

Time	Tots	U 6 B	U 6 G	U 7 B	U 7 G	U 8 B	U 8 G	U 9 B	U 9 G	U 10 B	U 10 G	U 11 B	U 11/12 G	U 12 B	U 13/14 G+ 13B	14+B, 15+G	
											Distances Runs, as per annoucement.		1,500 m (U 11 up)	3,000 (U 13 up)	5,000 (U 20 up)		
17:45																	
17:50																	
18:00	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	
18:10	Tots Program																
18:20		50m	50m	50m	50m	60 Hurdles	60 Hurdles	60 Hurdles	60 Hurdles	60 Hurdles	SP4	200m	200m	TJ4	SP1	HJ 2	
18:30											200m						
18:40																	
18:50			LJ1	LJ2	SP4	Discus 1	LJ3	SP3	TURBO	Discus 2		60 Hurdles	LJ4	JAV	80 Hurdles	Sprint Hurdles	Sprint Hurdles
19:00																	
19:10			200m	200m	200m	200m	200m	200m			Discus 3		80 Hurdles	80 Hurdles			
19:20								LJ1	LJ2		LJ4			JAV	TJ4	SP1	
19:30	Tots Program																
19:40		SP3	Discus 1	LJ1	LJ3	Discus 2	LJ2	200m	200m	Scissor Jump	200m	SP1	LJ3	200m	200m	200m	
19:50																	
20:00	Return																
20:10	equipment																
20:20	to																
20:30	shed																

		U6	U7	U8	U9-U10	U11	U12	U13	U14-U15	U16	U17	U20
Shot	Boys	500gm Pink	1kg Blue	1.5kg Yellow	2kg Orange	2kg Orange	2kg Orange	3kg White	4kg Red	5kg Green	5kg Green	5kg Green
	Girls	500gm Pink	1kg Blue	1.5kg Yellow	2kg Orange	2kg Orange	2kg Orange	3kg White	3kg White	3kg White	3kg White	4kg Red
Discus	Boys	350gm	350gm	500gm	500gm	500gm	750gm	750gm	1kg	1.5kg	1.5kg	1.75kg
	Girls	350gm	350gm	500gm	500gm	500gm	750gm	750gm	1kg	1kg	1kg	1kg
Jav	Boys					400gm	400gm	600gm	700gm	700gm	700gm	800gm
	Girls					400gm	400gm	400gm	500gm	500gm	500gm	600gm
Hammer	Boys							3kg	3kg	4kg	5kg	5kg
	Girls							3kg	3kg	3kg	3kg	3kg

Distance Hurdle Height Information				Distance Hurdle Height Information				Sprint Hurdle Height Information				Sprint Hurdle Height Information			
Age group	Distance	Height	Flights	Age group	Distance	Height	Flights	Age group	Distance	Height	Flights	Age group	Distance	Height	Flights
U13 Girls Boys	200m	76cm		U17 Girls	400m	76cm	10	U8 Girls Boys	60m	45cm	6	U13 Boys	90m	76cm	9
U14 Girls Boys	300m	76cm	7	U17 Boys	400m	84cm	10	U9 Girls Boys	60m	45cm	6	U14 - U15 Girls	90m	76cm	9
U15 Girls Boys	300m	76cm	7	U20 Girls	400m	76cm	10	U10 Girls Boys	60m	60cm	6	U14 - U15 Boys	100m	76cm	9
U16 Girls	400m	76cm	10	U20 Boys	400m	91cm	10	U11 Girls Boys	80m	60cm	9	U16 - 17 Girls	100m	76cm	9
U16 Boys	400m	84cm	10					U12 Girls Boys	80m	68cm	9	U16 - 17 Boys	110m	76cm	10
								U13 Girls	80m	76cm	9	U20	F - 100m / 99cm M - 110m / 84cm		