



Event Schedule

Saturday, 13 September 2014

Week 4

Event Program 1

Age Group	Event 1	Event 2	Event 3	Event 4	Event 5
U6	Running training	100m (front straight)	Shot put	Long jump grass	
U7B	Discus (green net)	100m (front straight)	Long jump grass	300m	
U7G	Long jump grass	100m (front straight)	Shot Put	300m	
U8B	Long jump grass	Discus (green)	hurdles	70m (front straight)	
U8G	70m (front straight)	Long jump grass	Hurdles	Discus (green)	
U9B	Shot put	200m	High jump	hurdles	400m
U9G	Shot put	200m	High jump	hurdles	400m
U10B	High jump	hurdles	Shot put	100m (front straight)	400m
U10G	High jump	hurdles	Turbo javelin	100m (front straight)	400m
U11B	hurdles	Discus (blue)	100m (front straight)	Long jump (short tartan)	400m
U11G	hurdles	Long jump (short tartan)	100m (front straight)	Discus (blue)	400m
U12B	Shot put	100m (front straight)	200m	High jump	400m
U12G	High jump	100m (front straight)	200m	Shot put	400m
U13	70m (front straight)	javelin	200m hurdles	Triple jump (long tartan)	400m
U14-U17	70m (front straight)	Triple jump (long tartan)	200m hurdles	javelin	400m

We will have 1 practice and 3 measured jumps or throws in field events. [flop](#)