

This is an example Only and subject to variation

Set up= 5.30pm Warm-up = 5.45pm competition commences at 6pm

AGE GROUP	SETUP/warm up+ Notes to managers	EVENT ONE	EVENT TWO	EVENT THREE	EVENT FOUR	PUT AWAY
TOTS/6B&G	Frizbee/Sack/BTB	70m	Discus-frizbee	200m	Sack race Beat the ball	Tots &6's
TOTS/6B&G	Discus1=350g/500g	70m	Discus-1 350g	200m	Sack race Beat the ball	
7B&G	###7's do 500	200m	Sack race Beat the Ball	Discus-1 =350g/7b&g	500m pack	Discus 1
U8 B&G	###8's do 700m	200m	Sack race Beat the Ball	Discus-1 =500g/8b&g	700m pack	Discus 1
9B&G / U10 B&G	Shot Put-orange	200m	High Jump	800m	Shot Put-1- orange=2kg 9/10/b&g	Shot put
11/B&G U/12 B&G	Please return turbo/Jav to shed	Turbo Jav U/11 b&g	200m	Triple Jump	800m	Jump Pits
11/B&G U/12 B&G	Please return Jav to shed	Javelin U/12 b&g =400gm	200m	Triple Jump	800m	
TEEN girls	Jump Pits	Triple Jump	200	Javelin	800m	
TEEN Boys		200m	Javelin	800m	High jump	High jump
U/13G 12b&g	Jav=400gm					
U/13B,14b&g,15b&g,17g,	Jav=600gm					
17/b	Jav=600gm					

**#Attention Age managers-please note the combined age groups=U7 do 500m pack/U8 do 700m pack + 11 B&G use the turbo Jav 12 B&G use 400 gm- Javelin please carry with point down [This needs CONSTANT reminder to athletes](#)**

**+Please note the different weights for javelin in the U/12, 13, 14, &15 age groups and 11 use Turbo Jav**

**Thank you for all your help**