

2020/21 Week 17 on 16 JAN 2021 PROGRAMME NO. 3



7:30am START	1500m RUN U11 – U17 (BOYS)
7:30am START	U12G JAVELIN
7:30am START	U7s & U8s
7:30am START	HIGH JUMP for U9G, U14G, U15G & U17G
7:35am START	1500m WALKS U12 – U17 (GIRLS)
7:45am START	1100m WALKS U10 & U11 (GIRLS)
8:00am START	700m WALK U9 (GIRLS)

Note: Athletes may compete in any number of events

^ Denotes 7:30am start.

Others start at 8:00am

The dark green where applicable and then lighter green events are the first events. Proposed (yellow is 2nd) (3rd red) for that age group. The Brown event must be done last.

Other events may be held in any order.#

6 B & Gs	70m	100m	300m	Skills Drill	Shotput		
7 GIRLS	70m	100m	500m	Skills Drill	Shot Put SP1^		
7 BOYS	70m	100m	500m	Long Jump LJ2^	Discus		
8 GIRLS	70m	100m	700m	Skills Drill	Shot Put SP2^		
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	Discus D2		
10 GIRLS	70m	100m	800m	High Jump HJ4	Shot Put SP4	1100mW	
10 BOYS	70m	100m	400m	Long Jump	Discus		
11 GIRLS	80m Hds (60cm)	200m	800m	High Jump	Shot Put SP3^	Discus	1100mW
11 BOYS	80m Hds (60cm)	400m	1500m	Long Jump	T/Jump LJ1^	Javelin	
12 GIRLS	80m Hds (68cm)	200m	800m	High Jump	Shot Put	Javelin^	1500mW
12 BOYS	80m Hds (68cm)	400m	1500m	Long Jump LJ1 ^	T/Jump	Javelin	
13 GIRLS	80m Hds (76cm)	200m	800m	High Jump	Shot Put SP4	1500mW	
13 BOYS	80m Hds (76cm)	200m	400m	1500m	Long Jump	Discus D3^	Triple Jump
14 GIRLS	80m Hds (76cm)	200m	800m	High Jump HJ1^	Shot Put	Javelin	1500mW
14 BOYS	90m Hds (76cm)	200m	400m	1500m	Long Jump	Discus	T/Jump TJ2
15 GIRLS	90m Hds (76cm)	200m	800m	High Jump HJ2	Discus	1500mW	
15 BOYS	100m Hds (76cm)	200m	400m	1500m	Long Jump LJ3	Discus	
17 GIRLS	100m Hds (76cm)	200m	800m	High Jump HJ3^	Shot Put	Javelin	1500mW
17 BOYS	110m Hds (76cm)	200m	400m	1500m	Long Jump LJ4	Shot Put	