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| --- | --- | --- | --- | --- | --- | --- |
| **COMPETITION NIGHT PROGRAM A 2023/24**  **Georges Heights Oval** | | | | | |  |
|  | | | |  |  |  |
| **Junior U6-U9 commencing 4.15pm** | | | | |  |  |
| *U6 athletes assemble at Sprints finish. U7-U9 athletes assemble directly to first event* | | | | | | |
| |  |  |  |  | | --- | --- | --- | --- | | **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 | |  |  |  |  | | | | |  |  |  |
|  | | | |  |  |  |
| **Senior U10-U17 commencing 6.00pm** | | | | |  |  |
| *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 |
|  |  |  |  |
|  |  |  |  |