



**CAIRNS
ATHLETICS**

Program 1B – Friday March 16, Friday April 20, Friday May 25, Sunday July 22, Friday August 24, Friday Sept 14

Warm up starts at 8.15am Sunday's and 5.45pm Friday's

	Event 1	Event 2	Event 3	Event 4	Event 5	Clean up
Age Group	8:30 / 6:00	8:50 / 6:20	9:10 / 6:40	9:30 / 7:00	9:50 / 7.20	10:10/7:40
4 & 5	100m (1)	Long Jump (Pit 6)	60m (5)	Discus City (350g)	Throw games	Throw games
6	100m (2)	Shot Put City (1kg)	60m (6)	Long Jump (Pit 6)	Throw games	Throw games

	Event 1	Event 2	Event 3	Break	Event 4	Event 5	Clean up
Age Group	8:30 / 6:00	9:00 / 6:30	9:30 / 7:00	10:00 / 7:30	10:15 / 7:45	10:45 / 8:15	11:15/8:45
7	Discus City (500g)	100m (1)	Shot Put City (1.5kg)		200m (3)	Long Jump (Pit 5)	Long Jump
8	100m (3)	Discuss City (2kg)	80m (1)		200m (4)	Shot Put Creek (2kg)	Shot Put Creek
9 Girls	Long Jump (Pit 5)	100m (2)	Discuss Creek (500g)		200m (5)	Mini Javelin	Mini Javelin
9 Boys	Shot Put City (2kg)	100m (3)	Long Jump (Pit 2)		200m (6)	Discus City (500g)	Discuss City
10 Girls	Shot Put Creek (2kg)	High Jump - Scissors	800m Walk / 1500m (2)		200m (7)	Long Jump (Pit 2)	Long Jump
10 Boys	100m (4)	Shot Put Creek (2kg)	800m Walk / 1500m (2)		Discus Creek (750g)	200m (1)	Track
11 Girls	Mini Javelin	Long Jump (Pit 2)	1100m Walk / 1500m (3)		High Jump Scissors/Flop	200m (2)	High Jump Scissors
11 Boys	Long Jump (Pit 1)	Mini Javelin	1100m Walk / 1500m (3)		High Jump Scissors/Flop	200m (3)	High Jump Flop
12	100m (5)	Triple Jump (Pit 4)	1500m Walk / 1500m (4)	*	200m hurdle or 200m (2)	Shot Put City (3kg)	Shot Put City
13+ Option 1	100m (6)	200m (4)	1500m Walk / 1500m (4)	*	200m/400m Hurdles (1)	400m (4)	Track
13+ Option 2	Discuss Creek	Javelin City	Triple Jump (Pit 3)		Long Jump (Pit 1)	Hammer/Weight Creek	Discuss Creek
13+ Option 3	High Jump 1m Start	High Jump 1.40m Start	Shot Put Creek		200m (8)	Javelin City	Javelin

(#) = race order within each track event, Note: race orders and times may change depending on athletes being ready

(Current as of 16/04/18)

* Athletes doing hurdles to help with hurdles setup during break