

2018/19 PROGRAMME NO. 3#



7:30am START 1500m RUN U11 – U17 (BOYS)
 7:35am START 1500m WALKS U12 – U17 (GIRLS)
 7:45am START 1100m WALKS for U10 & U11 (GIRLS)
 7:55am START 700m WALK U9 (GIRLS)

#The green event is the first event. Proposed (yellow is 2nd) (3rd red) for that age group. After that, events may be held in any order.##

7 GIRLS	70m	100m	500m	Skills Drill	Shot Put		
7 BOYS	70m	100m	500m	Long Jump LJ2	Discus		
8 GIRLS	70m	100m	700m	Skills Drill	Shot Put JSP1		
8 BOYS	70m	100m	700m	Long Jump	Discus JD1		
9 GIRLS	70m	100m	400m	High Jump HJ4	Shot Put	700mW	
9 BOYS	70m	100m	800m	Long Jump LJ2	Discus		
10 GIRLS	70m	100m	800m	High Jump	Shot Put SP4	1100mW	
10 BOYS	70m	100m	400m	Long Jump LJ3	Discus D2		
11 GIRLS	60m Hdls (60cm)	400m	800m	High Jump	Shot Put SP2	1100mW	
11 BOYS	60m Hdls (60cm)	400m	1500m	Long Jump LJ1 x 2	T/Jump	Discus	
12 GIRLS	60m Hdls (68cm)	400m	800m	High Jump	Shot Put SP3	Discus	1500mW
12 BOYS	60m Hdls (68cm)	400m	1500m	Long Jump	T/Jump	Discus D3	
13 GIRLS	80m Hdls (76cm)	200m	800m	High Jump HJ3	Shot Put	Javelin	1500mW
13 BOYS	80m Hdls (76cm)	200m	1500m	Long Jump	Discus D2		
14 GIRLS	80m Hdls (76cm)	200m	800m	High Jump HJ1	Shot Put	1500mW	
14 BOYS	90m Hdls (76cm)	200m	1500m	Long Jump	Discus	Javelin	
15 GIRLS	90m Hdls (76cm)	200m	800m	*High Jump HJ2	Javelin	1500mW	
15 BOYS	100m Hdls (76cm)	200m	400m	1500m	*High Jump HJ2	T/Jump	
17 GIRLS	100m Hdls (76cm)	200m	800m	*Long Jump LJ4	Shot Put	Javelin	1500mW
17 BOYS	110m Hdls (76cm)	200m	400m	1500m	*Long Jump LJ4	Shot Put	T/Jump

- U17B & U17G To do LJ together & 15G & U15B to do HJ together Note: Athletes may compete in any number of events
- # Programme order subject to change.