

Centre Age Group Events

AGE GROUP	TRACK	THROWS	JUMPS
Under 6	50 m	Shot Put	Long Jump
	70 m	Discus	
	100m	Vortex	
	300m		
	60m Hurdles		
Under 7	70 m	Shot Put	Long Jump
	100 m	Discus	
	200 m	Vortex	
	500m		
	60m Hurdles		
Under 8	70 m	Shot Put	Long Jump High Jump
	100m	Discus	
	200 m	Turbo Javelin	
	400m		
	700m		
	60 m Hurdles		
Under 9	70 m	Shot Put	Long Jump High Jump
	100m	Discus	
	200 m	Turbo Javelin	
	400m		
	800m		
	60 m Hurdles		
Under 10	70m	Shot Put	Long Jump High Jump
	100m	Discus	
	200m	Turbo Javelin	
	400m		
	800m		
	60m Hurdles		
Under 11 Under 12 Under 13+	70m	Shot Put	Long Jump Triple Jump High Jump
	100m	Discus	
	200m	Javelin	
	400m		
	800m		
	1500m		
	60m Hurdles		

PLEASE NOTE: Javelin will be offered before competition nights every 3 weeks at 4.30pm. High Jump will be offered at the end of the set program on a weekly basis.