

COMPETITION NIGHT PROGRAM A 2020/21

JUNIOR U7-U10 commencing 4.15pm

All athletes assemble directly to first event

U7 GIRLS	U7 BOYS	U8 GIRLS	U8 BOYS
100M SPRINT	100M SPRINT	LONG JUMP	SHOT PUT
500M PACK START	500M PACK START	DISCUS	100M SPRINT
70M SPRINT	70M SPRINT	700M PACK START	700M PACK START
DISCUS	LONG JUMP	70M SPRINT	70M SPRINT
U9 GIRLS	U9 BOYS	U10 GIRLS	U10 BOYS
70M SPRINT	70M SPRINT	800M RUN	800M RUN
SHOT PUT	LONG JUMP	70M SPRINT	70M SPRINT
100M SPRINT	100M SPRINT	SHOT PUT	LONG JUMP
800M RUN	800M RUN	100M SPRINT	100M SPRINT

SENIOR U11-U17 commencing 6.15pm

All athletes assemble directly to first event

U11 GIRLS	U11 BOYS	U12 GIRLS	U12 BOYS
100M SPRINT	100M SPRINT	HIGH JUMP	SHOT PUT
800M RUN	800M RUN	SHOT PUT	100M SPRINT
DISCUS	HIGH JUMP	800M RUN	800M RUN
LONG JUMP	SHOT PUT	100M SPRINT	HIGH JUMP
U13 GIRLS	U13 BOYS	U14 GIRLS/BOYS	U15/17 GIRLS/BOYS
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