

Time	Discus	Javelin	Shot Put	Hammer	Long Jump	Triple jump	High jump
10:00-10:45	Jr & Sr Girls		8 Boys	n/a	8 Girls	Jr & Sr Boys	7 Boys
10:45-11:30	8 Girls	Jr & Sr Girls	Jr Boys	n/a	Jr & Sr Girls	7 Boys	8 Boys
11:30-12:15	Jr & Sr Boys	8 Girls	7 Boys	n/a	8 Boys	7 Girls	Jr & Sr Girls
12:00							
12:15-1:00	7 Boys	Sr Boys	Jr & Sr Girls	n/a	7 Girls	8 Girls	
1:00-1:45	8 Boys	Jr Boys	Sr Boys	n/a	7 Boys	n/a	8 Girls
1:45-2:30	7 Girls	8 Boys	8 Girls	n/a	n/a	8 Boys	Jr & Sr Boys
2:30-3:15			7 Girls	Jr/Sr Boys & Jr & Sr Boys	Jr & Sr Boys	Jr & Sr Girls	7 Girls
3:15-4:00				Gr 8 Girls & Boys			

Implementation Specifications

** Every effort will be made to ensure that all events are completed within the time permitted for the event. Field events will be conducted in the order listed.

Discus:
Girls -all 1 kg
Boys: Gr7/8-1Kg, Jr-1.5Kg, SR-1.75Kg
Hammer:
Girls - Jr 3Kg, Sr 4kg
Boys - Jr 5kg, Sr 6kg

Javelin
Girls - 7/8 500g, Jr 500g, Sr 600g
Boys - 7/8 600g, Jr 700g, Sr 800g
Shot Put:
Girls - 7/8 3kg, Jr 3kg, Sr 4kg
Boys - 7/8 4kg, Jr 5kg, Sr 6kg

Hurdle specifications GIRLS			Hurdle Specifications BOYS		
Grade 7/8	80m 30"	200m-30"	Grade 7	80m -30"	
Junior	80m 30"	300m-30"	Grade 8	100m -33"	200m 30"
Senior	100m 33"	400m-30"	Junior	100m -36"	300m 33"
			Senior	110m-36"	400m 36"

Pole Vault

Gr 8-12 Girls & Boys

ade to allow for 2 practice and 3 measured attempts. However, depending on the number of registered athl
vent, the Chief Official of the event may adjust the number of practice and/or measured attempts.
sidered finished once the final jump/throw is complete, or 30 minutes after the start time if no athletes have

