



Event Schedule

Saturday, 1 November 2014

Week 11

Age Group	Event 1	Event 2	Event 3	Event 4	Event 5
U6	100m (back straight)	Jump training	Long jump	Shot Put	
U7B	100m (back straight)	Long jump	Shot Put	4x70m relay (shuttle)	
U7G	100m (back straight)	Shot Put	Long jump	4x70m relay (shuttle)	
U8B	70m (front straight)	Shot Put	Long jump grass	4x70m relay (shuttle)	
U8G	70m (front straight)	Long jump grass	Shot put	4x70m relay (shuttle)	
U9B	High jump	200m	Shot put	100m (back straight)	4x100m relay
U9G	Shot put	200m	High jump	100m (back straight)	4x100m relay
U10B	High jump	200m	Discus (green)	100m (back straight)	4x100m relay
U10G	Discus (green)	200m	High jump	100m (back straight)	4x100m relay
U11B	70m (front straight)	Javelin	200m	Triple jump (long tartan)	4x100m relay
U11G	70m (front straight)	Triple jump (long tartan)	200m	Javelin	4x100m relay
U12B	Discus (blue)	200m	Hurdles	Long jump (short tartan)	4x100m relay
U12G	Long jump (short tartan)	200m	Hurdles	Discus (blue)	4x100m relay
U13	Shot put	100m (back straight)	200m	High jump	4x100m relay
U14-U17	High jump	100m (back straight)	200m	Shot put	4x100m relay

We will have 1 practice and 3 measured jumps or throws in field events. (Optional 1500m race at end of competition)