

WEEK 5

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

Starting	Event	13yr	14yr - 15yr	16yr - 17yr	U20	Open-Masters
Early Events 8.00am START					1500M Run	1500M Run
Juniors (6-12) 8.30am START	1					
Seniors (13 +) 9.00am START	1+2	1500M Run	1500M Run	1500M Run	200M	200M
	3	Shot Put	Shot Put	Long Jump	Discus	Triple Jump
	4	100M	100M	100M	800M	800M
	5	Long Jump	Triple Jump	Discus	Triple Jump	Shot Put
	6	200M Hurdles	300M Hurdles	400M Hurdles	100M	100M
	7				400M Hurdles	400M Hurdles