

WEEKLY COMPETITION PROGRAM - GIRLS PROGRAM 1

7:45 am Start to this Program

Events typically flow down a column. Program changes can occur.

7	8	9	10	11	12	13	14	15/16/17
Vortex	60m Hurdle	60m Hurdles	Turbo Javelin	800m	800m	800m	800m	800m
300m	500m	800m	800m	Discus	Triple Jump Site 1	Discus	Javelin	Triple Jump Tartan Site 5
Discus Site 1	Turbo Javelin	Discus	60m Hurdles	60m Hurdles	60m Hurdles	80m Hurdles	Discus	Shot Put
200m	Discus Site 1	200m		Javelin	Discus	Javelin	80m Hurdles	90/100m Hurdles
	200m	Turbo Javelin	200m	Triple Jump Site 1	200m	Triple Jump Tartan Site 5	Triple Jump Tartan Site 6	Discus
			Discus	200m	Javelin	200m	200m	200m

**NO PARENTS ARE ALLOWED ON THE CENTRE ARENA UNLESS ASSISTING
IN THE RUNNING OF THE EVENT**

PROGRAM SCHEDULE:

- 6:30am Set Up Team arrives, puts out equipment
- 7:40am First call for events. For first field events of the morning only, athletes can go directly to sites. Athletes in laned events must go to marshalling areas
- 7.45am Competition program commences
- 12:00pm Target finish time. Pack-Up Team packs equipment away

U7, U8 & U9 age athletes may compete in a MAXIMUM OF 4 EVENTS per Saturday

U10 to U17 age athletes may compete in a MAXIMUM OF 5 EVENTS per Saturday

An event with a result of a 'no-throw', 'no jump', or 'Did Not Finish' **cannot** be substituted with another event. Points gained from extra events are **forfeited**, refer Rules for Competition - Point 9

WEEKLY COMPETITION PROGRAM - BOYS PROGRAM 1

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7	8	9	10	11	12	13	14	15/16/17
Long Jump Site 3	60 m Hurdles	60m Hurdles	Shot Put	800m	800m	800m	800m	800m
300m	Long Jump Site 3	800m	800m	High Jump	Shot Put	Long Jump Site 4	Shot Put	Triple Jump Tartan Site 6
Shot Put	500m	Shot Put	60 m Hurdles	60 m Hurdles	60 m Hurdles	80 m Hurdles	Long Jump Tartan Site 5	Discus
200m	Shot Put	200 m	200m	Shot Put	High Jump	High Jump	90 m Hurdles	100/110 Hurdles
	200 m	Long Jump Site 3	Long Jump Site 4	200m	Long Jump Site 2	Shot Put	High Jump	Shot Put
		High Jump	High Jump	Long Jump Site 3	200m	200m	200m	200m

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WEEKLY COMPETITION PROGRAM - GIRLS PROGRAM 2

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7	8	9	10	11	12	13	14	15/16/17
70m	70m	Shot Put	Shot Put	1500m	1500m	1500m	1500m	1500m
Long Jump Site 3	Shot Put	70m	70m	Shot Put	Long Jump Site 4	Shot Put	Long Jump Tartan Site 6	High Jump
Shot Put	Long Jump Site 4	100m	Long Jump Site 2	Long Jump Site 3	100m	200m Hurdles	200m Hurdles	300 m Hurdles
100m	100m	Long Jump Site 3	100m	100m	High Jump	Long Jump Tartan Site 5	Shot Put	Javelin
		400m	High Jump	High Jump	Shot Put	100m	100m	100m
		High Jump	400m	400m	400m	High Jump	High Jump	Long Jump Tartan Site 6
						400m	400m	400m

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70m	70m	Turbo Javelin	Discus	1500m	1500m	1500m	1500m	1500m
Discus Site 1	Turbo Javelin	70m	70m	Javelin	Discus	Discus	Triple Jump Tartan Site 5	High Jump
Vortex	Discus Site 1	100m	100m	Discus	Javelin	200m Hurdles	200m Hurdles	300m Hurdles
100m	100m	Discus	Turbo Javelin	100m	400m	Triple Jump Site 1	Javelin	Long Jump Tartan Site 5
		400m	400m	Triple Jump Site 1	Triple Jump Site 2	100m	100m	100m
					100m	Javelin	Discus	Javelin
				400m		400m	400m	400m

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