

Meet 9 - D 13 December

SESSION 1 - 8:30AM					
Age Group	Event 1	Event 2	Event 3	Event 4	
Tiny Tots				50m	
Under 6 Girls A	200m	On Track	60m Mini Hurdles	Discus JS3 (350g)	
Under 6 Girls B	200m	On Track	60m Mini Hurdles	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)	60m Mini Hurdles	200m	On Track	
Under 7 Girls A	Long Jump 1	50m	Discus JD1 (350g)	70m	
Under 7 Girls B	Long Jump 2	50m	Discus JD2 (350g)	70m	
Under 7 Boys A	Discus JD1 (350g)	50m	Long Jump 1	100m	
Under 7 Boys B	Discus JD2 (350g)	50m	Long Jump 2	100m	
Under 8 Girls A	70m	Turbo Javelin JS3	200m	Long Jump 3	
Under 8 Girls B	70m	Turbo Javelin JD3	200m	Long Jump 4	
Under 8 Boys A	200m	Long Jump 4	Turbo Javelin JS1	70m	
Under 8 Boys B	200m	Long Jump 5	Turbo Javelin JS2	70m	
Under 8 Boys C	200m	Long Jump 6	Turbo Javelin JS3	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	70m	Turbo Javelin JD1	100m	High Jump 1 & 2 (scissors)*	
Under 9 Girls B	70m	Turbo Javelin JD2	100m	High Jump 1 & 2 (scissors)*	
Under 9 Boys A	60m Hurdles (45cm)	400m	Long Jump 3	200m	Discus JD1 (500g)
Under 9 Boys B	60m Hurdles (45cm)	400m	Long Jump 4	200m	Discus JD2 (500g)
Under 9 Boys C	60m Hurdles (45cm)	400m	Long Jump 5	200m	Discus JD3 (500g)
Under 10 Girls A	800m	60m Hurdles (60cm)	Shot Put JS1 (2kg)	Long Jump 5	200m
Under 10 Girls B	800m	60m Hurdles (60cm)	Shot Put JS2 (2kg)	Long Jump 6	200m
Under 10 Boys A	Long Jump 3	60m Hurdles (60cm)	70m	Discus JD1 (500g)	200m
Under 10 Boys B	Long Jump 4	60m Hurdles (60cm)	70m	Discus JD2 (500g)	200m
Under 11 Girls A	Discus SD1 (500g or 750g)	800m	80m Hurdles (60cm)	200m	Triple Jump 1
Under 11 Girls B	Discus SD2 (500g or 750g)	800m	80m Hurdles (60cm)	200m	Triple Jump 2
Under 11 Boys A	Long Jump 1	100m	80m Hurdles (60cm)	200m	Javelin (400g)
Under 11 Boys B	Long Jump 2	100m	80m Hurdles (60cm)	200m	Javelin (400g)
Under 12 Girls A	Javelin (400g)	Discus SD1 (750g)	800m	Long Jump 1	100m
Under 12 Girls B	Javelin (400g)	Discus SD2 (750g)	800m	Long Jump 2	100m
Under 12 Boys	Shot Put SS2 (2kg or 3kg)	Long Jump 2	400m	Javelin (400g or 600g)	200m
Under 13 Girls	800m	Shot Put SS3 (3kg)	Triple Jump 1	80m Hurdles (76cm)	100m
Under 13 Boys	400m	Shot Put SS2 (3kg)	Javelin (600g)	80m Hurdles (76cm)	100m
Under 14 Girls	High Jump 3 & 4*		400m	Discus SD2 (1kg)	100m
Under 14-17 Boys, U20 Men & Open/Masters Men	Shot Put SS3 (weights below)	400m	Triple Jump 2	100m	90m Hurdles (76cm)
Under 15-17 Girls, U20 Women & Open/Masters Women	800m	Triple Jump 1	Discus SD2 (U15-17 & U20 1kg)	200m	90m Hurdles (76cm)

* 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
		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		