

WEEK 2

Starting	Event	6yrs	7yrs	8yrs	9yrs	10yrs	11yrs	12yrs
Early Events 8.00am START						1100W	1100W	
Juniors (6-12) 8.30am START	1	300M	Long Jump	700M	70M	200M	200M	400M
Seniors (13 +) 9.00am START	1+2	Long Jump	Orange Race	Discus	200M	Shot Put	Javelin	Triple Jump
	3	Shot Put	70M	60M Hurdles	Long Jump	70M	100M	100M
	4	50M	Shot Put)	Long Jump	800M	100M	400M	Discus
	5	100M	500M	100M	Discus	High Jump (Scissor Mat)	High Jump (Blue Mats)	200M
	6							
	7							

Starting	Event	13yr	14yr - 15yr	16yr - 17yr	U20	Open-Masters
Early Events 8.00am START		3000M	3000M	3000M	3000M	3000M
Juniors (6-12) 8.30am START	1					
Seniors (13 +) 9.00am START	1+2	200M	200M	200M	400M	400M
	3	Discus	Discus	Shot Put	Shot Put	Triple Jump
	4	100M	100M	100M	100M	100M
	5	Javelin	Javelin	Javelin	Long Jump	Discus
	6	80M/90M Hurdles	80M/90M Hurdles	100m/110m Hurdles	100m/110m Hurdles	80m/110m Hurdles
	7				High Jump (Blue Mats)	High Jump (Blue Mats)