

Week A (marshall at 7.45 for 1500m)

AGE GROUP	Field Event 1	Field Event 2	Track 1	Track 2	Track 3
Tots	1/2 hour skills development/Discus (in SP 2)	Shot Put 2	70m		
U6 Girls	Vortex	Shot put 1	70m	200m PK	
U6 Boys	Shot put 1	Long Jump 4	70m	200m PK	
U7 Girls	Discus 3	Vortex	70m	200m	
U7 Boys	Long Jump 4	Discus 3	70m	200m	
U8 Girls	Long Jump 6	Shot Put 4	70m	200m	
U8 Boys	Shot Put 4	Long Jump 6	70m	200m	
U9 Girls	Long Jump 5	Discus 1	70m	200m	
U9 Boys	Discus 1	Long Jump 5	70m	200m	
U10 Girls	Long Jump 1	Turbo Jav	70m	200m	
U10 Boys	Turbo Jav	Long Jump 1	70m	200m	
U11 Girls	Discus 2	Long Jump 2	100m	200m	1500m
U11 Boys	Shot Put 3	Triple Jump 3	100m	200m	1500m
U12 Girls and Boys	Javelin	High Jump 1 & 2	100m	200m	1500m
U13 Girls and Boys	High Jump 1 & 2	Shot put 3	100m	200m	1500m
U14-17 Girls	Long Jump 2	Javelin	100m	200m	1500m
U14-17 Boys	Triple Jump 3	Discus 2	100m	200m	1500m