

Season 2023/24 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												u15 300mH,76cm,x7	
	Disc south near HJ		Disc south near HJ				H J Scissor small mat		Disc north @ 200m start		800m						200mH 68cm x5				u14 200mH,76cm,x5	
			100m																		green tick marks	
9:30 AM	350 g		350 g		L J Finish Line (south)		S P west @ Front Straight				800m						200mH 68cm x5		100m			
	100m		100m												200m							
	L J @ TJ PIT Finish Line		L J @ TJ PIT Finish Line		On - Track		Disc south near HJ		H J Scissor small mat		800m		L J Finish Line		200m				800m			
10:00 AM											800m		200m				100m					
					200m																	
Toddlers Race					L J Start Line (north)				200m				Toddler Race Time									
10:30 AM	70m		70m		S P west @ Front Straight		L J Start Line (north)				H J Scissor small mat		200m								1500m	
	On - Track						70m															
							70m															
					70m				70m													
			1 kg				200m		70m													
11:00 AM							200m				100m		1500m									
									200m													
															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 (East, near 200m start, **)						U12-U17: Open Shot Put (west, near front straight **)									
							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			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		