

Championships Program Day 1



Age Group	Event 1	Event 2	Event 3	Event 4	Event 5
U6	Vortex	100m	Long jump (Grass)	<i>Rest & Hydration break</i>	200m (Pack start)
U7B	Long jump (Grass)	100m	Shot put	<i>Rest & Hydration break</i>	300m (Pack start)
U7G	Long jump (Grass)	100m	Discus (Green)	<i>Rest & Hydration break</i>	300m (Pack start)
U8B	60m Hurdles (45 cm)	Shot put	100m	Long jump (Grass)	500m (Pack start)
U8G	60m Hurdles (45 cm)	Long jump (Grass)	100m	Discus (Green)	500m (Pack start)
U9B	60m Hurdles (45 cm)	Shot put	100m	High Jump (Scissors)	800m
U9G	60m Hurdles (45 cm)	High Jump (Scissors)	100m	Long Jump (Tartan-S)	800m
U10B	60m Hurdles (60 cm)	Long Jump (Tartan-S)	100m	Discus	800m
U10G	60m Hurdles (60 cm)	Discus	100m	High Jump (Scissors)	800m
U11B	Shot put	100m	Triple Jump (Tartan-L)	200m	800m
U11G	Triple Jump (Tartan-L)	High Jump (Flop)	Javelin	200m	800m
U12B	High Jump (Flop)	100m	Discus	200m	800m
U12G	Discus	100m	High Jump (Flop)	200m	800m
U13B	Shot put	Long Jump (Tartan-L)	200m	Javelin	800m
U13G	Shot put	Javelin	200m	Long Jump (Tartan-L)	800m
U14- U17	Shot put	Long Jump (Tartan-L)	200m	Javelin	800m

U13 B to run concurrently with U14-U17