

Meet 18 - D 14 March 2026

SESSION 1 - 8:30AM					
Age Group	Event 1	Event 2	Event 3	Event 4	
		100m		60m Mini Hurdles	
Tiny Tots		100m		ORANGE TAPE	
Under 6 Girls A	200m	On Track	60m Mini Hurdles	Discus JD2 (350g)	
Under 6 Girls B	200m	On Track	ORANGE TAPE	Discus JD3 (350g)	
Under 6 Boys A	Shot Put JS1 (1kg)	60m Mini Hurdles	200m	On Track	
Under 6 Boys B	Shot Put JS2 (1kg)	ORANGE TAPE	200m	On Track	
Under 7 Girls A	Long Jump 5	50m	Discus JD1 (350g)	60m Mini Hurdles	
Under 7 Girls B	Long Jump 6	50m	Discus JD2 (350g)	ORANGE TAPE	
Under 7 Boys A	Discus JD1 (350g)	60m Mini Hurdles	Long Jump 1	100m	
Under 7 Boys B	Discus JD2 (350g)	ORANGE TAPE	Long Jump 2	100m	
Under 8 Girls A	Long Jump 3	Turbo Javelin JD1	200m	60m Mini Hurdles	
Under 8 Girls B	Long Jump 4	Turbo Javelin JD2	200m	ORANGE TAPE	
Under 8 Boys A	60m Mini Hurdles	200m	Long Jump 4	Shot Put JS1 (1.5kg)	
Under 8 Boys B	60m Mini Hurdles	200m	Long Jump 5	Shot Put JS2 (1.5kg)	
Under 8 Boys C	ORANGE TAPE	200m	Long Jump 6	Shot Put JS3 (1.5kg)	

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

SESSION 2 - 10:00am					
Age Group	Event 1	Event 2	Event 3	Event 4	Event 5
Under 9 Girls A	60m Mini Hurdles	Turbo Javelin JD1	100m	High Jump 1 & 2 (scissors)*	
Under 9 Girls B	ORANGE TAPE	Turbo Javelin JD2	100m	High Jump 1 & 2 (scissors)*	
Under 9 Boys A	60m Mini Hurdles	400m	Long Jump 3	200m	Discus JD1 (500g)
Under 9 Boys B	60m Mini Hurdles	400m	Long Jump 4	200m	Discus JD2 (500g)
Under 9 Boys C	ORANGE TAPE	400m	Long Jump 5	200m	Discus JD3 (500g)
Under 10 Girls A	800m	60m Mini Hurdles	Shot Put JS1 (2kg)	Long Jump 5	200m
Under 10 Girls B	800m	ORANGE TAPE	Shot Put JS2 (2kg)	Long Jump 6	200m
Under 10 Boys A	Long Jump 3	60m Mini Hurdles	70m	Discus JD1 (500g)	200m
Under 10 Boys B	Long Jump 4	ORANGE TAPE	70m	Discus JD2 (500g)	200m
Under 11 Girls A	Discus SD1 (500g or 750g)	800m	60m Mini Hurdles	200m	Triple Jump 1
Under 11 Girls B	Discus SD2 (500g or 750g)	800m	ORANGE TAPE	200m	Triple Jump 2
Under 11 Boys A	Long Jump 1	100m	60m Mini Hurdles	200m	Javelin (400g)
Under 11 Boys B	Long Jump 2	100m	ORANGE TAPE	200m	Javelin (400g)
Under 12 Girls A	Javelin (400g)	Discus SD1 (750g)	800m	Long Jump 1	60m Mini Hurdles
Under 12 Girls B	Javelin (400g)	Discus SD2 (750g)	800m	Long Jump 2	ORANGE TAPE
Under 12 Boys	Shot Put SS2 (2kg or 3kg)	400m	Long Jump 1	Javelin (400g or 600g)	60m Mini Hurdles ORANGE TAPE
Under 13 Girls	800m	Long Jump 1	60m Mini Hurdles ORANGE TAPE	High Jump 3 & 4*	
Under 13 Boys	400m	Shot Put SS1 (3kg)	Javelin (600g)	60m Mini Hurdles ORANGE TAPE	100m
Under 14 Girls	High Jump 3 & 4*		400m	Discus SD1 (1kg)	60m Mini Hurdles ORANGE TAPE
Under 14-17 Boys, U20 Men & Open/Masters Men	Shot Put SS3 (weights below)	400m	Triple Jump 2	60m Mini Hurdles ORANGE TAPE	100m
Under 15-17 Girls, U20 Women & Open/Masters Women	800m	Triple Jump 2	Discus SD2 (weights below)	60m Mini Hurdles ORANGE TAPE	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	800g
Masters Men (50-59)	700g
U15-U17G	500g