

2019/20 PROGRAMME NO. 4#



7:30am START 1500m RUN U11 – U17 (GIRLS)
 7:35am START 1500m WALKS U12 – U17 (BOYS)
 7:45am START 1100m WALKS for U10 & U11 (BOYS) + U15 & 17 B & G 300m Hurdles
 7:55am START 700m WALK U9 (BOYS)

The green event is the 1st event. Proposed (yellow is 2nd) & (3rd red) for that age group. After that events may be held in any order.#

7 GIRLS	50m	70m	200m	Long Jump LJ2	Discus		
7 BOYS	50m	70m	200m	Skills Drill	Shot Put		
8 GIRLS	60m Hdl (45cm)	200m	400m	Long Jump	Discus D1		
8 BOYS	60m Hdl (45cm)	200m	400m	Skills Drill	Shot Put SP1		
9 GIRLS	60m Hdl (45cm)	200m	800m	Long Jump	Discus D2		
9 BOYS	60m Hdl (45cm)	200m	400m	High Jump	Shot Put SP3	700mW	
10 GIRLS	60m Hdl (60cm)	200m	400m	Long Jump	Discus D2		
10 BOYS	60m Hdl (60cm)	200m	800m	High Jump HJ4	Shot Put	1100mW	
11 GIRLS	100m	400m	1500m	Long Jump LJ1 x 2	Discus	Javelin	
11 BOYS	100m	200m	800m	High Jump	Shot Put SP4	Discus	1100mW
12 GIRLS	100m	400m	1500m	Long Jump	T/Jump LJ2		
12 BOYS	100m	200m	800m	High Jump HJ1 & 2	Shot Put	Javelin	1500mW
13 GIRLS	100m	200m Hdl (68cm)	400m	1500m	Long Jump	T/Jump	Discus D3
13 BOYS	100m	200m Hdl (68cm)	800m	High Jump	Shot Put SP2	1500mW	
14 GIRLS	100m	200m Hdl (76cm)	400m	1500m	Long Jump LJ4	Discus	
14 BOYS	100m	200m Hdl (76cm)	800m	High Jump	Shot Put	1500mW	
15 GIRLS	100m	300m Hdl (76cm)	400m	1500m	Long Jump LJ3	T/Jump	Shot Put
15 BOYS	100m	300m Hdl (76cm)	800m	Long Jump LJ3	Shot Put	Javelin	1500mW
17 GIRLS	100m	300m Hdl (76cm)	400m	1500m	High Jump HJ3	T/Jump	Discus
17 BOYS	100m	300m Hdl (76cm)	800m	High Jump HJ3	Javelin	1500mW	

Note: Athletes may compete in any number of events. U15B & Gs to do LJ together. U17B & Gs to do HJ together.

In Wet Weather conditions the programme order is subject to change. Grey also indicates recent programme changes