

## COMPETITION NIGHT PROGRAM A

### *JUNIOR U6-U9 commencing 4.15pm*

U6 GIRLS	U6 BOYS	U7 GIRLS	U7 BOYS
100M SPRINT	100M SPRINT	SHOT PUT	LONG JUMP
300M PACK START	300M PACK START	50M SPRINT	DISCUS
70M SPRINT	70M SPRINT	500M PACK START	500M PACK START
SHOT PUT	LONG JUMP	70M SPRINT	70M SPRINT
U8 GIRLS	U8 BOYS	U9 GIRLS	U9 BOYS
70M SPRINT	70M SPRINT	800M RUN	DISCUS
SHOT PUT	LONG JUMP	70M SPRINT	800M RUN
100M SPRINT	100M SPRINT	SHOT PUT	70M SPRINT
700M PACK START	700M PACK START	100M SPRINT	LONG JUMP
			100M SPRINT

### *SENIOR U10-U17 commencing 6pm*

U10 GIRLS	U10 BOYS	U11 GIRLS	U11 BOYS
100M SPRINT	100M SPRINT	SHOT PUT	HIGH JUMP
800M RUN	800M RUN	100M SPRINT	SHOT PUT
70M SPRINT	DISCUS	800M RUN	800M RUN
SHOT PUT	70M SPRINT	HIGH JUMP	100M SPRINT
	LONG JUMP		
U12 GIRLS	U12 BOYS	U13 GIRLS/BOYS	U14-17 GIRLS/BOYS
		<i>Go straight to first event at 6pm</i>	<i>Go straight to first event at 6pm</i>
DISCUS	LONG JUMP	800M RUN	800M RUN
LONG JUMP	DISCUS	HIGH JUMP	100M SPRINT
100M SPRINT	100M SPRINT	SHOT PUT	LONG JUMP
400M RUN	400M RUN	100M SPRINT	DISCUS
<b>Optional:</b> 1500M RUN (U11-U17) OR TRIPLE JUMP (U11-U17) @ 7.30pm			
JAVELIN (EXPERIENCED U12-U17 ONLY) AFTER 1500M @ 7.45pm			