

WEEK 3

Starting	Event	6yrs	7yrs	8yrs	9yrs	10yrs	11yrs	12yrs
Early Events 8.00am START								1500M Run or Walk
Juniors (6-12) 8.30am START	1	Long Jump	Shot Put	Orange Race	100M	70M	Triple Jump	100M
	2	50M	200M	Shot Put	Discus	Long Jump	100M	Long Jump
	3	Discus	70M	200M	70M	100M	Shot Put	80H
	4	200M	Long Jump	100M	400M	Discus	80H	400M
	5	70M	50M	Long Jump	High Jump (Scissor Mat)	400M	400M	Javelin
	6							

		13yr	14yr - 15yr	16yr - 17yr	U20	Open-Masters
Early Events 8.00am START		1500M Run or Walk	1500M Run or Walk	1500M Run or Walk	5000m Walk	3000m Walk
Seniors (13 +) 9.00am START	1					
	2	200M	200M	200M	Shot Put	200M
	3	Triple Jump	High Jump (Blue Mats)	High Jump (Blue Mats)	200M	Long Jump
	4	800M	800M	800M	400M	400M
	5	High Jump (Blue Mats)	Long Jump	Triple Jump	Long Jump	Discus
	6	400M	400M	400M	800M	800M
	7				Javelin	Javelin