

JUNIOR ATHLETE SCHEDULE (9-12 YEARS)

FIELD EVENTS	9yrs		10yrs		11yrs		12yrs	
	2012		2011		2010		2009	
Year of Birth	F	M	F	M	F	M	F	M
SATURDAY								
1:00pm			DT	SP	HJ	JT		LJ
1:45pm				HJ		LJ	SP	DT
2:30pm	SP	LJ	HJ		JT	DT		
3:15pm	LJ	SP		DT			HJ	JT
4:00pm								

SATURDAY	TRACK EVENTS	AGES
1:00pm	60/80mH	9+
1:45pm	100m	9+
2:30pm	300m	12
2:45pm	1000m	9 to 11

SUNDAY								
9:00am								
9:45am	HJ		SP	JT	DT		LJ	
10:30am		HJ	LJ			SP		
11:15am			JT	LJ	SP		DT	HJ
12:00pm					LJ	HJ	JT	SP

SUNDAY		
9:00am	60m	9 to 11
9:30am	1200m	12
9:45am	200m	11+12
10:00am	600m	9 to 11
10:30am	800m	12

ALL TIMES ARE APPROXIMATE!!

TRACK EVENTS WILL PROCEED YOUNGEST TO OLDEST, GIRLS FIRST AND TAKE PRIORITY OVER FIELD EVENTS. ATHLETES SHOULD CHECK INTO BOTH EVENTS IN THE CASE OF A CONFLICT.

Field events will have 3 attempts per athlete – allowing for interruption by track events.

Events will be moved ahead if time permits!!!

Warm up begins 1 hour before scheduled events. All athletes should be at the stadium 1 hour before their first event.

1500m Steeple Chase will not have a water hazard.

SENIOR ATHLETE SCHEDULE (13+ YEARS)

FIELD EVENTS

Year of Birth	13yrs		U16		16+	
	2008		2006/2007		2005 & older	
SATURDAY	F	M	F	M	F	M
	9:00am	DT				SP
9:45am		HT	JT	TJ	LJ	HJ
10:30am	HJ	LJ	TJ	SP	HT	DT
11:15am	JT		DT	HJ		SP
12:00pm		TJ	LJ		HJ	

SUNDAY						
1:00pm	LJ	DT	HJ	HT	TJ	JT
1:45pm	SP	JT	HT	LJ	DT	TJ
2:30pm	TJ	SP		DT	JT	HT
3:15pm	HT	HJ	SP	JT		LJ
4:00pm						

SATURDAY	TRACK EVENTS	AGES
	80mH-	
9:00am	110mH	13+
9:45am	1200m	13 to 15
10:00am	1500m	16+
10:15am	100m	13+
11:15am	300m	13 to 15
11:30am	400m	16+
11:45am	1500m SC	14 & 15
12:00pm	2000m SC	16 & 17
12:15 pm	3000m SC	18+
SUNDAY		
1:00pm	2000m	13 to 15
1:30pm	3000m	16+
2:00pm	200m	13+
3:00pm	800m	13+

ALL TIMES ARE APPROXIMATE!!

TRACK EVENTS WILL PROCEED YOUNGEST TO OLDEST, GIRLS FIRST, AND TAKE PRIORITY OVER FIELD EVENTS. ATHLETES SHOULD CHECK INTO BOTH EVENTS IN THE CASE OF A CONFLICT.

Events will be moved ahead if time permits!!!

Warm up begins 1 hour before scheduled events. All athletes should be at the stadium 1 hour before their first event.

AWARDS: 16+ GROUP: divided into U18, Junior (18-19), Senior (20-34); Master (35+)