

## Saturday morning routine

Athletes will compete in all events over a two week period as per the program below. Please see the calendar at the back of this Handbook for the week in which program will run.

The order that events will be run will be placed on the notice board each Saturday morning. This program may change depending on the weather conditions and the state of the track. Events such as high jump and hurdles cannot take place if the grass is too slippery.

If it is raining on the morning, please see the News page of our website to see if the meet is cancelled. We also try to have cancellations broadcast on radio

stations QBYN FM 96.7, FM104.7, FM106.3, 2CC or 666 ABC.

Athletes are to compete in their own age group but where numbers are small the Officials may combine age groups, particularly for the longer events.

**Competition commences at 8.30am** for all athletes. It is advisable to arrive before this time in order to warm-up prior to competition.

Our aim is to have all events completed as close as possible to 12 noon. However, this depends on the number of athletes competing and the assistance we receive from parents.

## Program A

U6	On Track	200m	50m	B: Discus G: Shot Put	B: Long Jump G: Turbo		
U7		100m	200m	50m	B: Discus G: Shot Put	B: Long Jump G: Turbo	
U8		100m	200m	50m	B: Discus G: Shot Put	B: Long Jump G: Turbo	
U9	Walk	100m	200m	800m	B: Discus G: Shot Put	B: Long Jump G: Turbo	
U10	Walk	100m	200m	800m	B: Discus G: Shot Put	B: Long Jump G: Turbo	B: High Jump
U11	Walk	100m	200m	800m	B: Discus G: Shot Put	B: Long Jump G: Javelin	B: High Jump G: Triple Jump
U12	Walk	100m	200m	800m	B: Discus G: Shot Put	B: Long Jump G: Javelin	B: High Jump G: Triple Jump
U13-U17	Walk	100m	200m	800m	B: Discus G: Shot Put	B: Long Jump G: Javelin	B: High Jump G: Triple Jump

## Program B

U6	On Track	70m	100m	B: Shot Put G: Discus	B: Turbo G: Long Jump		
U7	Hurdles	70m	100m	B: Shot Put G: Discus	B: Turbo G: Long Jump		
U8	Hurdles	70m	100m	B: Shot Put G: Discus	B: Turbo G: Long Jump		
U9	Hurdles	70m	400m	B: Shot Put G: Discus	B: Turbo G: Long Jump	B: High Jump G: High Jump	
U10	1500m	Hurdles	70m	400m	B: Shot Put G: Discus	B: Turbo G: Long Jump	G: High Jump
U11	1500m	Hurdles		400m	B: Shot Put G: Discus	B: Javelin G: Long Jump	B: Triple Jump G: High Jump
U12	1500m	Hurdles		400m	B: Shot Put G: Discus	B: Javelin G: Long Jump	B: Triple Jump G: High Jump
U13-U17	1500m	Hurdles	200m Hurdles	400m	B: Shot Put G: Discus	B: Javelin G: Long Jump	B: Triple Jump G: High Jump