

Meet 7 - B 29 November 2025

SESSION 1 - 8:30AM					
Age Group	Event 1	Event 2	Event 3	Event 4	
Tiny Tots					
Under 6 Girls A	100m	On Track	Long Jump 1	Shot Put JS1	
Under 6 Girls B	100m	On Track	Long Jump 2	Shot Put JS2	
Under 6 Boys A	Long Jump 1	100m	Shot Put JS1	On Track	
Under 6 Boys B	Long Jump 2	100m	Shot Put JS2	On Track	
Under 7 Girls A	100m	60m Mini Hurdles	50m	Discus JD1	
Under 7 Girls B	100m	60m Mini Hurdles	50m	Discus JD2	
Under 7 Boys A	60m Mini Hurdles	100m	Vortex JD3	50m	
Under 7 Boys B	60m Mini Hurdles	100m	Vortex JS3	50m	
Under 8 Girls A	200m	Turbo Javelin JD1	70m	Long Jump 3	
Under 8 Girls B	200m	Turbo Javelin JD2	70m	Long Jump 4	
Under 8 Boys A	Shot Put JS1	200m	Long Jump 4	70m	
Under 8 Boys B	Shot Put JS2	200m	Long Jump 5	70m	
Under 8 Boys C	Shot Put JS3	200m	Long Jump 6	70m	
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	400m	Turbo Javelin JS1	100m	Long Jump 5	Discus JD1
Under 9 Girls B	400m	Turbo Javelin JS2	100m	Long Jump 6	Discus JD2
Under 9 Boys A	Long Jump 3	800m	Turbo Javelin JS1	100m	60m Hurdles
Under 9 Boys B	Long Jump 4	800m	Turbo Javelin JS2	100m	60m Hurdles
Under 9 Boys C	Long Jump 5	800m	Turbo Javelin JS3	100m	60m Hurdles
Under 10 Girls A	High Jump 1 & 2 (scissors)*		70m	Discus JD1	100m
Under 10 Girls B	High Jump 1 & 2 (scissors)*		70m	Discus JD2	100m
Under 10 Boys A	70m	Discus JD1	High Jump 1 & 2 (scissors)*		200m
Under 10 Boys B	70m	Discus JD2	High Jump 1 & 2 (scissors)*		200m
Under 11 Girls A	Triple Jump 1	100m	80m Hurdles	200m	Discus SD1
Under 11 Girls B	Triple Jump 2	100m	80m Hurdles	200m	Discus SD2
Under 11 Boys A	Javelin	800m	Shot Put SS2	200m	Triple Jump 1
Under 11 Boys B	Javelin	800m	Shot Put SS3	200m	Triple Jump 2
Under 12 Girls A	400m	80m Hurdles	Triple Jump 1	200m	Shot Put SS2
Under 12 Girls B	400m	80m Hurdles	Triple Jump 2	200m	Shot Put SS3
Under 12 Boys	800m	80m Hurdles	Discus SD1	Long Jump 1	100m
Under 13 Girls	80m Hurdles	Triple Jump 2	800m	Discus SD2	100m
Under 13 Boys	100m	High Jump 4*		200m	Javelin
Under 14 Girls	Shot Put SS3	400m	Javelin	Long Jump 2	200m
Under 14-17 Boys, U20 Men & Open/Masters Men	High Jump 3*		100m	Javelin	200m
Under 15-17 Girls, U20 Women & Open/Masters Women	100m	Discus SD2	400m	High Jump 3 & 4*	
* PLEASE ALLOW NO MORE THAN 40 MINUTES FOR HIGH JUMP TO BE COMPLETED					