

Week A Program - 2022/23 Season

	6.00pm	6.10pm	6.20pm	6.30pm	6.40pm	6.50pm	7.00pm	7.10pm	7.20pm	7.30pm	7.40pm	7.50pm	8.00pm	8.10pm	8.20pm	8.30pm	8.40pm	9pm
Tot	50	Games		LJ			200											
U6	Discus			50		100			300									
		Grass																
U7	200	SP			50	LJ				500								
U8	LJ			200		100		Discus			700							
U9	HJ				200		100	SP					700W					
U10	200	LJ				100		800			Discus				1100W			
U11	HJ			200	SP			100	LJ			800			1100W			
U12	LJ			200	HJ					800					Discus		1500W	
U13-14	80/90H	SP			200	LJ				800					3k		1500W	
U15-17	200	90H	100H	110H	Discus					800	TJ				3k		1500W	

U13-17 choose either 3k or walk not both

U9 - HJ Scissors only

U12 - Let walkers throw first at Discus or interrupt event for walk

Younger age groups (U6-U7) are given priority to finish their events earlier

Modified September 2022

Week B Program - 2022/23 Season

	6.00pm	6.10pm	6.20pm	6.30pm	6.40pm	6.50pm	7.00pm	7.10pm	7.20pm	7.30pm	7.40pm	7.50pm	8.00pm	8.10pm	8.20pm	8.30pm	8.40pm	9pm
Tot	50	Games		LJ	200													
	Grass																	
U6	SP			LJ			70		200									
U7	Discus				70		70		100									
U8	60H			400	SP			70		100								
U9		60H		LJ		400		Discus	70			800						
			Interrupt HJ															
U10	HJ		60H				70		SP				400					
U11	TJ			80H				400			Discus			1500				
U12	TJ			80H	400			100					SP		1500			
U13-14	HJ	200H				400		TJ				100		Discus			1500	
U15-17	SP		300H			400	HJ				100	LJ					1500	

U13-14 HJ (interrupt HJ when called to 200H)

U15-17 SP (interrupt SP when called to 300H)

U6 Grass Shot Put Circle

U10 - HJ Scissors only

Younger age groups (U6-U7) are given priority to finish their events earlier

Modified September 2022