

COMPETITION NIGHT PROGRAM B

JUNIOR U6-U9 commencing 4.15pm

U6 GIRLS	U6 BOYS	U7 GIRLS	U7 BOYS
100M SPRINT	100M SPRINT	LONG JUMP	SHOT PUT
300M PACK START	300M PACK START	100M SPRINT	100M SPRINT
50M SPRINT (HT)	50M SPRINT (HT)	500M PACK START	500M PACK START
LONG JUMP	SHOT PUT	DISCUS	50M SPRINT (HT)
U8 GIRLS	U8 BOYS	U9 GIRLS	U9 BOYS
60M HURDLES	DISCUS	400M RUN	400M RUN
LONG JUMP	60M HURDLES	DISCUS	60M HURDLES
100M SPRINT	SHOT PUT	60M HURDLES	SHOT PUT
DISCUS	100M SPRINT	LONG JUMP	100M SPRINT
400M RUN	400M RUN	100M SPRINT	

SENIOR U10-U17 commencing 6pm

U10 GIRLS	U10 BOYS	U11 GIRLS	U11 BOYS
60M HURDLES	60M HURDLES	100M SPRINT	100M SPRINT
DISCUS	SHOT PUT	LONG JUMP	80M HURDLES
400M RUN	400M RUN	80M HURDLES	LONG JUMP
LONG JUMP	100M SPRINT	DISCUS	400M RUN
100M SPRINT		400M RUN	
U12 GIRLS	U12 BOYS	U13 GIRLS/BOYS	U14+ GIRLS/BOYS
		<i>Go straight to first event at 6pm</i>	<i>Go straight to first event at 6pm</i>
800M RUN	SHOT PUT	LONG JUMP	HIGH JUMP
100M SPRINT	800M RUN	400M RUN	SHOT PUT
80M HURDLES	100M SPRINT	DISCUS	400M RUN
SHOT PUT	80M HURDLES	100M SPRINTS	100M SPRINT
	HIGH JUMP	80M HURDLES	HURDLES
Optional: 1500M RUN (U11-U17) OR TRIPLE JUMP (U11-U17) @ 7.30pm JAVELIN (EXPERIENCED U12-U17 ONLY) AFTER 1500M @ 7.45pm			