

# Senior Track Programme 2021 ~ 2022

10/02/2022

## Week One

### Field Events

### Track Events

#### 6.00pm

Discus:	Boys 7/8	100m:	Girls 10 / Boys 10
High Jump:	Girls 7/8	100m:	Girls 11 / Boys 11
Long Jump:	Boys 9	100m:	Girls 12 / Boys 12
Shotput:	Girls 9	100m:	Girls 13 / Boys 13
		100m:	Girls 14 / Boys 14

#### 6.15pm

Discus:	Boys 10/11	200m:	Girls 7 / Boys 7
High Jump:	Girls 10/11	200m:	Girls 8 / Boys 8
Long Jump:	Boys 12/13/14	200m:	Girls 9 / Boys 9
Shotput:	Girls 12/13/14		

#### 6.30pm

Discus:	Girls 7/8	200m:	Girls 10 / Boys 10
High Jump:	Boys 7/8	200m:	Girls 11 / Boys 11
Long Jump:	Girls 9	200m:	Girls 12 / Boys 12
Shotput:	Boys 9	200m:	Girls 13 / Boys 13
		200m:	Girls 14 / Boys 14

#### 6.45pm

Discus:	Girls 10/11	60m:	Girls 7 / Boys 7
High Jump:	Boys 10/11	60m:	Girls 8 / Boys 8
Long Jump:	Girls 12/13/14	60m:	Girls 9 / Boys 9
Shotput:	Boys 12/13/14		

#### 7.00pm

		800m	Girls 9 / Boys 9
		800m/1500m (alternate week)	
			Girls & Boys 10-14
			Mixed Relays

7.15pm Finish

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## Week Two

### Field Events

### Track Events

#### 6.00pm

Discus:	Boys 9	100m:	Girls 10 / Boys 10
High Jump:	Girls 9	100m:	Girls 11 / Boys 11
Long Jump:	Boys 7/8	100m:	Girls 12 / Boys 12
Shotput:	Girls 7/8	100m:	Girls 13 / Boys 13
		100m:	Girls 14 / Boys 14

#### 6.15pm

Discus:	Boys 12/13/14	300m:	Girls 7 / Boys 7
High Jump:	Girls 12/13/14	300m:	Girls 8 / Boys 8
Long Jump:	Boys 10/11	300m:	Girls 9 / Boys 9
Shotput:	Girls 10/11		

#### 6.30pm

Discus:	Girls 9	200m:	Girls 10 / Boys 10
High Jump:	Boys 9	200m:	Girls 11 / Boys 11
Long Jump:	Girls 7/8	200m:	Girls 12 / Boys 12
Shotput:	Boys 7/8	200m:	Girls 13 / Boys 13
		200m:	Girls 14 / Boys 14

#### 6.45pm

Discus:	Girls 12/13/14	100m:	Girls 7 / Boys 7
High Jump:	Boys 12/13/14	100m:	Girls 8 / Boys 8
Long Jump:	Girls 10/11	100m:	Girls 9 / Boys 9
Shotput:	Boys 10/11		

#### 7.00pm

		400m:	Girls 10, 11, 12, 13, 14
		400m:	Boys 10, 11, 12, 13, 14
			Mixed Relays

7.15pm Finish