

1 Day Championship Program – for 2020 due to rain event

Age Group	Event 1	Event 2	Event 3	Event 4	Event 5
U6	100m (Track 1)	Long jump (Grass)	Discus (Green)	60m Hurdles (mini) (Track 1)	300m (Pack start)
U7G	Shotput (1)	100m (Track 1)	Long jump (Grass)	60m Hurdles (mini) (Track 1)	300m (Pack start)
U7B	Long jump (Grass)	100m (Track 1)	Shotput (1)	60m Hurdles (mini) (Track 1)	300m (Pack start)
U8G	100m (Track 1)	High jump (Scissors 1)	60m Hurdles (45 cm) (Track 2)	Discus (Green)	500m (Pack start)
U8B	100m (Track 1)	Discus (Green)	60m Hurdles (45 cm) (Track 2)	Long jump (Grass)	500m (Pack start)
U9G	100m (Track 1)	High jump (Scissors 2)	60m Hurdles (45 cm) (Track 2)	Discus (Black)	800m
U9B	100m (Track 1)	Long jump (Tartan 1)	60m Hurdles (45 cm) (Track 2)	Shotput (1)	800m
U10G	100m (Track 1)	Long jump (Tartan 2)	60m Hurdles (60 cm) (Track 2)	Shotput (2)	800m
U10B	Discus (Green)	100m (Track 1)	60m Hurdles (60 cm) (Track 2)	High jump (Scissors)	800m
U11G	High jump (Flop)	100m (Track 1)	Javelin	80m Hurdles (60 cm) (Track 2)	800m
U11B	Discus (Black)	100m (Track 1)	Long jump (Tartan 1)	80m Hurdles (60 cm) (Track 2)	800m
U12G	80m Hurdles (68 cm)	Discus (Black)	100m (Track 1)	Long jump (Tartan 1)	800m
U12B	80m Hurdles (68 cm)	100m (Track 1)	High jump (Flop)	Javelin	800m
U13G	80m Hurdles (76 cm)	Shotput (2)	100m (Track 1)	Long jump (Tartan 2)	800m
U13B	80m Hurdles (76 cm)	Shotput (3)	100m (Track 1)	High jump (Flop)	800m
U14-U17	U14 G: 80m Hurdles (76 cm) U14B, U15G & U16G: 90m Hurdles (76 cm) U15B, U16B & U17G & B: 100m Hurdles (76 cm)	Shotput (3)	100m (Track 1)	High jump (Flop)	800m

U13 B to run concurrently with U14-U17

Track 1	Track 2	Championship Guidelines
<ol style="list-style-type: none"> 1. U8G 2. U9G 3. U6 4. U8B 5. U9B 6. U10G 	<ol style="list-style-type: none"> 1. u15B/16B/17G/17B 100mH @ 76cm 2. u14B/15G/16G 90mH @ 76cm 3. u14G/13B 80mH @ 76cm 4. u13G 80mH @ 76cm 5. u12G/B 80mH @ 68 	<ol style="list-style-type: none"> 1. If an athlete is late for an event or the commencement of an event they will have to miss that event. 2. Races will be by age group, separate for boys and girls. No merged races except 14-17 group. 3. High Jump as per LAQ comp and will be run by coach. 5cm increments until there are 6 athletes left and then 3cm increments.