo Javelin JD1	100m	60m Hurdles (45cm)
Under 9 Boys B	Long Jump 4	800m	Turbo Javelin JD2	100m	60m Hurdles (45cm)
Under 9 Boys C	Long Jump 5	800m	Turbo Javelin JD3	100m	ORANGE TAPE
Under 10 Girls A	High Jump 1 & 2 (scissors)*		70m	Discus JD1 (500g)	100m
Under 10 Girls B	High Jump 1 & 2 (scissors)*		70m	Discus JD2 (500g)	100m
Under 10 Boys A	Discus SD1 (500g)	70m	High Jump 1 & 2 (scissors)*		200m
Under 10 Boys B	Discus SD2 (500g)	70m	High Jump 1 & 2 (scissors)*		200m
Under 11 Girls A	Triple Jump 1	100m	80m Hurdles (60cm)	200m	Discus SD1 (500g or 750g)
Under 11 Girls B	Triple Jump 2	100m	GREEN TAPE	200m	Discus SD2 (500g or 750g)
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	400m	80m Hurdles (68cm)	Triple Jump 1	200m	Shot Put SS2 (2kg or 3kg)
Under 12 Girls B	400m	GREEN TAPE	Triple Jump 2	200m	Shot Put SS3 (2kg or 3kg)
Under 12 Boys	800m	80m Hurdles (68cm) GREEN TAPE	Discus SD1 (750g)	Long Jump 1	100m
Under 13 Girls	80m Hurdles (76cm) GREEN TAPE	Triple Jump 2	800m	Shot Put SS2 (3kg)	100m
Under 13 Boys	100m	High Jump 4*		200m	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	High Jump 3*		100m	Javelin (weights below)	200m
Under 15-17 Girls, U20 Women & Open/Masters Women	100m	Discus SD2 (weights below)	400m	High Jump 3 & 4*	

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

<b>SHOT PUT</b>		<b>DISCUS</b>	
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

<b>JAVELIN</b>	
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