

WEEK1

Starting	Event	6yrs	7yrs	8yrs	9yrs	10yrs	11yrs	12yrs
Early Events 8.00am START					700M Walk			
Juniors (6-12) 8.30am START	1	200M	Orange Race	70M	100M	Discus	800M or 1500M Run	Shot Put
Seniors (13 +) 9.00am START	1+2	Long Jump	Long Jump	Shot Put	60M Hurdles	800M or 1500M Run	Discus	800M or 1500M Run
	3	Orange Race	50M	200M	Shot Put	Long Jump	100M	High Jump (Blue Mats)
	4	Discus	100M	Long Jump	200M	60M Hurdles	Long Jump	200M
	5	70M	Discus	400M	High Jump (Scissor Mat)	200M	200M	100M
	6							
	7							

Starting	Event	13yr	14yr - 15yr	16yr - 17yr	U20	Open-Masters
Early Events 8.00am START					1500M Run	400mH or 1500M Run
Juniors (6-12) 8.30am START	1					
Seniors (13 +) 9.00am START	1+2	1500M Run	1500M Run	1500M Run	100m	100m
	3	Long Jump	Shot Put	100M	Discus	Long Jump
	4	Shot Put	100M	Long Jump	400M	400M
	5	100M	Triple Jump	Discus	Triple Jump	Shot Put
	6	200M Hurdles	300M Hurdles	400M Hurdles	400M Hurdles	300M Hurdles
	7					