

Event Schedule Come & Try Day 1



Age Group	Event 1	Event 2	Event 3	Event 4
U6	Running Training	100m	Long Jump (Grass)	
U7B	Discus (Green net)	100m	Long Jump (Grass)	
U7G	Long Jump (Grass)	100m	Shot put	
U8B	Long Jump (Grass)	Discus (Green net)	100m	
U8G	100m	Long Jump (Grass)	Discus (Green net)	
U9B	Shot put	200m	High Jump (Scissor mats)	400m
U9G	Shot put	200m	High Jump (Scissor mats)	400m
U10B	High Jump (Scissor mats)	70m	Shot Put	400m
U10G	High Jump (Scissor mats)	70m	Shot Put	400m
U11B	100m	Discus (Fixed net)	Long jump (Short tartan)	400m
U11G	100m	Long Jump (Short tartan)	Discus (Fixed net)	400m
U12B	Shot put	100m	200m	High Jump (Flop mat)
U12G	High Jump (Flop mat)	100m	200m	Shot put
U13B	70m	Triple Jump (Long tartan)	200m	Shot put
U13G	70m	Shot put	200m	Triple Jump (Long tartan)
U14-U17	70m	Triple Jump (Long tartan)	200m	Shot put

3 Jumps or Throws in all Field Events. If there are less than 12 athletes in an event allow a practice throw.

Measuring Throws

U6 – U8 Age groups. Use markers to indicate individual best throws. Measure the best throw at the completion of the event.

U9+ Age groups. Measure each throw

Long and Triple jump

U6 – U10 Age groups. Measure jumps from the front of the toe on a sand covered mat

U11+ Age groups. Measure jumps from the front of the board.