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| **COMPETITION NIGHT PROGRAM A 2023/24** **Georges Heights Oval** |  |
|  |  |  |  |
| **Junior U6-U9 commencing 4.00pm** |  |  |
| *U6 athletes assemble at Sprints finish. U7-U9 athletes assemble directly to first event*  |
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| --- | --- | --- | --- |
| **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  | 400M RUN | 400M RUN |
| SHOT PUT | LONG JUMP | 70M SPRINT  | DISCUS |
| 100M SPRINT | 100M SPRINT | SHOT PUT | 70M SPRINT |
| 700M PACK START | 700M PACK START | 100M SPRINT | LONG JUMP |
|   |   |   | 100M SPRINT |
|   |   |   |   |

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|  |  |  |  |
| **Senior U10-U17 commencing 5.35pm** |  |  |
| *All athletes assemble directly to first event*  |  |  |
| **U10 GIRLS** | **U10 BOYS** | **U11 GIRLS** | **U11 BOYS** |
|   |   |   |   |
| 100M SPRINT | 100M SPRINT  | SHOT PUT | HIGH JUMP |
| 400M RUN | 400M RUN | 100M SPRINT | SHOT PUT |
| 60M HURDLES | 60M HURDLES | 400M RUN | 400M RUN |
| SHOT PUT | DISCUS | HIGH JUMP | 100M SPRINT  |
|   | LONG JUMP |   |   |
|   |   |   |   |
| **U12 GIRLS** | **U12 BOYS** | **U13 GIRLS/BOYS** | **U14-17 GIRLS/BOYS** |
|   |   |   |   |
| DISCUS | LONG JUMP | 400M RUN | 400M RUN |
| LONG JUMP | DISCUS | HIGH JUMP | 100M SPRINT  |
| 100M SPRINT | 100M SPRINT | SHOT PUT | LONG JUMP |
| 800M RUN | 800M RUN | 100M SPRINT | DISCUS |
|   |   |   |   |
|   |   |   |   |