

EVENT DETAILS BY AGE GROUP JUNIOR DAY - SATURDAY

BOYS	GIRLS	MIXED
Under 8 4 x 100m 4 x Long jump 2 x shot / 2 x discus	Under 8 4 x 100m 4 x Long jump 2 x shot / 2 x discus	Under 8 4 x 200m
Under 9 4 x 100m 4 x long jump 2 x shot / 2 x discus	Under 9 4 x 100m 4 x long jump 2 x shot / 2 x discus	Under 9 4 x 200m
Under 10 4 x 100m 2 x long jump / 2 x high jump 2 x shot / 2 x discus	Under 10 4 x 100m 2 x long jump / 2 x high jump 2 x shot / 2 x discus	Under 10 4 x 400m
Under 11 4 x 100m 2 x long jump / 2 x high jump 2 x shot / 2 x discus	Under 11 4 x 100m 2 x long jump / 2 x high jump 2 x shot / 2 x discus	Under 11 4 x 400m
Junior (U8-U11) Middle Distance (4 x 800m)	Junior (U8-U11) Middle Distance (4 x 800m)	
NO AGE SUBSTITUTIONS PERMITTED		

** Junior Middle Distance: U8 runs 700m first, U9, U10 and U11 run 800m in any order

SENIOR DAY – SUNDAY

BOYS	GIRLS	MIXED
Under 12 4 x 100m 2 X long jump / 2 x high jump 2 x shot / 2 x discus	Under 12 4 x 100m 2 X long jump / 2 x High jump 2 x shot / 2 x discus	Under 12 4 x 400m
Under 13 4 x 100m 2 x long jump / 2 x high jump 2 x shot / 2 x discus	Under 13 4 x 100m 2 x long jump / 2 x high jump 2 x shot / 2 x discus	Under 13 4 x 400m
Under 14 4 x 100m 2 x long jump / 2 x high jump 2 x shot / 2x discus	Under 14 4 x 100m 2 x long jump / 2 x high jump 2 x shot / 2x discus	Under 14 4 x 400m
Under 15 4 x 100m 2 x long jump / 2 x high jump 2 x shot / 2 x discus	Under 15 4 x 100m 2 x long jump / 2 x high jump 2 x shot / 2 x discus	Under 15 4 x 400m
Under 17 2 x long jump / 2 x high jump 2 x shot / 2 x discus	Under 17 2 x long jump / 2 x high jump 2 x shot / 2 x discus	Under 17 4 x 100m 4 x 400m
Senior (U12–U15) Middle Distance (4 x 800m)	Senior (U12–U15) Middle Distance (4 x 800m)	
NO AGE SUBSTITUTIONS PERMITTED		