

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 announcement.		1,500 m (U 11 up)	3,000 (U 13 up)	5,000 (U 20 up)				
								700 Walk	700 Walk	1100 Walk	1100 Walk	1100 Walk	11 - 1100 Walk	1500 Walk	1500 Walk	1500 Walk			
17:45													12 - 1500 Walk						
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	SP1	SP4	70m	70m	LJ2	SP3	100m	LJ3	100m	100m	100m	TJ4	100m	Discus 3	100m			
18:20				70m	70m	LJ1	SP3	700pack	700pack	Scissor Jump	100m	LJ2	Discus 2	HJ 1	100m	SP1	100m	JAV	
18:30				LJ1	LJ2 (pack up)	100m	100m	SP3 (pack up)	LJ3	800m	SP4 (pack up)	800m	LJ4	800m	800m	HJ 2	800m	800m	
18:40				100m	100m	SP1 (pack up)	LJ1 (pack up)	100m	100m	Discus 1	800m	TURBO	800m	Discus 2	Discus 3	800m	LJ3	LJ4	
18:50				Return															
19:00				equipment															
19:10				to															
19:20	shed																		
19:30								Hurdle Height Information				Hurdle Height Information							
19:40								Age group	Distance	Height	Flights	Age group	Distance	Height	Flights				
19:50								U13 Girls Boys	200m	76cm		5 U17 Girls	400m	76cm		10			
20:00								U14 Girls Boys	300m	76cm		7 U17 Boys	400m	84cm		10			
20:10								U15 Girls Boys	300m	76cm		7 U20 Girls	400m	76cm		10			
20:20								U16 Girls	400m	76cm		10 U20 Boys	400m	91cm		10			
20:30								U16 Boys	400m	84cm									
20:40																			

		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	500gm	500gm	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