



Under 6 - 8

Age Group			5:45 PM	6:00 PM	6:10 PM	6:20 PM	6:30 PM	6:40 PM	6:50 PM	7:00 PM
Under 6	Boys - Stefan Nel (assistant Eden Pillay)	10	WARM UP	70m (2)	Shot Put 3		100 BS (4)	On Track		
	Girls - Jemima Hoult, Zoe C, Kisarna B	21		70m (4)	On Track		100 BS (2)	Shot Put 3		
Under 7	Boys - Jane Carter, Rebecca Symons	15		70m (1)	Discus 2			100 BS (7)	On Track	
	Girls - Sue Tobin, Daina K	16		70m (3)	On Track		100 BS (3)	Shop Put 2		
Under 8	Boys - Dani Francis, Laura B, Alice J	24		On Track	70m (5)	On Track	LJ 1	100 BS (5)	LJ 1	
	Girls - Madeline Woods	23		On Track	70m (6)	On Track	LJ 2	100 BS (6)	LJ 2	

NOTES:
 Set-Up at 7.30 = **Under 6 Boys & Girls**
 Pack-Up = **Under 14/15/16 Boys & Girls**
 BS = Back Straight
 (#) = Track sequence for scheduling reasons
All 70 m on back straight

Under 9 - 16

All 70m on back straight

Age Group			5:45 PM	6:00 PM	6:10 PM	6:20 PM	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
Under 9	Boys - Kevin Lowden	26	WARM UP	LJ 1			100m (8)	Discus 2			200m (5)	Discus 2			
	Girls - Tina Towler	16		LJ 2			100m (9)	Shot Put 3			200m (7)				
Under 10	Boys - Steve Convy	11		Turbo Jav	100 BS (1)	Turbo Jav	200m (1)			LJ 1					
	Girls - Roger Winders	20		100m (3)	Turbo Jav			200m (2)	LJ 2						
Under 11	Boys - Martin Walker	19		Shop Put 2	100m (6)	Shop Put 2	TJ 1			200m (11)					
	Girls - Kali Everitt, Ella Collis	22		Shot Put 1			100m (11)	TJ 2			200m (12)				
Under 12	Boys - Jemima Hoult	18		100m (2)	TJ 1			Shot Put 1			200m (6)				
	Girls - Tim Leonard	13		TJ 2		100m (7)	TJ 2		200m (4)	Shot Put 1					
Under 13	Boys - Thomas Mogensen, Rod Ockerby	11		100m (1)	HJ 1			200m (3)	Shop Put 2						
	Girls - Katie Ryan	10		Discus 1		100m (10)	HJ 1			200m (13)					
Under 14	Boys - Glenda Smith, Maree Grech	7		HJ 2			100m (12)	Discus 1			200m (11)				
	Girls - Alex Woods	15		100m (4)	Discus 1			HJ 2			200m (12)				
Under 15-16	Boys - Glenda Smith, Maree Grech	7		HJ 2			100m (13)	Discus 1			200m (13)				
	Girls - Megan Rosenbrock	12		100m (5)	Discus 1			HJ 2			200m (14)				

Shot Put Weights

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

Discus Weights

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

Javelin

Age	Boys
U10	Turbo
U11 - U12	400 g Red
U13 - U14	600 g Yellow
U15	600 g Yellow
U16	700 g Blue

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	HJ 2
6:00	13 Girls	7 Boys	11 Girls	11 Boys	6 Boys	10 Boys	9 Boys	9 Girls	12 Boys	12 Girls	13 Boys	14/15/16 Boys
6:30	14/15/16 Girls	9 Boys	12 Boys	7 Girls	6 Girls	10 Girls	8 Boys	8 Girls	11 Boys	11 Girls	13 Girls	14/15/16 Girls
6:40												
6:50												
7:00												
7:10	14/15/16 Boys		12 Girls	13 Boys	9 Girls		10 Boys	10 Girls				
7:20												

Back Straight				Front Straight				Circular Track			
	70 metres				100 metres				200 metres		
6:00	1	7 Boys		6:00	1	13 Boys		6:50	1	10 Boys	
	2	6 Boys			2	12 Boys			2	10 Girls	
	3	7 Girls		6:10	3	10 Girls			3	13 Boys	
	4	6 Girls			4	14 Girls			4	12 Girls	
6:10	5	8 Boys			5	15/16 Girls			5	9 Boys	
	6	8 Girls		6:20	6	11 Boys			6	12 Boys	
	100 metres				7	12 Girls			7	9 Girls	
6:20	1	10 Boys		6:30	8	9 Boys			8	11 Boys	
	2	6 Girls			9	9 Girls			9	11 Girls	
	3	7 Girls			10	13 Girls			10	13 Girls	
6:40	4	6 Boys		6:40	11	11 Girls			11	14 Boys	
	5	8 Boys			12	14 Boys			12	14 Girls	
	6	8 Girls			13	15/16 Boys			13	15/16 Boys	
	7	7 Boys							14	15/16 Girls	