

Season 2022/23 Program B (long Hurdles)

	6G	6B	7G	7B	8G	8B	9G	9B	10G	10B	11G	11B	12G	12B	13G	13B	14-17G	14-17B	
8:00 AM											Javelin for U11-U17 Starting at 8:00am								
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	On - Track		On - Track		700m	700m	L J Start Line			L J Finish Line	TJ Finish Line	TJ Start Line	H J Large Mat		100m		u17,u16 300mH,76cm,x7		
									100m					1500m			u15 300mH,76cm,x7		
																	u14 200mH,76cm,x5		
	Discus south near HJ	Discus south near HJ			H J Scissor small mat	Discus north @ 200m start			800m							200mH 68cm x5		green tick marks	
			100m	100m												200mH 68cm x5			
9:30 AM	350 g	350 g	L J Finish Line (south)	S P west @ Front Straight					800m								100m		
	100m	100m													200m				
	L J @ TJ PIT Finish Line	L J @ TJ PIT Finish Line							L J Finish Line	200m	800m	200m						L J Start Line	100m
				1 kg														TJ Start Line	100m
10:00 AM			On - Track		Discus south near HJ	H J Scissor small mat	800m							100m					
				200m										100m	1500m				
Toddlers Race																			
	70m		S P west @ Front Straight	L J Start Line (north)					200m										
10:30 AM		70m								H J Scissor small mat	200m								1500m
	On - Track				70m								200m	1500m	H J Large Mat			TJ Finish Line	1500m
					1 kg				70m										L J Finish Line
									200m		100m	1500m							
11:00 AM													200m						
														100m					1500m
11:30 AM	Distance _ Lanes 1-2			Circular _ Lanes 3-7			Front Straight _ Lanes 8-12												
	No open events for U6 - U8 age groups						U9-U11: Open Shot Put (west, near front straight, **)						U12-U17: Open Shot Put (east, near 200m start **)						
							U9-U11: Open Discus (south, near HJ **)						U12-U17: Open Discus (north, near 200m start **)						
	** Note: Scheduled events have priority																		
Events Program B	6G	6B	7G	7B	8G	8B	9G	9B	10G	10B	11G	11B	12G	12B	13G	13B	14-17G	14-17B	
	OT	OT	OT	OT	700m	700m	LJ	800	100m	LJ	TJ	TJ	HJ	1500	100m	200mH	200/300mH	200mH	
	Disc	Disc	100m	100m	HJ	Disc	800	LJ	800	800	200		100m		200mH		100m	100m	
	100m	100m	LJ	SP	Disc	HJ	200		200		100m	1500		200	TJ	100m	LJ		
	LJ	LJ	200	200	70m	70m	70m	70m		200		200	1500	100m		1500	1500	1500	
	70m	70m	SP	LJ	200	200			200	HJ	100m	1500	100m	200	HJ	1500	TJ	LJ	

reg. 23-11-22
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event in use: Front Circ Dist Jav HJ large HJ med-sm LJ start LJ finish TJ start TJ finish SP east SP west Disc north Disc south ~~walk judges~~ Hurdle help

13 17
7 2 3 1 6 6 3 2