

Event Schedule Come & Try Day 2



Age Group	Event 1	Event 2	Event 3	Event 4
U6	70m	Throw Training	Shot Put	
U7B	Shot put	Long jump (Grass)	200m	
U7G	Long jump (Grass)	Discus (Green net)	200m	
U8B	High Jump (Scissors)	Shot put	200m	
U8G	High Jump (Scissors)	Shot put	200m	
U9B	Discus (Green net)	70m	Long jump (Grass)	800m
U9G	70m	Long jump (Grass)	Discus (Green net)	800m
U10B	Long jump (Grass)	100m	Shot Put	800m
U10G	Shot Put	100m	Long jump (Grass)	800m
U11B	High Jump (Flop mat)	200m	Shot put	800m
U11G	Shot put	High Jump (Flop mat)	200m	800m
U12B	70m	Triple Jump (Long tartan)	Shot Put	800m
U12G	70m	Discus	Triple Jump (Long tartan)	800m
U13B	Long Jump (Short tartan)	100m	Discus	800m
U13G	Discus	100m	Long Jump (Short tartan)	800m
U14-U17	Long Jump (Long tartan)	100m	High Jump (Flop mat)	800m

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.