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| **COMPETITION NIGHT PROGRAM B 2023/24** **Georges Heights Oval** |  |
|  |  |  |  |
| **Junior U6-U9 commencing 4.00pm** |  |  |
| *U6 athletes assemble near 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 | LONG JUMP | SHOT PUT |
| 300M PACK START | 300M PACK START | 100M SPRINT | 100M SPRINT |
| 50M SPRINT  | 50M SPRINT  | 500M PACK START | 500M PACK START |
| LONG JUMP | SHOT PUT | DISCUS | 50M SPRINT (H) |
|   |   |   |   |
|   |   |   |   |
| **U8 GIRLS** | **U8 BOYS** | **U9 GIRLS** | **U9 BOYS** |
|   |   |   |   |
| 60M HURDLES | DISCUS | 800M RUN | 800M RUN |
| LONG JUMP | SHOT PUT | 60M HURDLES | 60M HURDLES |
| DISCUS | 60M HURDLES | DISCUS | SHOT PUT |
| 400M PACK START | 70M SPRINT (H) | LONG JUMP | 100M SPRINT |
| 70M SPRINT (H) | 400M PACK START | 100M SPRINT |   |
|   |   |   |   |

 |  |  |  |
| **Senior U10-U17 commencing 5.35pm** |  |  |
| *All athletes assemble directly to first event*  |  |  |
| **U10 GIRLS** | **U10 BOYS** | **U11 GIRLS** | **U11 BOYS** |
|   |   |   |   |
| 70M SPRINT (H) | 100M SPRINT | 80M HURDLES | DISCUS |
| DISCUS | 800M RUN | LONG JUMP | 80M HURDLES |
| 800M RUN | 70M SPRINT (H) | 800M RUN | LONG JUMP |
| LONG JUMP | SHOT PUT | DISCUS | 800M RUN |
|   | RACE DRILLS (H) |   |   |
|   |   |   |   |
| **U12 GIRLS** | **U12 BOYS** | **U13 GIRLS/BOYS** | **U14-17 GIRLS/BOYS** |
|   |   |   |   |
| 400M RUN | SHOT PUT | LONG JUMP | HIGH JUMP |
| 80M HURDLES | 400M RUN | 800M RUN | SHOT PUT |
| HIGH JUMP | 80M HURDLES | DISCUS | 800M RUN |
| SHOT PUT | HIGH JUMP | 80M HURDLES | 80M HURDLES |
|   |   |   | 90M HURDLES |
|   |   |   | 100M HURDLES |
|   |   |   |   |