

PROGRAMME A 2011/2012

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		Field Skills	DISCUS TA	300P	LONG (J1-J3)	100R	50R	
U6 G		70R (2)	LONG (J1-J3)	200R	Field Skills	100R	SHOT TD	
U7 B		LONG (J1-J3)	200R	DISCUS TB	Running Skills	100R	70R	
U7 G		SHOT TC	Running Skills	50R	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	60H	SHOT TG	800R	100R	
U12 B	1500W	HIGH 2	60H	100R	DISCUS TE	400R		TRIPLE J4
U12 G	1500W	LONG J5	60H	200R	SHOT TH	100R	800R	JAVELIN
U13 B	1500W	200H (3)	100R	LONG J4	400R	SHOT TG		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	DISCUS TE	400R	HIGH 1		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+ (except 3000m) 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			

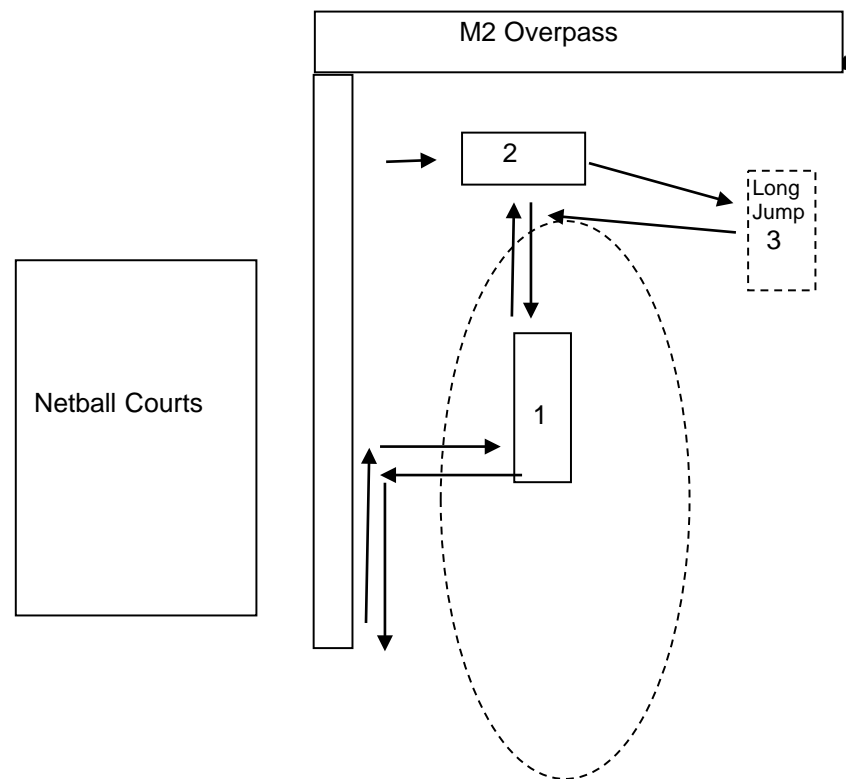
PROGRAMME B 2011/2012

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	LONG (J1-J3)	200R	Running Skills	100R	SHOT TD	
U6 G		DISCUS TA	Running Skills	300P	LONG (J1-J3)	100R	50R	
U7 B		Field Skills	50R	SHOT TD	500P	100R	LONG (J1-J3)	
U7 G		LONG (J1-J3)	200R	DISCUS TB	Field Skills	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 TC	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	60H	SHOT TG	800R	100R	
U11 G	1500R	DISCUS TF	100R	HIGH 2	60H	400R		TRIPLE J4
U12 B	1500R	LONG J5	60H	200R	SHOT TH	100R	800R	JAVELIN
U12 G	1500R	HIGH 2	60H	100R	DISCUS TE	400R		TRIPLE J4
U13 B	1500R	80H (1)	100R	200R	HIGH 1	800R	DISCUS TE	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)	SHOT TG	800R	LONG J4	100R	200R	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+ (except 3000m) 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 2011/2012

	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)

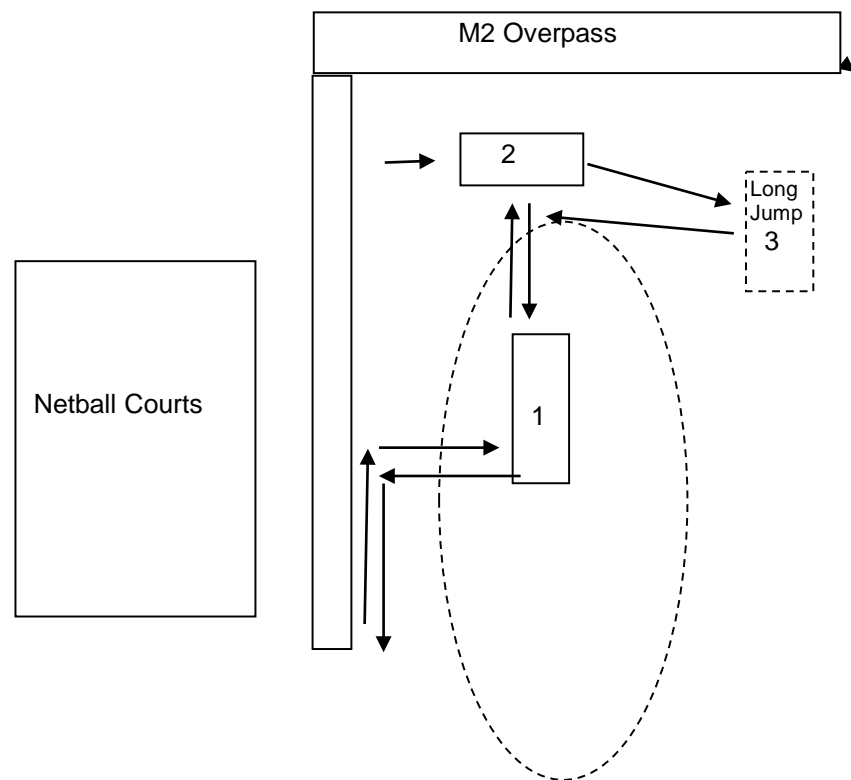
Note: "ACTIVITIES" can include Parachute, Obstacle Course, Shuttle Relay and other fun events at the age manager's discretion.



TINY TOTS PROGRAMME B 2011/2012

	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.



Straight Hurdles					
Distance	Age Group	Height (cm)	Setting	Flights	Tape Colour
110M *	17B	76	Top	9	Orange
100M	15B	76	Top	10	Red
90M	15G / 17G	76	Top	9	Blue
90M	14B	76	Top	9	Blue
80M	14G	76	Top	9	Green
80M	13B	76	Top	9	Green
80M	13G	76	Top	9	Green
60M	12B	68	One Down	6	Yellow
60M	12G	68	One Down	6	Yellow
60M	10s & 11's	60	Two Down	6	Yellow
60M	8 & 9's	45	Bottom	6	Yellow

*** Modified - Starts on 100m Start Line**

Circular Hurdles					
200M	14, 15, 17	76	Top	5	N/A
200M	13	68	One Down	5	N/A