

			PROGRAM A 2018/19						
AGE GROUP	U10-U17 7:30am	EVENT 0 7:30am	EVENT 1	EVENT 2	EVENT 3	EVENT 4	EVENT 5	EVENT 6	EVENT 7
<b>Tiny Tots</b>			<b>See separate Programme for Tiny Tots</b>						
<b>U6 B</b>			Field Skills	DISCUS TA	300P	LONG (J1-J3)	100R	50R	
<b>U6 G</b>			70R (2)	LONG (J1-J3)	200R	Field Skills	100R	SHOT TD	
<b>U7 B</b>			LONG (J1-J3)	200R	DISCUS TB	Running Skills	100R	70R	
<b>U7 G</b>			SHOT TC	Running Skills	50R	500P	100R	LONG (J1-J3)	
<b>U8 B</b>			DISCUS TB	100R	LONG (J1-J3)	70R	60H	400R	
<b>U8 G</b>			LONG (J1-J3)	100R	200R	SHOT TC	60H	700P	
<b>U9 B</b>			800R	100R	SHOT TD	200R	60H	LONG (J1-J3)	
<b>U9 G</b>			100R	HIGH 3	70R	700W	DISCUS TA	400R	
<b>U10 B</b>	1100W		DISCUS TE	100R	60H	LONG (J1-J3)	70R	400R	
<b>U10 G</b>	1100W		SHOT TD	100R	60H	200R	HIGH 3	800R	
<b>U11 B</b>	1100W		DISCUS TF	100R	HIGH 2	60H	400R	TRIPLE	
<b>U11 G</b>	1100W	JAVELIN	LONG J4	200R	60H	SHOT TG	800R	100R	
<b>U12 B</b>	1500W		HIGH 2	60H	100R	DISCUS TF	400R	TRIPLE	
<b>U12 G</b>	1500W	JAVELIN	LONG J5	60H	200R	100R	800R	SHOT TH	
<b>U13 B</b>	1500W/3K		200H (3)	HIGH 1	100R	400R	DISCUS TE		TRIPLE
<b>U13 G</b>	1500W/3K		200H (2)	DISCUS TF	400R	HIGH 1	100R		TRIPLE
<b>U14 B</b>	1500W/3K		90H (5)	200R	SHOT TH	800R	LONG J4	100R	JAVELIN
<b>U14 G</b>	1500W/3K		200H (1)	SHOT	200R	LONG	100R	800R	JAVELIN
<b>U15 B</b>	1500W/3K		100H (3)	HIGH 1	100R	DISCUS TF	400R		TRIPLE
<b>U15 G</b>	1500W/3K		90H (4)	HIGH 1	100R	DISCUS TF	400R		TRIPLE
<b>U17 B</b>	1500W/3K		100H (1)	800R	LONG J5	100R	SHOT	200R	JAVELIN
<b>U17 G</b>	1500W/3K		100H (2)	800R	LONG J5	100R	SHOT	200R	JAVELIN
<b>NOTES:</b> <ul style="list-style-type: none"> <li>* 70m runs for 8's and above will be held on the 100m track</li> <li>* 1100/1500 Walk (combined event) for 10 to 17's will be held at 7:30am on Program A</li> <li>* 3000m run will be held at 7:30am on Program A at the same time as the combined walks event - open to all age groups however times only recorded for U13+ athletes</li> <li>* All 700m+ (except 3000m) events on outside track</li> <li>* 1500R for 10 to 17's (combined event) will be held at 7:30am on Program B</li> <li>* RELAYS - Age Managers may conduct relays in their age groups only on completion of the circular track program</li> </ul>									

\*\* Please note: The programs are subject to change where clashes are identified due to changes in group numbers.