



Glen Eden Ribbon Day

Saturday 23rd February 2019

Free event, open to all registered Athletes ages 5 to 14. Each block approximately 30 minutes

| | Block 1 10am | Block 2 10:30am | Block 3 11am | Block 4 11:30am | Block 5 12pm | Lunch 12:30pm | Block 6 1pm | Block 7 1:30pm | Block 8 2pm | Block 9 2:30pm |
|--------|---------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|---|-------------------------------------|-------------------------------------|------------------------|-------------------|
| 5/6yrs | 60m | | 100m | 30m | | Refreshments are available outside the club rooms. | | | | |
| 7yrs | Boys - Discus Girls - Discus | 100m Girls - Discus | Long Jump | 400m | High Jump | | Boys Shot Put 1 Girls Shot Put 2 | 60m | 200m | |
| 8yrs | Long Jump | 100m | Discus | 400m | Boys Shot Put 1 Girls Shot Put 2 | | | 60m High Jump | 200m | |
| 9yrs | High Jump | 100m | Boys Shot Put 1 Girls Shot Put 2 | 400m | Long Jump | | Discus | 60m | 200m | |
| 10yrs | 800m | High Jump | 100m | Boys Shot Put 1 Girls Shot Put 2 | 400m Discus | | Hurdles Girls Long Jump | | 200m Boys Long Jump | 1500m |
| 11yrs | 800m | Boys Shot Put 1 Girls Shot Put 2 | 100m High Jump | Discus | 400m | | Hurdles | Long Jump | 200m | 1500m |
| 12yrs | 800m | Long Jump | 100m | High Jump | 400m | | Hurdles | Boys Shot Put 1 Girls Shot Put 2 | 200m Discus | 1500m |
| 13yrs | 800m Shot Put 1 | 100m | | Long Jump | 400m | | Hurdles | Discus | 200m High Jump | 1500m |
| 14yrs | 800m Shot Put 2 | 100m | | Long Jump | 400m | | Hurdles | Discus | 200m High Jump | 1500m |

Glen Eden Ribbon Day Programme - Saturday 23rd February - Ceramco Park, Glen Eden email- andymai1979@gmail.com

New Zealand