

	Tots to U8	EVENT SELECTION FOR 9+ (inc. Registered Seniors & Masters)						
Start Time	Arrive on site at 8:00am for checking in, duty collection, warm up and announcements							
	Parents with Tots-U8 can assist with their group throughout the morning.	A	B	C	D	E	F	
8:30	(optional) 300m/500m	Lane 3-10 60-80mH	Lane 1-8 *Break 800m	Javelin	Discus	LJ	1	
		U9-U14G	FAST	u11+				
9:00	Program tbd depending on registration numbers. Will include run, jump & throw events and a shuttle relay	Lane 3-10 90-110mH	pack start 800m	Hammer	90-130cm HJ	LJ	70m	2
		U14B-U18	All comers		u11+			
9:30		Lane 6-10 100m	Lane 1-5 400m	Vortex	1m15+ HJ	Discus		3
		All comers	FAST		u11+			
10:00		Lane 6-10 100	Lane 1-5 200m/ 400m	Hammer	Shot	TJ		4
	FAST	All comers						
10:30	Lane 1-8 200m		Shot	Vortex	Javelin	LJ	5	
	All comers				u11+			

Note - we have a HARD FINISH at 11:00am. All events must cease, and pack up commences. Everyone must vacate the premises by 11:30am.

800m FAST Heats: Sub 3:15

400m FAST Heats: Sub 1:15

100m FAST Heats: Sub 16.0

HJ: 9am slot = opening height 90cm, max height 1m30

HJ: 9:30am slot = opening height 1m15