



Field Events	9:00	9:15	9:30	9:45	10:00	10:15	10:30	10:45	11:00	11:15	11:30	11:45
<b>Discus 1</b>	Girls 11, 12 & 13				Boys 11, 12 & 13				Girls & Boys 14, 15 & 16			
<b>Discus 2</b>	Girls and Boys 6, 7 & 8								Girls & Boys 9 & 10			
<b>Shot Put 1</b>	Girls & Boys 14, 15 & 16				Girls 11, 12 & 13				Boys 11, 12 & 13			
<b>Shot Put 2</b>	Girls & Boys 9 & 10				Girls and Boys 6, 7 & 8							
<b>Javelin</b>	Girls & Boys 10 (Turbo)			Girls & Boys 11 to 16								
<b>High Jump 1</b>	Girls & Boys 14, 15 & 16						Girls & Boys 12 & 13					
<b>High Jump 2</b>	Girls & Boys 8 & 9						Girls & Boys 10 & 11					
<b>Long Jump 1</b>	Girls 6, 7 & 8			Girls 9 & 10			Girls 11-16					
<b>Long Jump 2</b>	Boys 6, 7 & 8			Boys 9 & 10			Boys 11-16					
<b>Triple Jump 1</b>	Boys 11-16											
<b>Triple Jump 2</b>	Girls 11-16											

Track Schedule	8:45	9:00	9:15	9:30	9:45	10:00	10:15	10:30	10:45	11:00	11:15	11:30	11:45
<b>Front Straight</b>		100m U6-8	100m U6-8	70m	70m	100m U9+							
<b>Back Straight</b>		60h U8 & 9	60h U10 & 11	80h	90h 100h	100m U9+							
<b>Circular</b>	200/300m Hurdles Walks						400m (U8)	400m	200m (U7-8)	200m	200m	800/1500m	800/1500m

### HURDLE HEIGHTS , MARKINGS AND FLIGHTS

Distance	Age Group	Height	Markings	Flights
60m	U8, U9	45cm	Orange	6 Flights
	U10, U11	60cm	Orange	6 Flights
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	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)

#### NOTES:

Set-Up at 8:00 **Girls - all age groups**  
 Pack-Up **Boys - all age groups**  
 Officials Meeting in club room - 8:45