

Athletics Auckland Junior Programme

Saturday 12th October 2019 – 10am Start

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

