

# Athletics Auckland Junior Programme

## Saturday 20<sup>th</sup> October 2018

### BLOCK 1

7, 8, 9	YEARS	60m
10, 12	GIRLS	400m
13, 14	BOYS	400m
10	BOYS	DISCUS
11	GIRLS	LONG JUMP
11	BOYS	HIGH JUMP
13, 14	GIRLS	SHOT PUT

### BLOCK 2

10, 11, 12, 13, 14	BOYS/GIRLS	800m <b>OR</b> 1500m in next block
7, 8	GIRLS	LONG JUMP
9	GIRLS	SHOT PUT
9	BOYS	DISCUS

### BLOCK 3

11, 12	BOYS	400m
10, 11, 12, 13, 14	GIRLS/BOYS	1500m <b>OR</b> 800m in previous block
7, 8	GIRLS	SHOT PUT
7, 8	BOYS	DISCUS
9	GIRLS	LONG JUMP
10	BOYS	HIGH JUMP

### BLOCK 4

13, 14, 12, 7, 8, 9, 11, 10	BOYS	200m
10	GIRLS	SHOT PUT
12	BOYS	DISCUS
13, 14	GIRLS	LONG JUMP

### BLOCK 5

7, 8, 9	YEARS	100m
11, 13, 14	GIRLS	400m
10	GIRLS	LONG JUMP
12	GIRLS	SHOT PUT
13, 14	BOYS	DISCUS
12	BOYS	HIGH JUMP

### BLOCK 6

12, 10, 11, 13, 14	GIRLS	100m
7, 8, 9	GIRLS	300m
10	BOYS	400m
13, 14	BOYS	HIGH JUMP
12	GIRLS	LONG JUMP
11	BOYS	DISCUS
11	GIRLS	SHOT PUT

THROWERS ONLY: Athletes may compete with the opposite sex in the appropriate block

Programme may change subject to entries and is limited due to time

#### HIGH JUMP STARTING HEIGHTS

Ages	Girls	Boys
10	1.05	1.10
11	1.10	1.15
12	1.15	1.20
13	1.20	1.25
14	1.25	1.30

