

WEEK 5

	U6	U7	U8	U9	U10	U11	U12
Early Event 8.15am					1100M Walk	1100M Walk	
Event 1 8.30am	70M	100M	400M	70M	Long Jump	400M	400M
Event 2	50M	Long Jump	Long Jump	Shot Put	400M	Javelin	Shot Put
Event 3	Long Jump	Shot Put	200M	400M	Discus	100M	100M
Event 4	Orange Race	200M	Shot Put	60M Hurdles	200M	Long Jump	200M
Event 5	Shot Put	70M	70M	High Jump (Scissor Mats)	60MHurdles	200M	High Jump (Blue Mats)
Event 6							

	U13	U14	U15	U17 - U20	Open-mast
Early Event 8.00am				400MH or 1500M Run	400MH or 1500M Run
Event 1 9.00am	1500M Run	1500M Run	1500M Run	200M	200M
Event 2	Shot Put	Shot Put	Long Jump	Discus	Triple Jump
Event 3	100M	100M	100M	800M	800M
Event 4	Long Jump	Triple Jump	Discus	Triple Jump	Shot Put
Event 5	200M Hurdles	200M Hurdles	300M Hurdles	100M	100M
Event 6				300M Hurdles	300M Hurdles
Event 7					