

**Week 1 schedule- Can use hurdle track as second sprint track**

<b>8.45am</b>	<b>Event 1</b>	<b>Event 2</b>	<b>Event 3</b>	<b>Event 4</b>	<b>Event 5</b>
U6B	Shot Put (1kg)	50m	Vortex	300m (pack)	70m
U6G	50m	Shot Put (1kg)	70m	300m (pack)	Vortex
U7B	50m	Long Jump (mat)	400m (pack)	70m	Discus (350g)
U7G	Long Jump (mat)	50m	400m (pack)	Discus (350g)	70m
U8B	High Jump (s)	300m walk	Turbo Jav	200m	50m
U8G	50m	300m walk	High Jump (s)	200m	Turbo Jav
U9B	800m (pack)	High Jump (s)	70m	Turbo Jav	100m
U9G	800m (pack)	Turbo Jav	70m	100m	High Jump (s)
<b>10.00am</b>	<b>Event 1</b>	<b>Event 2</b>	<b>Event 3</b>	<b>Event 4</b>	<b>Event 5</b>
U10B	100m	200m	Shot (2kg)	800m	High Jump (s)
U10G	200m	High Jump(s)	800m	100m	Shot (2kg)
U11B	Long Jump	1500m	Shot (2kg)	100m	200m
U11G	1500m	Shot (2kg)	Long Jump	100m	200m
U12B	Discus (750g)	1500m	Triple Jump	200m	100m
U12G	1500m	Triple Jump	200m	Discus (750g)	100m
U13B	High Jump	1500m	Discus (750g)	100m	200m
U13G	1500m	Discus (750g)	200m	High Jump	100m
U14B	High Jump	1500m or 200m	Javelin (600g)	1500m or 200m	100m
U14G	1500m	Javelin(500g)	100m	200m	High Jump
U15-U17B	Javelin (700g)	1500m	High Jump	100m	200m
U15-U17G	1500m	High Jump	200m	Javelin (600g)	100m
18+ community	Long Jump or 1500m	Shot Put	100m	High Jump	200m

