



Under 6 - 8

Age Group			8:15 AM	8:30 AM	8:40 AM	8:50 AM	9:00 AM	9:10 AM	9:20 AM	9:30 AM	9:40 AM	9:50 AM
Under 6	Boys - TBC, Milly Webster	10	WARM UP	Long Jump	70m BS (4)	Long Jump1	100m BS (2)	Long Jump1	Shot Put 1			
	Girls - Alex Woods	10		Long Jump	70m BS (3)	Long Jump2	100m BS (1)	Long Jump2	Shot Put 2			
Under 7	Boys - Stefan Nel, Eden Pillay	10		70m BS (2)	Shot Put 1		100m (2)	Shot Put 1	Long Jump (Pit 2)			
	Girls - Jemima Hoult, Zoe Cunningham	18		70m BS (1)	Shot Put 2		100m (1)	Shot Put 2	Long Jump (Pit 1)			
Under 8	Boys - Jane Carter, Janine Dixon	10		100m (2)	Discus 2			200m	Long Jump (TJ1)			
	Girls - Sue Tobin	17		100m (1)	Discus 1			200m	Long Jump (TJ2)			

**NOTES:**  
 Set-Up at 7.30 = Under 7 Boys & Girls  
 Pack-Up = Under 11 Boys & Girls  
 BS = Back Straight  
 (#) = Track sequence for scheduling reasons

Under 9 - 16

Age Group			9:45 AM	10:00 AM	10:10 AM	10:20 AM	10:30 AM	10:40 AM	10:50 AM	11:00 AM	11:10 AM	11:20 PM	11:30 AM	11:40 AM	11:50 PM	12:00 PM
Under 9	Boys - Laura Burgoine, Alice Jenner	19	WARM UP	60m H (2)	Shot Put 2 (2kg)		100m (1)	Shot Put 2 (2kg)		High Jump 1		400m (2)	High Jump 1			
	Girls - Madeline Woods, Holly Clayton	20		60m H (1)	High Jump 1		100m (2)	High Jump 1		Shot Put 2		400m (1)	Shot Put 2			
Under 10	Boys - Kevin Lowden	17		60m H (3)	Long Jump 1				100m (6)		400m (1)	Turbo Jav				
	Girls - Tina Towler	9			60m H (4)		Turbo Jav	100m (3)	Turbo Jav	Long Jump 1			400m (3)	Long Jump 1		
Under 11	Boys - TBC	9		High Jump 2	60m H (6)	High Jump 2		100m (4)	High Jump 2	Shot Put 1				1500m		
	Girls - Roger Winders	19		Shot Put 1	60m H (5)	Shot Put 1		100m (5)	Shot Put 1	High Jump 2				1500m		
Under 12	Boys - Martin Walker	15		Triple Jump 1		60m H (7)	Triple Jump 1		100m (7)	Discus 2 (750g)				1500m		
	Girls - Kali Everitt, Ella Collis	15		Discus 2		60m H (8)	Discus 2		100m (8)	Triple Jump 1				1500m		
Under 13	Boys - James Byrne, Anthony Dance	15		Javelin			80m H (1)			200m (1)	Long Jump 2			1500m		
	Girls - Tim Leonard	11		Long Jump 2			80m H (2)	Long Jump 2		Javelin	200m (5)	Javelin	1500m			
Under 14	Boys - Thomas Mogensen, Rod Ockerby	9		Discus 1 (1kg)				90m H (1)	Discus 1	TJ 2	200m (4)	Triple Jump 2			1500m	
	Girls - Katie Ryan	6		Triple Jump 2				80m H (3)		200m (2)	Discus 1			1500m		
Under 15-16	Boys - Thomas Mogensen, Rod Ockerby	4		Discus 1 (1kg)				100m H (1)		TJ 2	200m (4)	Triple Jump 2			1500m	
	Girls - Megan Rosenbrock, Alex Woods	13		Triple Jump 2				90m H (2)		200m (3)	Discus 1			1500m		

HURDLE HEIGHTS, MARKINGS AND FLIGHTS

Distance	Age Group	Height	Markings	Flights
60m	U8, U9	45cm	Orange	6 Flights
	U10, U11	60cm	Orange	6 Flights
	U12	68cm	Orange	6 Flights
80m	U13, U14G	76cm	Black	9 Flights
90m	U14B, U15G, U16G	76cm	White	9 Flights
100m	U15B, U16	76cm	Yellow	10 Flights
200m	U13	76cm	Green	5 Flights
200m	U14	76cm	Green	5 Flights
300m	U15, U16	76cm	Green	7 Flights

Shot Put Weights

Age	Boys	Girls
U6	1 kg	
U8	1.5 kg	
U9, U10, U11	2 kg	
U12	3 kg	2 Kg
U13,U14	3 kg	3 kg
U15,U16	4 kg	3 kg

Discus Weights

Age	Boys	Girls
U6, U7	350g	
U8	500g	
U12	750g (green)	
U14, U15/16	1kg (blue)	

Javelin

Age	Boys	Girls
U10	Turbo	Turbo
U11-U12	400g	400g
U13	600g	400g
U15	600g	500 g
U16	700g	500 g

Matting for LJ / TJ

Mat Size	U6-U8	1.22m x 1.0m
Mat Size	U9 - U10	1.22m x 0.5m
Board Size	U11 - U16	1.22m x 0.2m

	THROWS						JUMPS				
	Discus 1	Discus 2	SP 1	SP 2	SP 3	Javelin	LJ 1	LJ 2	TJ 1	TJ 2	HJ 1
10:00	14, 15 & 16 Boys	12 Girls	11 Girls	9 Boys	9 Boys	13 Boys	10 Boys	13 Girls	12 Boys	14, 15 & 16 Girls	9 Girls
10:30						10 Girls					
11:00	14, 15 & 16 Girls	12 Boys	11 Boys	9 Girls	9 Girls	13 Girls	10 Girls	13 Boys	12 Girls	14, 15 & 16 Boys	9 Boys
11:30						10 Boys					

	Back Straight			Front Straight		Club policy for competing out of age group and/or programmed event is outlined on page 13 of the 2017-18 season handbook
	60m Hurdles	6 flights (orange)	45 cm	100 metres		
10:30	1	9 Girls	45 cm	1	9 Boys	<p><b>Note to Track Marshalls and Starters</b></p> <ul style="list-style-type: none"> <li>All Athletes will compete in their respective age groups as stipulated on the program for the day.</li> <li>The Arena Manager has the discretion to combine age groups as per club policy outlined on page 13 of the 2017-18 handbook.</li> </ul> <p><b>Note to Team Managers</b></p> <ul style="list-style-type: none"> <li>Requests for an athlete to compete outside of their age group or in a non-programmed event to be made by the Team Manager to the Arena Co-ordinator prior to commencement of the session.</li> <li>There are no guarantees to requests made.</li> <li>Points, PBs and records will not count in these circumstances although the athlete will be recorded as having competed.</li> </ul> <p><b>Note to Finish line and IT/Records Manager</b></p> <ul style="list-style-type: none"> <li>As per club policy, Arena Co-ordinator will provide prior notification of athletes competing outside of the age group or in a non-programmed event. Points, PBs and records will not count in these circumstances although the athlete will be recorded as having competed.</li> <li>Races may be combined as per program and on the day at the discretion of the Arena Co-ordinator (as circumstances require). Results will count towards points, PBs and records.</li> </ul>
	2	9 Boys	45 cm	2	9 Girls	
	3	10 Boys	60 cm	3	10 Girls	
	4	10 Girls	60 cm	4	11 Boys	
	5	11 Boys	60 cm	5	11 Girls	
	6	11 Girls	60 cm	6	10 Boys	
	7	12 Boys	68 cm	7	12 Boys	
	8	12 Girls	68 cm	8	12 Girls	
11:00	80m Hurdles	9 flights (black)	76 cm	Circular Track		
	1	13 Boys	76 cm	200 metres		
	2	13 Girls	76 cm	1	13 Boys	
	3	14 Girls	76 cm	2	14 Girls	
	90m Hurdles	9 flights (white)	76 cm	3	15,16 Girls	
	1	14 Boys	76 cm	4	14, 15 & 16 Boys	
	2	15 & 16 Girls	76 cm	5	13 Girls	
	100m Hurdles	10 flights (yellow)	76 cm	400 metres		
	1	15 & 16 Boys	76 cm	Age group order flexible - based on arrival times		
				1500 metres		
				Age group order & combinations will flexible based on numbers		