

## Week B (marshall at 7.45 for 3000m)

AGE GROUP	Field Event 1	Field Event 2	Track 1	Track 2	Track 3	Track 4
Tots	Skills development	Vortex (SP 1)	Mini Hurdles	150m		
U6 Girls	Long Jump 4	Discus 3	50m	300m Pk		
U6 Boys	Shot Put 1	Long Jump 6	50m	300m Pk		
U7 Girls	Discus 3	Long Jump 4	50m	300m Pk		
U7 Boys	Vortex	Long Jump 5	50m	500m Pk		
U8 Girls	Long Jump 5	Vortex	60mH	700m Pk		
U8 Boys	Long Jump 6	Discus 1	60mH	700m Pk		
U9 Girls	High Jump (SC)	Turbo Jav	60mH	800m		
U9 Boys	Shot Put 2	High Jump (SC)	60mH	800m		
U10 Girls	Long Jump 2	Shot Put 4	60mH	800m		
U10 Boys	Shot Put 4	Long Jump 2	60mH	800m		
U11 Girls	Javelin	High Jump 1	80mH	400m		
U11 Boys	High Jump 1	Javelin	80mH	400m		
U12 Girls & Boys	Discus 2	Triple Jump 3	80mH	400m		
U13 Girls & Boys	Long Jump 1	Discus 2	80mH	400m	200mH	3000m
U14-17 Girls	Triple Jump 3	Shot Put 3	80mH (U14G) 90mH (U15G) 100mH (U17G)	400m	200H (U14G) 300mH (U15-17G)	3000m
U14-17 Boys	Shot Put 3	Long Jump 1	90mH (U15B) 100mH (U15B) 110mH (U17B)	400m	200mH (U14B) 300mH (U15-17B)	3000m