



Event Schedule

Saturday, 20 September 2014

Week 5

Age Group	Event 1	Event 2	Event 3	Event 4	Event 5
U6	70m front straight	Long jump grass	Throwing training	Discus shot circle	
U7B	Long jump	Shot put	70m (front straight)	200m	
U7G	Long jump	Discus (green net)	70m (front straight)	200m	
U8B	Shot put	200m	High jump	Hurdles	
U8G	Shot put	200m	High jump	Hurdles	
U9B	Discus (green)	70m (front straight)	Hurdles	Long jump grass	800m
U9G	70m (front straight)	Long jump grass	Hurdles	Discus (green)	800m
U10B	long jump (grass)	200m	Turbo javelin	100m (front straight)	800m
U10G	long jump (grass)	200m	Shot put	100m (front straight)	800m
U11B	Shot put	100m (front straight)	200m	High jump	800m
U11G	High jump	100m (front straight)	200m	Shot put	800m
U12B	70m (front straight)	javelin	100m (front straight)	Triple jump (long tartan)	800m
U12G	70m (front straight)	Triple jump (long tartan)	100m (front straight)	javelin	800m
U13	Hurdles	Discus (blue)	100m (front straight)	Long jump (short tartan)	800m
U14-U17	Hurdles	Long jump (short tartan)	100m (front straight)	Discus (blue)	800m

We will have 1 practice and 3 measured jumps or throws in field events.