



Event Schedule

Saturday, 23 August 2014

Week 1

First Come & Try Day

WELCOME BACK TO THE NEW SEASON AND A SPECIAL WELCOME TO ALL OF OUR TRIALISTS

Age Group	Event 1	Event 2	Event 3	Event 4
U6	Running Training/ Game	100m	Throwing Training	Shot Put
U7B	70m	Long Jump	200m	Discus (Green Net)
U7G	Discus (Green Net)	70m	Long Jump	200m
U8B	100m	Shot Put	200m	Long Jump
U8G	Shot Put	100m	Long Jump	200m
U9B	100m (Back Straight)	Shot Put	Discus	800m
U9G	100m (Back Straight)	Discus	800m	Shot Put
U10	Long Jump	100m (Back Straight)	Shot Put	800m
U11	100m (Back Straight)	Long Jump	Javelin	400m
U12B	100m	Long Jump	200m	Javelin
U12G	100m	Shot Put	200m	Javelin
U13	Long Jump	100m (Back Straight)	200m	Discus
U14/15/16/17	Javelin	100m (Back Straight)	Shot Put	200m

We will have 1 practice and 2 measured jumps or throws in field events.