ARMSTRONG SHIELD - Multi-Day Program 2022/2023

	6G	6B	7G	7B	8G	8B	9G	9B	10G	10B	11G	11B	12G	12B	13G	13B	14-17G	14-17B
8.30 AM	Centre Officials - AGM's (Nil Javelin)																	
8:40 AM	8:40 All athletes at age group allocated area and sign-in with Age Group Manager // 8:45 = 10min Warm Up // 9:00 be at your first Event ready to start.																	
9.00 am	60mSt				60mH				800m		Discus South near HJ	SP East near 200m start line			LJ Start Line	LJ Finish Line	Discus North	SP West (Front Straight)
					45cm	60mH												
	20cm miniH	60mSt			LJ @ TJ Start Line	45cm	60mH			800m								
						LJ @ TJ Finish Line		60mH										
		20cm miniH	60mSt				45cm	45cm	60mH				800m					
				60mSt														
9.30 am			30cm miniH				Discus South near HJ	SP West (Front Straight)	60cm	60mH				800m				
	70m			30cm miniH					Discus North								LJ Start Line	LJ Finish Line
		70m								60cm	80mH				800m			
			70m							SP East near 200m start line	60cm	80mH						
	LJ @ TJ Start Line	LJ @ TJ Finish Line		70m												800m		
					70m							60cm	80mH					
10.00 am			Discus South near HJ	SP West (Front Straight)		70m		800m					68cm	80mH				
											LJ Start Line	LJ Finish Line		68cm	80mH			
							800m						Discus North					
														SP East near 200m start line	76cm	80mH	76cm	
																76cm	80mH	76cm
					Discus South near HJ	SP West (Front Straight)	LJ @ TJ Start Line	LJ @ TJ Finish Line									90mH	90mH
10.30 am	300m																100mH	100mH
		300m							LJ Start Line	LJ Finish Line								110mH
			500m															
				500m									100m					
														100m				
					700m										Discus North	SP East near 200m start line	100m	
11.00 am	Discus South near HJ	SP West (Front Straight)																100m
			LJ @ TJ Start Line	LJ @ TJ Finish Line		700m						100m						
											100m							
								100m					LJ Start Line	LJ Finish Line			800m	
							100m											800m
									100m									
11.30 am										100m		800m						
											800m				100m			
																100m		
	Distance - Lanes 1-2						Front Straight - Lanes 3~12						Back Straight - Lanes 7~10					

	6G	6B	7G	7B	8G	8B	9G	9B	10G	10B	11G	11B	12G	12B	13G	13B	14-17G	14-17B
Events	60miniH	60miniH	60miniH	60miniH	60mH	60mH	60mH	60mH	800m	800m	Disc	SP	800m	800m	LJ	LJ	Disc	SP
	70m	70m	70m	70m	LJ	LJ	Disc	SP	60mH	60mH	80mH	80mH	80mH	80mH	800m	800m	LJ	LJ
	LJ	LJ	Disc	SP	70m	70m	800m	800m	Disc	SP	LJ	LJ	Disc	SP	80mH	80mH	80-100mH	90-110mH
	300m	300m	500m	500m	Disc	SP	LJ	LJ	LJ	LJ	100m	100	100m	100m	Disc	SP	100m	100m
	Disc	SP	LJ	LJ	700m	700m	100m	100m	100m	100m	800m	800m	LJ	LJ	100m	100m	800m	800m
reg. 19-11-22	11	4	8	20	11	11	22	16	24	20	14	19	8	12	7	12	13	17
249																	7 2 3 1	6 6 3 2