

Meet 17 - C 7 March 2026

SESSION 1 - 8:30AM					
Age Group	Event 1	Event 2	Event 3	Event 4	
Tiny Tots	50m		70m		
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Under 6 Girls A	Long Jump 1	Vortex JS1	On Track	50m	
Under 6 Girls B	Long Jump 2	Vortex JS2	On Track	50m	
Under 6 Boys A	On Track	50m	Discus JD1 (350g)	Long Jump 1	
Under 6 Boys B	On Track	50m	Discus JD2 (350g)	Long Jump 2	
Under 7 Girls A	Long Jump 5	200m	70m	Shot Put JS1 (1kg)	
Under 7 Girls B	Long Jump 6	200m	70m	Shot Put JS2 (1kg)	
Under 7 Boys A	Shot Put JS1 (1kg)	70m	200m	Long Jump 3	
Under 7 Boys B	Shot Put JS2 (1kg)	70m	200m	Long Jump 4	
Under 8 Girls A	Long Jump 3	60m Hurdles (45cm)	Shot Put JS1 (1.5kg)	50m	
Under 8 Girls B	Long Jump 4	ORANGE TAPE	Shot Put JS2 (1.5kg)	50m	
Under 8 Boys A	Discus JD1 (500g)	50m	Long Jump 4	60m Hurdles (45cm)	
Under 8 Boys B	Discus JD2 (500g)	50m	Long Jump 5	60m Hurdles (45cm)	
Under 8 Boys C	Discus JD3 (500g)	50m	Long Jump 6	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	Long Jump 5	800m	Shot Put JS1 (2kg)	200m	60m Hurdles (45cm)
Under 9 Girls B	Long Jump 6	800m	Shot Put JS2 (2kg)	200m	ORANGE TAPE
Under 9 Boys A	70m	Shot Put JS1 (2kg)	100m	Long Jump 4	Turbo Javelin JD1
Under 9 Boys B	70m	Shot Put JS2 (2kg)	100m	Long Jump 5	Turbo Javelin JD2
Under 9 Boys C	70m	Shot Put JS3 (2kg)	100m	Long Jump 6	Turbo Javelin JD3
Under 10 Girls A	Turbo Javelin JD1	400m	Long Jump 3	100m	Shot Put JS1 (2kg)
Under 10 Girls B	Turbo Javelin JD2	400m	Long Jump 4	100m	Shot Put JS2 (2kg)
Under 10 Boys A	400m	Turbo Javelin JD1	Long Jump 5	Shot Put JS2 (2kg)	100m
Under 10 Boys B	400m	Turbo Javelin JD2	Long Jump 6	Shot Put JS3 (2kg)	100m
Under 11 Girls A	High Jump 1 & 2*		100m	Shot Put SS2 (2kg)	200m
Under 11 Girls B	High Jump 1 & 2*		100m	Shot Put SS3 (2kg) Senior throws area	200m
Under 11 Boys A	Discus SD1 (500g or 750g)	400m	High Jump 1 & 2*		100m
Under 11 Boys B	Discus SD3 (500g or 750g)	400m	High Jump 1 & 2*		100m
Under 12 Girls A	Javelin (400g)	Shot Put SS2 (2kg or 3kg)	80m Hurdles (68cm)	200m	Long Jump 1
Under 12 Girls B	Javelin (400g)	Shot Put SS3 (2kg or 3kg)	GREEN TAPE	200m	Long Jump 2
Under 12 Boys	Shot Put SS1 (2kg or 3kg)	Triple Jump 1	100m	80m Hurdles (68cm) GREEN TAPE	200m
Under 13 Girls	Long Jump 1	80m Hurdles (76cm) GREEN TAPE	100m	Discus SD3 (750g or 1kg)	200m
Under 13 Boys	Shot Put SS2 (3kg)	100m	Long Jump 2	200m	Javelin (600g)
Under 14 Girls	800m	80m Hurdles (76cm) GREEN TAPE	Triple Jump 1	Discus SD1 (1kg)	100m
Under 14-17 Boys, U20 Men & Open/Masters Men	Shot Put SS3 (weights below)	Long Jump 2	400m	Javelin (weights below)	200m
Under 15-17 Girls, U20 Women & Open/Masters Women	90m Hurdles (76cm) PURPLE TAPE	800m	Javelin (weights below)	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
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