

Athletics Auckland Junior Programme

Saturday 13th October 2018

BLOCK 1

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

BLOCK 2

| | | |
|--------------------|-------|------------------------------------|
| 10, 11, 12, 13, 14 | GIRLS | 800m or 1500m in next block |
| 7, 8 | BOYS | LONG JUMP |
| 9 | BOYS | SHOT PUT |
| 9 | GIRLS | DISCUS |

BLOCK 3

| | | |
|--------------------|-------|-----------|
| 11, 12 | GIRLS | 400m |
| 10, 11, 12, 13, 14 | BOYS | 1500m |
| 7, 8 | BOYS | SHOT PUT |
| 7, 8 | GIRLS | DISCUS |
| 9 | BOYS | LONG JUMP |
| 10 | GIRLS | HIGH JUMP |

BLOCK 4

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

BLOCK 5

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

BLOCK 6

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

