



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 - Martin Walker	WARM UP	100m	Discus 2 (350g)		70m	Discus	Long Jump 1				
	Girls - Sue Tobin		100m	Discus 1 (350g)		70m	Discus	Long Jump 2				
Under 7	Boys - Milly Webster, Mia Gray		100m	Long Jump 1			200m	Discus 2 (350g)				
	Girls - Alex Woods		100m	Long Jump 2			200m	Discus 1 (350g)				
Under 8	Boys - Stefan Nel, Eden Pillay		Shot Put 1	70m	Shot Put 1		High Jump 1	60m H	High Jump 1 (Scissors)			
	Girls - Anthony Dance		Shot Put 2	70m	Shot Put 2		High Jump 2	60m H	High Jump 2 (Scissors)			

NOTES:

Set-Up at 7.30am = Under 8 Boys & Girls

Pack-Up = Under 12 Boys & Girls

All hurdles are on the Back Straight

Under 9 - 16

Age Group		9:15 AM	9:30 AM	9:40 AM	9:50 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 AM	11:30 AM
Under 9	Boys - Janine Dixon	WARM UP		800m		Long Jump 1			60m H	Shot Put 3			70m BS		
	Girls - Jemima Hoult, Zoe Cunningham			800m		Shot Put 3			60m H	Long Jump 2			70m BS		
Under 10	Boys - Laura Burgoine			800m		Long Jump (TJ 1)			Discus 2	60m H	Discus 2			70m BS	
	Girls - Maddy Woods, Holly Clayton			800m		Long Jump (TJ 2)			Discus 1	60m H	Discus 1			70m BS	
Under 11	Boys - TBC		400m			Discus 1	100m	Discus 1		Triple Jump 2		60m H	Triple Jump 2		
	Girls - Alex Woods		400m			Discus 2	100m	Discus 2		Triple Jump 1		60m H	Triple Jump 1		
Under 12	Boys - Kev Lowden		400m		Javelin		100m	Javelin		Long Jump 1		80m H	Long Jump 1		
	Girls - Roger Winders		400m		Long Jump 2		100m	Long Jump 2		Javelin		80m H	Javelin		
Under 13	Boys - Tanya Stefanec			800m	High Jump 2			200m H	High Jump 2		Shot Put 2		100m	Shot Put 2	
	Girls - Kali Everitt, Rebecca Augustine			800m	Shot Put 2			200m H	Shot Put 2		High Jump 2		100m	High Jump 2	
Under 14, 15, 16	Boys - Thomas Mogensen, Luke McHugh			800m	High Jump 1			300m H	High Jump 1		Shot Put 1		100m	Shot Put 1	
	Girls - Katie Ryan, Tony Francis			800m	Shot Put 1			300m H	Shot Put 1		High Jump 1		100m	High Jump 1	

HURDLE HEIGHTS, MARKINGS AND FLIGHTS

Distance	Age Group	Height	Markings	Flights
60m	U8, U9	45cm	Orange	6 Flights
	U10, U11	60cm	Orange	6 Flights
80m	U12	68cm	Black	9 Flights
	U13, U14G	76cm	Black	9 Flights
90m	U14B, U15G, U16G	76cm	White	9 Flights
100m	U15B, U16B	76cm	Yellow	10 Flights
200m	U13	68cm	Green	5 Flights
200m	U14	76cm	Green	5 Flights
300m	U15-U16	76cm	Green	7 Flights

Shot Put Weights

Age	Boys	Girls
U6, U7	1kg (red)	1kg (red)
U8	1.5 kg (purple)	1.5 kg (purple)
U9, U10	2kg (yellow)	2kg (yellow)
U11, U12	2kg (yellow)	2kg (yellow)
U13, U14	3kg (green)	3kg (green)
U15/16	4kg (blue)	3kg (green)

Javelin

Age	Boys	Girls
U6-U10	Vortex/Turbo	Vortex/Turbo
U11 - U12	400 g Red	400 g Red
U13 - U14	600 g Yellow	400 g Red
U15/U16	700 g Blue	500 g White

Matting for LJ / TJ

Mat Size	Age Group	Dimensions
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

Discus Weights

Age	Boys	Girls
U6, U7	350g (red)	350g (red)
U8, U9	500g (yellow)	500g (yellow)
U10, U11	500g (yellow)	500g (yellow)
U12, U13	750g (green)	750g (green)
U14, U15/16	1kg (blue)	1kg (blue)