

Week 3 schedule

8.45am	Event 1	Event 2	Event 3	Event 4	Event 5
U6B	100m	Shot (1kg)	Long Jump mat	50m	200m pack
U6G	Shot (1kg)	100m	200m (pack)	Long (mat)	50m
U7B	Long (mat)	100m	Discus 350g	500m	50m
U7G	Long (mat)	500m	100m	350g Discus	50m
U8B	700m	Long Jump (mat)	100m	60mH (45cm)	Shot (1.5kg)
U8G	700m	60mH (45cm)	Shot (1.5kg)	100m	Long Jump
U9B	400m	Discus (500g)	100m	Long Jump (mat)	60mH (45cm)
U9G	60mH (45cm)	400m	Long Jump (mat)	100m	Discus 500g
10.00am	Event 1	Event 2	Event 3	Event 4	Event 5
U10B	100m	60mH (60cm)	Discus500g)	70m	Long Jump
U10G	60mH (60cm)	100m	Long Jump	70m	Discus (500g)
U11B	Discus 500g	80mH (60cm)	100m	800m	Triple Jump
U11G	Triple Jump (short run up)	80mH (60cm)	100m	800m	Discus (500g)
U12B	1500m walk	80mH (68cm)	Javelin 400g	400m	Long Jump
U12G	1500m walk	80mH (68cm)	Long Jump	400m	Javelin (400g)
U13B	1500m walk	Long Jump	80mH-76cm	400m	Javelin (600g)
U13G	1500m walk	Javelin (400g)	80mH-76cm	Long Jump	400m
U14B	1500m walk	Triple Jump (long run)	400m	90mH-76cm	Shot 4kg?
U14G	1500m walk	Shot 3kg	400m	90mH(76cm)	Triple Jump
U15-U17B	1500m walk	Triple Jump (long run)	400m	Shot (4/5kg)	90/100mH-76cm
U15-U17G	1500m walk	Shot 3kg	400m	Triple Jump	90mH/100mH (76cm)
18+ Community	400m	Long Jump	1100mWalk	Discus	100m

