Meet 4 - C 6 December					
SESSION 1 - 8:30AM					
Age Group	**Event 1**	**Event 2**	**Event 3**	**Event 4**	
Tiny Tots					
Under 6 Girls A	Long Jump 1	Shot Put JS2 (1kg)	On Track	50m	
Under 6 Girls B	Long Jump 2	Shot Put JS3 (1kg)	On Track	50m	
Under 6 Boys A	On Track	50m	Vortex JS1	Long Jump 1	
Under 6 Boys B	On Track	50m	Vortex JS2	Long Jump 2	
Under 7 Girls A	Vortex JS1	200m	Long Jump 5	70m	
Under 7 Girls B	Vortex JS2	200m	Long Jump 6	70m	
Under 7 Boys A	200m	Long Jump 3	70m	Vortex JS2	
Under 7 Boys B	200m	Long Jump 4	70m	Vortex JS3	
Under 8 Girls A	50m	60m Hurdles (45cm)	Discus JD1 (500g)	100m	
Under 8 Girls B	50m	60m Hurdles (45cm)	Discus JD2 (500g)	100m	
Under 8 Boys A	Discus JD1 (500g)	100m	60m Hurdles (45cm)	50m	
Under 8 Boys B	Discus JD2 (500g)	100m	60m Hurdles (45cm)	50m	
Under 8 Boys C	Discus JD3 (500g)	100m	60m Hurdles (45cm)	50m	
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	Long Jump 1	800m	Shot Put JS1 (2kg)	200m	60m Hurdles (45cm)
Under 9 Girls B	Long Jump 2	800m	Shot Put JS2 (2kg)	200m	60m Hurdles (45cm)
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	Long Jump 5	Turbo Javelin JD1	Shot Put JS3 (2kg)	100m
Under 10 Boys B	400m	Long Jump 6	Turbo Javelin JD2	Shot Put JD3 (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)	200m
Under 11 Boys A	100m	Discus SD1 (500g or 750g)	400m	High Jump 1 & 2*	
Under 11 Boys B	100m	Discus SD2 (500g or 750g)	400m	High Jump 1 & 2*	
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)	80m Hurdles (68cm)	200m	Long Jump 2
Under 12 Boys	Shot Put SS3 (2kg or 3kg)	100m	Triple Jump 1	80m Hurdles (68cm)	200m
Under 13 Girls	High Jump 3 & 4*		400m	Discus SD2 (750g or 1kg)	200m
Under 13 Boys	Long Jump 2	400m	Shot Put SS2 (3kg)	200m	Javelin (600g)
Under 14 Girls	800m	80m Hurdles (76cm)	Long Jump 2	Discus SD2 (1kg)	100m
Under 14-17 Boys, U20 Men & Open/Masters Men	hot Put SS2 (weights below)	Long Jump 2	400m	Javelin (weights below)	200m
Under 15-17 Girls, U20 Women & Open/Masters Women	90m Hurdles (76cm)	800m	Javelin (U15-U17 500g) (U20 600g)	Long Jump 2	100m
*** PLEASE ALLOW NO MORE THAN 40 MINUTES FOR HIGH JUMP TO BE COMPLETED**					

SHOT PUT	
U14B	3kg or 4kg
U15B	4kg
U16B	4kg or 5kg
U17B	5kg
U20 Men & Masters Men (50-59)	6kg
Open & Masters Men (21-49)	7.26kg

DISCUS	
U14B	1kg
U15B	1kg
U16B	1kg or 1.5kg
U17B	1.5kg
U20 Men	1.75kg
Open & Masters Men (21-49)	2kg
Masters Men (50-59)	1.5kg

JAVELIN	
U14B	600g or 700g
U15B	700g
U16B	700g
U17B	700g
U20 Men, Open & Masters Men (21-49	800g
Masters Men (50-59)	700g