STARTING EVENTS

WEEK ONE

|  |  |  |
| --- | --- | --- |
|  |  |  |
|  | **08:30AM** | **09:30AM** |
| 70m | U6G; U6B | U9G; U9B |
| 100m |   | U12 - U13 B & G |
| 1500m |   | U14- U17 B & G |
| Discus (Blue) | U7B |   |
| Long Jump (Purple) | U7G |   |
| Discus (Green) | U8B |   |
| Long Jump (Blue) | U8G | U10B |
| Long Jump (Yellow) |   | U11B |
| High Jump |   | U10G; U11G |

STARTING EVENTS

WEEK TWO

|  |  |  |
| --- | --- | --- |
|  | **08:30AM** | **09:30AM** |
| 50m | U6G; U6B |   |
| 100m |   | U10B; U10G; U11B; U12B; U13B |
| 1500 walk |   | U15 - U17 B & G |
| Long Jump (Purple) | U7B | U9G |
| Long Jump (Blue) | U8B | U9B |
| High Jump |   |   |
| Discus (Green) | U8G |   |
| Discus (blue) | U7G |   |
| Shot Put (Green) |   | U11G |
| Triple Jump (Yellow) |   | U12G |
| Javlin (Orange) |   | U13G |
| High Jump |   | U14B & U14G |

STARTING EVENTS

WEEK THREE

|  |  |  |
| --- | --- | --- |
|  | **08:30AM** | **09:30AM** |
| Shot Put (Red) | U6B |   |
| Turbo Javelin | U6G |   |
| 60m Hurdles | U7 - U8 B&G | U9B & U9G |
| 200m Hurdles |   | U13-U14B & G; U15G; U16-17G |
| High Jump |   | U10B |
| Long Jump (blue) |   | U10G |
| Shot Put (Green) |   | U11B |
| Discus (Green) |   | U11G |
| Shot Put (Blue) |   | U12B |
| Discus (Blue) |   | U12G |
| Triple Jump (Yellow) |   | U15 - U17B |