

Meet 4 - C 8 November 2025

SESSION 1 - 8:30AM					
Age Group	Event 1	Event 2	Event 3	Event 4	
Tiny Tots					
Under 6 Girls A	Long Jump 1	4 x 100m Relay	On Track	Shot Put JD3	
Under 6 Girls B	Long Jump 2	4 x 100m Relay	On Track	Shot Put JS3	
Under 6 Boys A	On Track	4 x 100m Relay	Vortex JS1	Long Jump 1	
Under 6 Boys B	On Track	4 x 100m Relay	Vortex JS2	Long Jump 2	
Under 7 Girls A	Vortex JS1	200m	Long Jump 5	4 x 100m Relay	
Under 7 Girls B	Vortex JS2	200m	Long Jump 6	4 x 100m Relay	
Under 7 Boys A	200m	Long Jump 3	4 x 100m Relay	Vortex JS1	
Under 7 Boys B	200m	Long Jump 4	4 x 100m Relay	Vortex JS2	
Under 8 Girls A	50m	60m Hurdles	Discus JD1	4 x 100m Relay	
Under 8 Girls B	50m	60m Hurdles	Discus JD2	4 x 100m Relay	
Under 8 Boys A	4 x 100m Relay	Discus JD1	60m Hurdles	50m	
Under 8 Boys B	4 x 100m Relay	Discus JD2	60m Hurdles	50m	
Under 8 Boys C	4 x 100m Relay	Discus JD3	60m Hurdles	50m	
9:45am - 1500m run (U11 - Masters)					
SESSION 2 - 10:00am					
Age Group	Event 1	Event 2	Event 3	Event 4	Event 5
Under 9 Girls A	Long Jump 1	800m	Shot Put JS1	4 x 200m Relay	60m Hurdles
Under 9 Girls B	Long Jump 2	800m	Shot Put JS2	4 x 200m Relay	60m Hurdles
Under 9 Boys A	70m	Shot Put JS1	4 x 200m Relay	Long Jump 4	Turbo Javelin JD1
Under 9 Boys B	70m	Shot Put JS2	4 x 200m Relay	Long Jump 5	Turbo Javelin JD2
Under 9 Boys C	70m	Shot Put JS3	4 x 200m Relay	Long Jump 6	Turbo Javelin JD3
Under 10 Girls A	Turbo Javelin JD1	400m	Long Jump 3	4 x 200m Relay	Shot Put JS1
Under 10 Girls B	Turbo Javelin JD2	400m	Long Jump 4	4 x 200m Relay	Shot Put JS2
Under 10 Boys A	400m	Long Jump 5	Turbo Javelin JD1	4 x 200m Relay	Shot Put JS3
Under 10 Boys B	400m	Long Jump 6	Turbo Javelin JD2	4 x 200m Relay	Shot Put JD3
Under 11 Girls A	High Jump 1 & 2*		4 x 200m Relay	Shot Put SS2	200m
Under 11 Girls B	High Jump 1 & 2*		4 x 200m Relay	Shot Put SS3	200m
Under 11 Boys A	400m	Discus SD1	4 x 200m Relay	High Jump 1 & 2*	
Under 11 Boys B	400m	Discus SD2	4 x 200m Relay	High Jump 1 & 2*	
Under 12 Girls A	Javelin	Shot Put SS2	100m	Long Jump 1	4 x 200m Relay
Under 12 Girls B	Javelin	Shot Put SS3	100m	Long Jump 2	4 x 200m Relay
Under 12 Boys	Shot Put SS3	100m	Triple Jump 1	80m Hurdles	4 x 200m Relay
Under 13 Girls	Discus SD2	400m	High Jump 3 & 4*		Swedish Relay
Under 13 Boys	Long Jump 2	Javelin	400m	Discus SD1	Swedish Relay
Under 14 Girls	800m	Long Jump 1	80m Hurdles	Discus SD2	Swedish Relay
Under 14-17 Boys, U20 Men & Open/Masters Men	Shot Put SS2	400m	Long Jump 2	Javelin	Swedish Relay
Under 15-17 Girls, U20 Women & Open/Masters Women	800m	90m Hurdles	Javelin	Swedish Relay	Long Jump 1

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

SWEDISH RELAY

Runner 1	Start at 200m start	100m run		
Runner 2	Start at 100m mark on straight	300m run	merge at first bend to inside lane after finish line	run to 200m start
Runner 3	Start at 200m start	200m run	inside lane	
Runner 4	Start at start line	400m run	inside lane	