

CAIRNS ATHLETICS 2011

FRIDAY 19 SEPTEMBER

Week 16	FRIDAY 19 SEPTEMBER					
	EVENT 1	EVENT 2	EVENT 3		EVENT 4	EVENT 5
Tiny Tots	Long Jump - Mat	70m	Obstacle Course	B	100m	Shot City New - 1kg
U / 6	Long Jump - Mat	70m	Obstacle Course		Discus City New - 350g	300m Walk
U / 7	Discus City - 350g	100m	Shot City - 1kg		Long Jump - Mat	300m Walk
U/8 (Boys)	70m	Discus City - 500g	Long Jump - Mat	R	100m	High Jump - Scissors
U / 8 (Girls)	70m	Long Jump - Mat	Discus City - 500g		100m	High Jump - Scissors
U / 9	High Jump - Scissors	Shot Put City - 2kg	60m HURDLES (45cm)		100m	Long Jump - Mat
U / 10	High Jump - Scissors	Long Jump - Mat	60m HURDLES (60cm)	E	100m	Discus Creek - 500g
U / 11 (Boys)	100m	Discus Creek - 750g	60m HURDLES (60cm)		Long Jump - Mat	200m
U / 11 (Girls)	100m	Long Jump - Mat	60m HURDLES (60cm)		Discus Creek - 750g	200m
U / 12 (Boys)	100m	Shot Creek - 3kg	Discus Creek - 750g	A	Triple Jump - Mat	200m
U / 12 (Girls)	100m	Triple Jump-Mat	Shot Creek - 2kg		Discus City - 750g	200m
U / 13	Discus (750 Girls / 1kg Boys) - Creek End	Long Jump - Board	70m		High Jump - Flop	400m
Senior Group	Long Jump - Board	High Jump - Flop	High Jump - Flop	K	Shot City New	400m
Senior Group	100m	Triple Jump	70m		800m	Discus City - 1 + kg
Invitational				800m		

EQUIPMENT LIST

Shot City	1, 2, 3kg	Shot - Creek	2, 3 kg
Discus - City	350, 500, 750, 1 + kg	Discus - Creek	750, 1kg
Javelin	NIL	Long / Triple Jump	4 Pits
Scissors	2 Mats	Flop	YES
Shot City New (Shot)	1, 3, 4, 6, 7.26 kg	Obstacle Course	YES
Shot City New (Discus)	350g	Hurdles	Junior Rack