

Modified Meet 10 - A 10 January 2026

SESSION 1 - 8:30AM					
Age Group	Event 1	Event 2	Event 3		
Tiny Tots	70m				
Tiny Tots					
Under 6 Girls A	Long Jump 1	70m	Vortex JD1		
Under 6 Girls B	Long Jump 2		Vortex JD2		
Under 6 Boys A	Discus JD1 (350g)	Long Jump 1	70m		
Under 6 Boys B	Discus JD2 (350g)	Long Jump 2			
Under 7 Girls A	Long Jump 3	100m	Shot Put JS1 (1kg)		
Under 7 Girls B	Long Jump 4		Shot Put JS2 (1kg)		
Under 7 Boys A	Shot Put JS1 (1kg)	Long Jump 5	70m		
Under 7 Boys B	Shot Put JS2 (1kg)	Long Jump 6			
Under 8 Girls A	100m	Shot Put JS3 (1.5kg)	50m		
Under 8 Girls B		Shot Put JD3 (1.5kg)			
Under 8 Boys A	200m	Discus JD1 (500g)	100m		
Under 8 Boys B		Discus JD2 (500g)			
SESSION 2 - 9:00am					
Age Group	Event 1	Event 2	Event 3	Event 4	
Under 9 Girls A	Discus JD3 (500g)	70m	Long Jump 3	200m	
Under 9 Girls B	Discus JS3 (500g)		Long Jump 4		
Under 9 Boys A	70m	Long Jump 5	200m	Discus JD2 (500g)	
Under 9 Boys B		Long Jump 6		Discus JD3 (500g)	
Under 10 Girls A	Long Jump 3	70m	Discus JD1 (500g)	200m	
Under 10 Girls B	Long Jump 4		Discus JD2 (500g)		
Under 10 Boys A	100m	Turbo Javelin JD1	Long Jump 5	200m	
Under 10 Boys B		Turbo Javelin JD2	Long Jump 6		
Under 11 Girls A	400m	Shot Put SS1 (2kg)	100m	Long Jump 1	
Under 11 Girls B		Shot Put SS2 (2kg)			
Under 11 Boys A	Discus SD2 (500g or 750g)	100m	Triple Jump 1	200m	
Under 11 Boys B					
Under 12 Girls A	100m	Discus SD1 (750g)	200m	Shot Put SS1 (2kg or 3kg)	
Under 12 Girls B				Shot Put SS2 (2kg or 3kg)	
Under 12 Boys	Long Jump 1	400m	Discus SD1 (750g)	100m	
Under 13 Girls	Long Jump 2	400m	Discus SD2 (750g or 1kg)	100m	
Under 13 Boys	100m	Long Jump 1	200m	Discus SD1 (750g or 1kg)	
Under 14 Girls	Shot Put SS2 (3kg)	100m	Triple Jump 2	200m	
Under 14-17 Boys, U20 Men &	100m	Long Jump 2	200m	Discus SD2 (weights below)	
Under 15-17 Girls, U20 Women & Open/Masters Women	400m	Shot Put SS3 (U15-17 3kg, U20 4kg)	200m	Long Jump 2	

*** 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		