



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	On-Track (Sprints, Long Jump, Discus)									
	Girls - Sue Tobin		On-Track (Sprints, Long Jump, Discus)									
Under 7	Boys - Milly Webster, Mia Gray		100m (1)	On-Track		200m	On-Track		Discus 1			
	Girls - Alex Woods		100m (2)	On-Track		200m	On-Track		Discus 2			
Under 8	Boys - Stefan Nel, Eden Pillay		70m (BS) (2)	Shot Put 1 (1.5kg)			60m h		On-Track			
	Girls - Anthony Dance		70m (BS) (1)	On-Track			60m h		Shot Put 1 (1.5kg)			

NOTES:
 Set-Up at 7.30 = **Under 7 Boys & Girls**
 Pack-Up = **Under 12 Boys & Girls**
 BS = Back Straight
 (#) = Track sequence for scheduling reasons

* All hurdles are on the Back Straight

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 - Janine Dixon	WARM UPS	60m H (1)	LJ Pit 1			70m (13)	LJ Pit 1		Shot Put 3 (2kg)					800m (10)
	Girls - Jemima Hout, Zoe Cunningham		60m H (2)	Shot Put 3 (2kg)			70m (14)	Shot Put 3 (2kg)		LJ Pit 2					800m (9)
Under 10	Boys - Laura Burgoine		LJ in TJ Pit 1	60m H (3)	LJ in TJ Pit 1		70m (11)	LJ in TJ Pit 1		Discus 1					800m (8)
	Girls - Maddy Woods, Holly Clayton		LJ in TJ Pit 2	60m H (4)	LJ in TJ Pit 2		70m (12)	LJ in TJ Pit 2		Discus 2					800m (7)
Under 11	Boys - TBC		100m (2)	Discus 1	60m H (5)	Discus 1				TJ Pit 2			400m (3)		
	Girls - Alex Woods		100m (1)	Discus 2	60m H (6)	Discus 2				TJ Pit 1			400m (4)		
Under 12	Boys - Kev Lowden		100m (3)	Javelin		80m H (8)	Javelin			LJ Pit 1			400m (2)		
	Girls - Roger Winders		LJ Pit 2	100m (4)	LJ Pit 2	80m H (7)	LJ Pit 2			Javelin			400m (1)		
Under 13	Boys - Tanya Stefanec		High Jump 1 (small mat)		100m (7)	High Jump 1 (small mat)				200m H (2)	Shot Put 1			800m (1)	
	Girls - Kali Everitt, Rebecca Augustine		Shot Put 2		100m (6)	Shot Put 2		200m H (1)		High Jump 1				800m (2)	
Under 14, 15 & 16	Boys - Luke McHugh, Thomas Mogensen	High Jump 2 (big mat)		100m (8)	High Jump 2 (big mat)				Shot Put 2	200m/300m H	Shot Put 2			800m (3)	
	Girls - Katie Ryan, Darren Barone, Tony Francis	Shot Put 1			100m (10)					High Jump 2		High Jump 2 (big mat)			800m (5)

* All hurdles are on the Back Straight

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	Black	6 Flights
80m	U13, U14G	76cm	Black	9 Flights
	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, U11	2kg (yellow)	2kg (yellow)
U12	2kg (yellow)	2kg (yellow)
U13, U14	3kg (green)	3kg (green)
U15/16	4kg (blue)	3kg (green)

Discus Weights

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

Javelin

Age	Boys	Girls
U10	Turbo	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	U6-U8	U9-U10	U11 - U16
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	