

PROGRAMME A 2008/2009

AGE GROUP	U10-U17 8:00am	EVENT 1	EVENT 2	EVENT 3	EVENT 4	EVENT 5	EVENT 6	EVENT 7
TT B		See seperate programme for Tiny Tots						
TT G								
U6 B		DISCUS TA	300P	LONG (J1-J3)	100R	50R		
U6 G		70R (2)	LONG (J1-J3)	200R	100R	SHOT TD		
U7 B		LONG (J1-J3)	200R	DISCUS TB	100R	70R		
U7 G		50R (1)	SHOT TC	500P	100R	LONG (J1-J3)		
U8 B		DISCUS TB	100R	LONG (J1-J3)	70R	60H	400R	
U8 G		LONG (J1-J3)	100R	200R	SHOT TC	700P		
U9 B		800R	100R	SHOT TD	200R	60H	LONG (J1-J3)	
U9 G		100R	HIGH 3	70R	700W	DISCUS TA	400R	
U10 B	1100W	DISCUS TF	100R	60H	LONG (J1-J3)	70R	400R	
U10 G	1100W	SHOT TD	200R	100R	HIGH 3	800R		
U11 B	1100W	DISCUS TE	100R	HIGH 2	60H	400R		TRIPLE J4
U11 G	1100W	LONG J4	200R	SHOT TG	800R	100R		
U12 B	1500W	HIGH 2	60H	100R	DISCUS TE	400R		TRIPLE J4
U12 G	1500W	LONG J5	200R	SHOT TH	100R	800R		
U13 B	1500W	200H (3)	100R	DISCUS TE	400R	HIGH 2		TRIPLE J5
U13 G	1500W	200H (2)	SHOT TG	400R	100R	LONG J4		JAVELIN
U14 B	1500W	90H (3)	100R	200R	DISCUS TF	800R	HIGH 1	TRIPLE J5
U14 G	1500W	200H (1)	100R	LONG J4	400R	SHOT TG		JAVELIN
U15B	1500W	100H (1)	HIGH 1	100R	800R	DISCUS TF	200R	TRIPLE J5
U15G	1500W	90H (2)	SHOT TH	200R	100R	LONG J5	800R	JAVELIN
U17B	1500W	100H (1)	HIGH 1	100R	800R	DISCUS TF	200R	TRIPLE J5
U17G	1500W	90H (2)	HIGH 1	100R	800R	DISCUS TF	200R	JAVELIN
70M runs for 8's and above will be held on the 100M track					All 700M + events on outside track			
1100/1500W (combined event) for 10 to 17's will be held at 8AM on Programme A					1500R for 10 to 17's (combined event) will be held at 8AM on Programme B			
3000M run will be held on Saturday at 8AM on Program A at the same time as the combined walks event - open to all age groups however times only recorded for U13+ athletes					RELAYS - Age Managers may conduct relays in their age groups only on completion of the circular track programme			

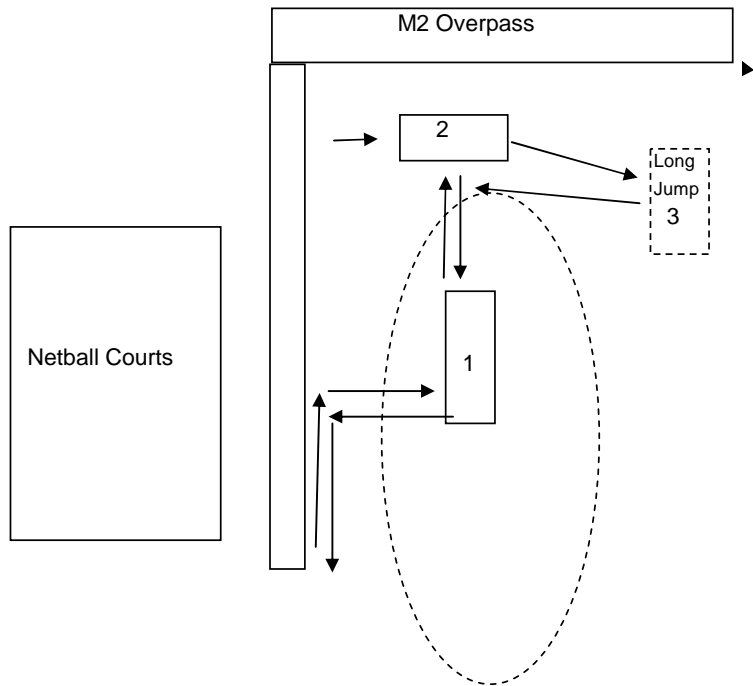
PROGRAMME B 2008/2009

AGE GROUP	U10-U17 8:00am	EVENT 1	EVENT 2	EVENT 3	EVENT 4	EVENT 5	EVENT 6	EVENT 7
TT B		See seperate Programme for Tiny Tots						
TT G		See seperate Programme for Tiny Tots						
U6 B		70R (2)	LONG (J1-J3)	200R	100R	SHOT TD		
U6 G		DISCUS TA	300P	LONG (J1-J3)	100R	50R		
U7 B		50R (1)	SHOT TC	500P	100R	LONG (J1-J3)		
U7 G		LONG (J1-J3)	200R	DISCUS TB	100R	70R		
U8 B		LONG (J1-J3)	100R	200R	SHOT TC	700P		
U8 G		DISCUS TB	100R	LONG (J1-J3)	70R	60H	400R	
U9 B		100R	HIGH 3	70R	700W	DISCUS TA	400R	
U9 G		800R	100R	SHOT TD	200R	60H	LONG (J1-J3)	
U10 B	1500R	SHOT TD	200R	100R	HIGH 3	800R		
U10 G	1500R	DISCUS TE	100R	60H	LONG (J1-J3)	70R	400R	
U11 B	1500R	LONG J4	200R	SHOT TG	800R	100R		
U11 G	1500R	DISCUS TF	100R	HIGH 2	60H	400R		TRIPLE J4
U12 B	1500R	LONG J5	200R	SHOT TH	100R	800R		
U12 G	1500R	HIGH 2	60H	100R	DISCUS TE	400R		TRIPLE J4
U13 B	1500R	80H (1)	SHOT TG	800R	LONG J4	100R	200R	JAVELIN
U13 G	1500R	80H (2)	200R	100R	DISCUS TF	800R	HIGH 2	TRIPLE J5
U14 B	1500R	200H (3)	100R	LONG J4	400R	SHOT TG		JAVELIN
U14 G	1500R	80H (3)	100R	200R	HIGH 1	800R	DISCUS TE	TRIPLE J5
U15B	1500R	200H (2)	SHOT TH	400R	100R	LONG J5		JAVELIN
U15G	1500R	200H (1)	HIGH 1	100R	400R	DISCUS TF		TRIPLE J5
U17B	1500R	200H (2)	SHOT TH	400R	100R	LONG J5		JAVELIN
U17G	1500R	200H (2)	SHOT TH	400R	100R	LONG J5		TRIPLE J5
<i>70M runs for 8's and above will be held on the 100M track</i>					<i>All 700M + events on outside track</i>			
<i>1100/1500W (combined event) for 10 to 17's will be held at 8AM on Programme A</i>					<i>1500R for 10 to 17's (combined event) will be held at 8AM on Programme B</i>			
<i>3000M run will be held on Saturday at 8AM on Program A at the same time as the combined walks event - open to all age groups however times only recorded for U13+ athletes</i>					<i>RELAYS - Age Managers may conduct relays in their age groups only on completion of the circular track programme</i>			

TINY TOTS PROGRAMME A 2008/2009

	EVENT 1	EVENT 2	EVENT 3
TT G	SHOT + ACTIVITIES (Area 2)	50R + 70R (Area 1)	LONG JUMP (Area 3)
TT B	LONG JUMP (Area 3)	SHOT + ACTIVITIES (Area 2)	50R + 70R (Area 1)

Note: "ACTIVITIES" can include Parachute, Obstacle Course, Shuttle Relay and other fun events at the age manager's discretion.



TINY TOTS PROGRAMME B 2008/2009

	EVENT 1	EVENT 2	EVENT 3
TT G	LONG JUMP (Area 3)	SHOT + ACTIVITIES (Area 2)	50R + 70R (Area 1)
TT B	SHOT + ACTIVITIES (Area 2)	50R + 70R (Area 1)	LONG JUMP (Area 3)

Note: "ACTIVITIES" can include Parachute, Obstacle Course, Shuttle Relay and other fun events at the age manager's discretion.

