

Program	Event	TT	6M	6F	7M	7F	8M	8F	9M	9F	10M	10F	11M	11F	12M	12F	13, 14F	14M, 15-17	
A	1	TT Program	50m	50m	Vortex	Vortex	D	D	70m	70m	LJ	LJ	1500m	1500m	1500m	1500m	TJ	TJ	
	2		300m	300m	70m	70m	700m	700m	HJ	D	70m	70m	SP	TJ	HJ	TJ	1500m	1500m	
	3		SP	SP	D	D	70m	HJ	100m	100m	100m	100m	100m	100m	SP	HJ	JAV	D	
	4		100m	100m	100m	100m	100m	100m	D	HJ	SP	SP	TJ	JAV	100m	100m	100m	100m	
	5		D	D	50m	50m	HJ	70m	400m	400m	400m	400m	400m	400m	400m	TJ	SP	D	JAV
	6													JAV	SP	400m	400m	400m	400m
B	1	TT Program	Vortex	Vortex	LJ	LJ	70m	70m	800m	800m	800m	800m	800m	800m	800m	800m	SP	LJ	
	2		70m	70m	70m	70m	LJ	LJ	D	D	HJ	SP	HJ	D	LJ	LJ	800m	800m	
	3		50m	50m	500m	500m	60mH	60mH	LJ	LJ	SP	HJ	LJ	LJ	JAV	D	HJ	HJ	
	4		LJ	LJ	SP	SP	D	D	60mH	60mH	60mH	60mH	D	HJ	200m	200m	200m	200m	
	5		200m	200m	200m	200m	200m	200m	200m	200m	200m	200m	80mH	80mH	D	JAV	LJ	SP	
	6													200m	200m	80mH	80mH	80mH	90/100mH
C	1	TT Program	LJ	LJ	Vortex	Vortex	SP	HJ	70m	SP	D	D	1500m	1500m	1500m	1500m	TJ	TJ	
	2		300m	300m	70m	70m	HJ	70m	SP	70m	70m	70m	TJ	D	JAV	SP	1500m	1500m	
	3		D	D	50m	50m	70m	SP	HJ	100m	100m	100m	HJ	TJ	100m	100m	SP	JAV	
	4		50m	50m	SP	SP	100m	100m	100m	HJ	LJ	LJ	100m	100m	SP	JAV	100m	100m	
	5		200m	200m	200m	200m	200m	200m	200m	200m	200m	200m	D	HJ	TJ	TJ	JAV	SP	
	6													200m	200m	200m	200m	200m	200m
D	1	TT Program	70m	70m	70m	70m	SP	SP	800m	800m	800m	800m	800m	800m	800m	800m	LJ	D	
	2		Vortex	Vortex	500m	500m	60mH	60mH	LJ	LJ	HJ	D	LJ	SP	LJ	HJ	800m	800m	
	3		SP	SP	LJ	LJ	700m	700m	60mH	60mH	D	HJ	SP	JAV	D	LJ	HJ	HJ	
	4		100m	100m	100m	100m	LJ	LJ	SP	SP	60mH	60mH	80mH	80mH	80mH	80mH	D	LJ	
	5		LJ	LJ	D	D	100m	100m	400m	400m	400m	400m	JAV	LJ	HJ	D	400m	400m	
	6													400m	400m	400m	400m	80mH	90/100mH
E	1	TT Program	50m	50m	Vortex	Vortex	LJ	LJ	100m	100m	SP	SP	HJ	HJ	LJ	D	100m	100m	
	2		D	D	70m	70m	100m	100m	LJ	LJ	100m	100m	100m	100m	D	LJ	JAV	LJ	
	3		70m	70m	SP	SP	70m	70m	70m	70m	70m	HJ	JAV	LJ	100m	100m	SP	HJ	
	4		100m	100m	100m	100m	SP	SP	D	D	HJ	70m	D	JAV	HJ	SP	LJ	SP	
	5		LJ	LJ	50m	50m	200m	200m	200m	200m	200m	200m	LJ	D	SP	HJ	HJ	JAV	
	6													200m	200m	200m	200m	200m	200m
F	1	TT Program	Vortex	Vortex	50m	50m	HJ	D	100m	100m	LJ	D	TJ	TJ	HJ	HJ	100m	100m	
	2		70m	70m	70m	70m	70m	70m	SP	HJ	100m	100m	100m	100m	100m	100m	TJ	D	
	3		50m	50m	D	D	60mH	60mH	60mH	60mH	D	LJ	HJ	SP	JAV	TJ	D	TJ	
	4		SP	SP	LJ	LJ	D	HJ	HJ	SP	60mH	60mH	80mH	80mH	TJ	JAV	HJ	HJ	
	5		200m	200m	200m	200m	200m	200m	400m	400m	400m	400m	SP	HJ	80mH	80mH	400m	400m	
	6													400m	400m	400m	400m	80mH	90/100mH

25/09/2020 Please note:

The Program is subject to change; depending upon weather and track conditions, number of athletes in each age group, and parental assistance availability.

If an athlete wishes to do a **Walk** (U9-U17 age groups) OR a **200m Hurdle** (U13-U14 age groups) OR a **300m Hurdle** (U15-U17 age groups) OR needs an extra round of a particular event to qualify for Championships, please contact the President prior to the start of the meet.

Relay Practice will occur at 8am before all events are commenced on Sundays, if required.

Javelin is strictly for U11-U17's age groups. If insufficient adult supervision is available, this event WILL NOT be held. Please assist with safety by ensuring that younger children stay well clear of the area surrounding this event. Athlete safety is our main concern.