

WEEK 4

Starting	Event	6yrs	7yrs	8yrs	9yrs	10yrs	11yrs	12yrs
Early Events 8.00am START					700m Walk			
Juniors (6-12) 8.30am START	1	300M	Orange Race	Discus	100M	100M	100M	100M
Seniors (13 +) 9.00am START	1+2	Long Jump	70M	700M	Shot Put	Shot Put	Diisc	Triple Jump
	3	Shot Put	Long Jump	60M Hurdles	200M	800M	200M	200M
	4	100M	Discus	Long Jump	Long Jump	70M	High Jump (Blue Mats)	Discus
	5	50M	500M	100M	800M	High Jump (Scissor Mat)	800M or 1500M Run	800M or 1500M Run
	6							
	7							

Starting	Event	13yr	14yr - 15yr	16yr - 17yr	U20	Open-Masters
Early Events 8.00am START		3000M Run	3000M Run	3000M Run	3000M Run	3000M Run
Juniors (6-12) 8.30am START	1					
Seniors (13 +) 9.00am START	1+2	200M	200M	200M	200M	200M
	3	Discus	Discus	Shot Put	Triple Jump	Shot Put
	4	100M	100M	100M	100M	100M
	5	80M/90M Hurdles	80M/90M Hurdles	100m/110m Hurdles	100m/110m Hurdles	Triple Jump
	6	Javelin	Javelin	Javelin	Discus	80/100H
	7				High Jump (Blue Mats)	High Jump (Blue Mats)