

The Circuit

Mentone LAC

18th January 2020

Age Group		6:30 PM	6:40 PM	6:50 PM	7:00 PM	7:10 PM	7:20 PM	7:30 PM	7:40 PM	7:50 PM	8:00 PM	8:10 PM	8:20 PM	8:30 PM	8:45 PM
Under 13	Boys	100m	Shot Put 1				Hurdles Relays	800m	High Jump 1				400m Medley Relays	Pizza	
	Girls	100m	Shot Put 2					800m	High Jump 2						
Under 14,15,16	Boys	100m	High Jump 1					800m	Shot Put 1						
	Girls	100m	High Jump 2					800m	Shot Put 2						

Ongoing events	All age groups	Target Vortex											
	All age groups	Guess Your Distance Long Jump - LJ Pit 1											
	All age groups	Guess Your Distance Triple Jump - TJ Pit 2											
	All age groups	Target Practice Discus - Discus 1											

Shot Put Weights

Age	Boys	Girls
U13, U14	3kg	3kg (green)
U15/16	4kg	3kg (green)

