

2018/19 PROGRAMME NO. 5#



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 1st 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 PutSP1		
8 BOYS	70m	100m	700m	Long Jump	Discus D1		
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	Discus D2		
11 GIRLS	60m Hdl (60cm)	400m	800m	High Jump HJ3	Shot Put SP2 & SP3	Discus	1100mW
11 BOYS	60m Hdl (60cm)	400m	1500m	Long Jump LJ1*	Discus	Javelin	
12 GIRLS	60m Hdl (68cm)	400m	800m	High Jump	Shot Put	Javelin	1500mW
12 BOYS	60m Hdl (68cm)	400m	1500m	Long Jump	Discus D3		
13 GIRLS	80m Hdl (76cm)	200m	800m	High Jump HJ1	Shot Put	Javelin	1500mW
13 BOYS	80m Hdl (76cm)	200m	1500m	Long Jump LJ3	T/Jump	Shot Put	
14 GIRLS	80m Hdl (76cm)	200m	800m	High Jump HJ3	Shot Put	Javelin	1500mW
14 BOYS	90m Hdl (76cm)	200m	1500m	Long Jump	T/Jump LJ1		
15 GIRLS	90m Hdl (76cm)	200m	800m	High Jump HJ2	Discus	Javelin	1500mW
15 BOYS	100m Hdl (76cm)	200m	400m	1500m	High Jump HJ2	T/Jump	Discus
17 GIRLS	100m Hdl (76cm)	200m	800m	*Long Jump LJ4	Shot Put	1500mW	
17 BOYS	110m Hdl (76cm)	200m	400m	1500m	*Long Jump LJ4	T/Jump	Shot Put

• Note: Athletes may compete in any number of events. U17B & U17G To do LJ together & 15G & U15B to do HJ together.

Programme order subject to change