|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **COMPETITION NIGHT PROGRAM B 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 | LONG JUMP | SHOT PUT | | 300M PACK START | 300M PACK START | 100M SPRINT | 100M SPRINT | | LONG JUMP | 50M SPRINT (H) | 500M PACK START | 500M PACK START | | 50M SPRINT (H) | 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 | 100M SPRINT | 100M SPRINT | 100M SPRINT | | 100M SPRINT | 400M PACK START | LONG JUMP |  | |  |  |  |  | | | | | |  |  |  |
| **Senior U10-U17 commencing 6.00pm** | | | | | |  |  |
| *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 |
|  |  |  |  |