

Event program **Week C** Season 2020 / 2021

6pm Start of Events TT – U8

6:30pm Start of Events U9 – U17 (except HJ 5:45pm U12-17)

Age Grp	Event 1	Event 2	Event 3	Event 4	Event 5	
U6F U6M	50m	70m	100m	SP		
U7F	100m	LJ	70m	50m		
U7M	100m	LJ	70m	50m		
U8F	400m	60H (1) *	70m	Discus		
U8M	400m	60H (1) *	70m	Discus		
U9F	60H (1)*	400m	70m	SP		
U9M	60H (1)*	400m	70m	SP		
U10F	70m	60H (2)*	SP	400m		
U10M	70m	60H (2)*	SP	400m		
U11F	100m	80H (2) *	400m	HJ		
U11M	400m	80H (2) *	100m	HJ		
U12F U12M	5.45PM - HJ (optional) *starting heights of 100cm and 115cm – using 2 mats; please arrive earlier for practice jumps	400m	80H (3)*	100m	LJ	
U13F U14F		SP	80H (4) *	400m	3000m	
U13M U14M		Disc	80H (4)* 90H (4)*	400m	3000m	
U15-17 F&M		Disc	400m	15G: 90mH 17G: 100mH 15-17M:100mH All position 4	3000m	

***HURDLES:**

1 = 45cm (Lowest height)

2 = 60cm

3 = 68cm

4 = 76cm (Highest height)