

PROGRAMME A 2009/2010

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	100H (1)	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				

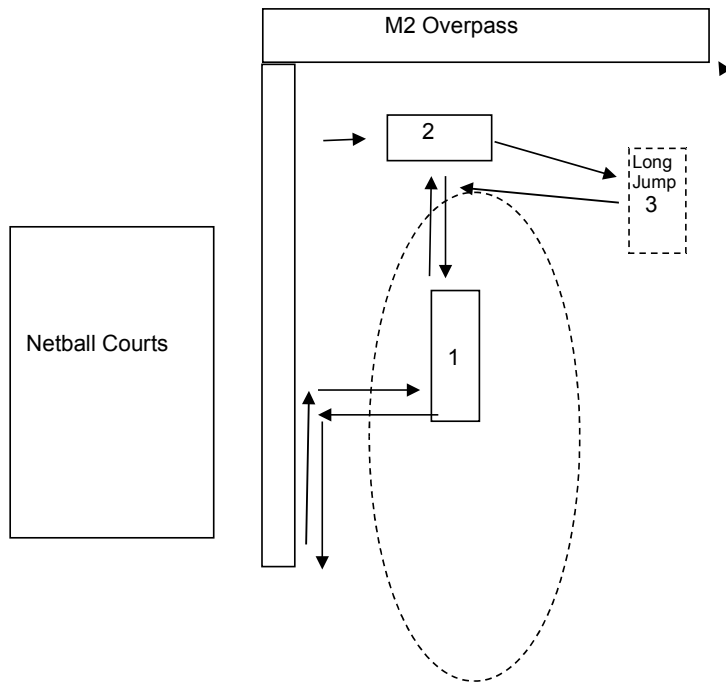
PROGRAMME B 2009/2010

AGE GROUP	U10-U17 8:00am	EVENT 1	EVENT 2	EVENT 3	EVENT 4	EVENT 5	EVENT 6	EVENT 7	
TT B		See separate Programme for Tiny Tots							
TT G									
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	
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				

TINY TOTS PROGRAMME A 2009/2010

	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 2009/2010

	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.

