

Program 1

Below is the schedule of events for Competitions running on Program 1.

There is no particular order for events, age groups will be called by the announcer as an event site becomes available.

U6	70m	100m		300m	Shot		Long
U7	70m	100m		300m	Shot		Long
U8	70m	100m		500m	Discus		Long

U9	70m	100m	400m		Discus	Turbo	High - SC
U10	70m	100m	400m		Discus	Turbo	High - SC
U11		100m	400m	1500m	Discus		Long High - FF

U12		100m	400m	1500m	Shot	Javelin	Triple
U13	200m H	100m	400m	1500m	Shot	Javelin	Triple
U14	200m H	100m	400m	1500m	Shot	Javelin	Triple

U15	300m H	100m	400m	1500m	Discus		Long High - FF
U16	300m H	100m	400m	1500m	Discus		Long High - FF
U17	300m H	100m	400m	1500m	Discus		Long High - FF

When called for an event, age groups meet at the Marshalling tents for roll-call before heading to the event site. When called, you will need to go to the following Marshall tents;

Marshall 1

70m, 100m, 200m, 500m, Hurdles (mini to 110m)

Discus (6-8's only)

Long Jump, Triple Jump, High Jump (fosbury flop)

Program 2

Below is the schedule of events for Competitions running on Program 2.

All competitions on both Program 1 and 2 will begin with Athlete warm up at 7.15am followed by the 'first call' for events made at 7.30am.

U6	Mini H	200m			Discus	Vortex	Long
U7	Mini H	200m			Discus	Vortex	Long
U8	60m H	200m			Shot	Turbo	Long

U9	60m H	200m	800m	700m W	Shot		Long
U10	60m H	200m	800m	1100m W	Shot		Long
U11	80m H	200m	800m	1100m W	Shot	Javelin	Triple

U12	80m H	200m	800m	1500m W	Discus		Long	High - FF
U13	80m H	200m	800m	1500m W	Discus		Long	High - FF
U14	(F) 80m H (M) 90m H	200m	800m	1500m W	Discus		Long	High - FF

U15	(F) 90m H (M) 100m H	200m	800m	1500m W	Shot	Javelin	Triple
U16	(F) 90m H (M) 100m H	200m	800m	1500m W	Shot	Javelin	Triple
U17	(F) 100m H (M) 110m H	200m	800m	1500m W	Shot	Javelin	Triple

Marshall 2

300m, 400m, 800m, 1500m, Walks, Hurdles (200-300m)
Shot, Discus, Javelin,

Either Marshall tent (listen carefully to the announcer)

Turbo, High Jump (scissor kick), Discus