

2019/20 Week 14 on 17 Jan 2020 - PROGRAMME NO. 2 - Twilight



5:30pm START 1500m RUN U11 – U17 (GIRLS)

5:35pm START 1500m WALKS U12 – U17 (BOYS)

5:45pm START 1100m WALKS for U10 & U11 (BOYS)

5:55pm START 700m WALK U9 (BOYS)

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.

6 B & Gs	50m	200m	Long Jump	Skills Drill	Discus
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 HJ4	Shot Put SP4 700mW
10 GIRLS	60m Hdl (60cm)	200m	400m	Long Jump LJ1	Discus
10 BOYS	60m Hdl (60cm)	200m	800m	High Jump HJ4	Shot Put 1100mW
11 GIRLS	100m	400m	1500m	Long Jump	Triple Jump LJ1 Javelin
11 BOYS	100m	200m	800m	High Jump	Shot Put SP3 Javelin 1100mW
12 GIRLS	100m	400m	1500m	Long Jump	T/Jump Discus D3
12 BOYS	100m	200m	800m	High Jump	Discus Shot Put SP2 1500mW
13 GIRLS	100m	400m	1500m	Long Jump LJ4	T/Jump
13 BOYS	100m	800m	High Jump	Shot Put	Javelin 1500mW
14 GIRLS	100m	400m	1500m	Long Jump	T/Jump LJ2
14 BOYS	100m	800m	High Jump HJ2	Shot Put	Javelin 1500mW
15 GIRLS	100m	400m	1500m	Long Jump LJ3	Shot Put
15 BOYS	100m	800m	Shot Put	Long Jump LJ3	1500mW
17 GIRLS	100m	400m	1500m	High Jump HJ1	Discus
17 BOYS	100m	800m	Discus	High Jump HJ3	Javelin 1500mW

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

Week 2 - Proposed order – Track “Not Before” Times

Back track

6:00pm – 7:00pm - 60m Hurdles – start with U10Gs, U10Bs. Then U9s or U8s – report in to Michael when 5 mins from finishing 1st event.
U8-10 age managers expect that once you have completed 60mH to go to do a 400 or 800m.

7:00pm – 8:30pm 100ms – first in

8:30pm – finish 200m If required - (starting at 400m start/finish and finishing at the back track gates)

Front track

6:00pm – 6:45pm Proposed Order but subject to change on the day:

1st 70m – U7B
2nd 70m – U7G
3rd 50m - U7B
4th 50m – U7G
5th 50m – U6s

6:45pm – 9:30pm 200m (12 Groups 7s -12s) allowing 20 mins per group up

Circular track

From

8:10am 12B 800m. Then others in yellow above after they have completed hurdles.