

SATURDAY PROGRAM

**DUNBAR PARK PROGRAM
WEEK ONE**

NB 8:15am - u10 to Seniors 1500m. All other athletes commence warm up in the outside lanes or the centre of the field.

8:30am - First event for u6 – u9 athletes.

U6 BOYS	LJ	70m	200m	SP	50m	100m	
U6 GIRLS	SP	70m	LJ	200m	50m	100m	
U7 BOYS	50m	Discus	LJ	70m	200m	SP	
U7 GIRLS	LJ	50m	70m	Discus	200m	SP	
U8 BOYS	700m *	200m	70m	SP	100m	LJ	
U8 GIRLS	700m	SP	100m	200m	LJ	70m	
U9 BOYS	70m *	100m	SP	400m	Discus	800m	
U9 GIRLS	70m	100m	Discus	200m	LJ	800m	
U10 BOYS	#	70m	200m	SP	400m	HJ	Turbo!
U10 GIRLS	#	200m *	Discus	70m	400m	LJ	Turbo!
U11 BOYS	#	SP	200m	Discus	100m	HJ	Turbo!
U11 GIRLS	#	HJ	200m	TJ	400m	SP	Turbo!
U12 BOYS	#	HJ	200m	TJ	400m	SP	Javelin
U12 GIRLS	#	LJ	TJ	200m	400m	Discus	Javelin
U13 BOYS	#	SP	200m	Discus	100m	400m	TJ Javelin
U13 GIRLS	#	LJ	200m	100m	Discus	400m	TJ Javelin
U14/15 BOYS±	#	Discus ±	200m	TJ	100m	400m	HJ Javelin
U14/15 GIRLS	#	200m	100m	HJ	TJ	400m	SP Javelin
U17 Little As & U18 Seniors	#	TJ	SP	100m	400m	HJ	Discus Javelin

CODE: LJ = Long Jump
HJ = High Jump
TJ = Triple Jump

H = Hurdles
m = Metres
SP = Shot Put

As numbers in an age group are unknown at the commencement of the season, this program is subject to changes. Current as at 3/9/11.

* = First event in the area.

! = As a training activity only, (**no points**), we will trial turbo javelin for u10 & 11 athletes **if time permits**.

= 1500m commences at 8.15am. One race for u10 to seniors, girls and boys combined.

± = U14/15 Boys Discus also commences at 8.15am. Athletes wishing to compete in the Discus and the 1500m should register at the Discus before commencing 1500m and should return to the Discus when their 1500m is completed.

NOTE: Javelin available for athletes U12 and older, commencing when access to the centre of the field is available and safe.

SATURDAY PROGRAM

DUNBAR PARK PROGRAM WEEK TWO

NB 8:00am - u13 to Seniors 3000m. All other athletes commence warm up in the outside lanes or the centre of the field.

8:30am - First event for u6 – u12 athletes

U6 BOYS	Discus	300m	70m	LJ	50m	100m
U6 GIRLS	LJ	300m	50m	70m	Discus	100m
U7 BOYS	500m *	LJ	70m	SP	100m	50m
U7 GIRLS	500m	SP	50m	100m	LJ	70m
U8 BOYS	60H	70m	Discus	100m	400m	SP
U8 GIRLS	60H *	70m	SP	100m	400m	Discus
U9 BOYS	LJ	60H	HJ	200m	100m	700mW
U9 GIRLS	SP	60H	100m	400m	HJ	700mW
U10 BOYS	Discus	60H	LJ	100m	800m	1100mW
U10 GIRLS	100m *	SP	60H	HJ	800m	1100mW
U11 BOYS	TJ	LJ	800m	60H	400m	1100mW
U11 GIRLS	LJ	100m	60H	800m	Discus	1100mW
U12 BOYS	100m	800m	Discus	60H	LJ	1500mW
U12 GIRLS	HJ	100m	60H	800m	SP	1500mW
U13 BOYS	# 200H *	HJ	800m	80H	LJ	1500mW
U13 GIRLS	# 200H	SP	800m	80H	HJ	1500mW
U14/15 BOYS	# 200H	SP	800m	LJ	90/100H	1500mW
U14/15 GIRLS	# Discus ±	200H	800m	LJ	80/90H	1500mW
U17 Little As & U18 Seniors	# 200H	800m	200m	LJ	100H/ 110H	1500mW

CODE: LJ = Long Jump
HJ = High Jump
TJ = Triple Jump
SP = Shot Put

H = Hurdles
m = Metres
W = Walk

As numbers in an age group are unknown at the commencement of the season, this program is subject to changes. Current as at 3/9/11.

* = First event in the area.

= 3000m available at 8.00am. One race for u13 to seniors, girls and boys combined.

± = U14/15 Girls Discus commences 8.15am. Athletes wishing to compete in the Discus and the 3000m should go to the large discus cage straight after they have completed their 3000m.

DUNBAR PARK PROGRAM “WET WEATHER” OPTION

For Points, Attendance & Merit Morning Calculations

Note that only 5 events have been listed. Spare time categories exist for additional events if weather and time allow. Age Managers should make requests for additional event(s) to the Officer for Track and Field and have these approved before commencing the event. Depending upon attendance, the grouping of some of these ages may be altered. Records achieved in events where ages and/or genders are combined will only be awarded if the event is normally contested in combined genders and/or ages. Separate races should be conducted if there is a likelihood of a record being broken. This program may be altered by the Committee to accommodate circumstances of the season, eg. If the wet weather program was required for 2 or more consecutive weeks, different events may be offered to provide variety for the athletes.

U6 BOYS and GIRLS	70m	200m	SP	100m	LJ	X Only 6 events allowed	X Only 6 events allowed
U7 BOYS and GIRLS	70m	200m	SP	100m	LJ	X Only 6 events allowed	X Only 6 events allowed
U8 BOYS and GIRLS	70m	200m	SP	100m	LJ	X Only 6 events allowed	X Only 6 events allowed
U9 BOYS and GIRLS	70m	200m	SP	100m	LJ	X Only 6 events allowed	X Only 6 events allowed
U10 BOYS and GIRLS	1500m #	LJ	400m	SP	100m	X Only 6 events allowed	X Only 6 events allowed
U11 BOYS and GIRLS	1500m #	LJ	400m	SP	100m	X Only 6 events allowed	X Only 6 events allowed
U12 BOYS and GIRLS	1500m #	LJ	400m	SP	100m	X Only 6 events allowed	X Only 6 events allowed
U13 BOYS and GIRLS	1500m #	SP	100m	LJ	400m		
U14/15 BOYS and GIRLS	1500m #	SP	100m	LJ	400m		
U17 Little As & U18 Seniors	1500m #	SP	100m	LJ	400m		

= 1500m commences when the decision has been made to run the wet weather program. One race for u10 to seniors, girls and boys combined.

Although it is unlikely that hurdles, TJ, Discus, Javelin, Walks or HJ would be offered on these days, some of these could be programmed for later in the day should the weather become fine, the athletes be keen to contest the event (particularly if they have these events coming up at Region/State) and the parents be willing to set up and pack away the extra equipment.

No events will be added unless the Committee deems that they can be conducted safely.