

Ryde City Games (Multi-Event) Program

	Starting Time For 1 st Event	Athletes to meet at	1st	2nd	3rd	4th	5th	6th	7 th (Only for U17+ athletes)	Key Starting Times
U6 GIRLS	8:30am	300m start line	300m	50m	SP	100m	Discus	LJ		Start before 8:30
U6 BOYS	8:30am	300m start line	300m	SP	LJ	50m	100m	Discus		8:30 Start
U7 GIRLS	8:20am	500m start line	500m	50m	Discus	LJ	100m	SP		
U7 BOYS	8:20am	500m start line	500m	Discus	100m	SP	50m	LJ		Track
U8 GIRLS	8:10am	700m start line	700m	SP	LJ	Discus	200m	70m		Circular
U8 BOYS	8:10am	700m start line	700m	200m	LJ	Discus	SP	70m		Straight
U9 GIRLS	8:10am	60H start line	60H	Discus	100m	LJ	800m	SP		Hurdles
U9 BOYS	8:10am	60H start line	60H	LJ	100m	800m	Discus	SP		
U10 GIRLS	8:30am	Jnr Discus	Discus	60H	SP	200m	800m	LJ		Discus
U10 BOYS	8:30am	60H start line	60H	LJ	200m	SP	800m	Discus		Discus Temp.
U11 GIRLS	8:30am	100m start line	100m	60H	Discus	800m	SP	LJ		Discus Jnr
U11 BOYS	8:30am	100m start line	100m	SP	60H	Discus	800m	LJ		Discus Snr
U12 GIRLS	8:30am	SP Snr	SP	60H	200m	Discus	LJ	800m		
U12 BOYS	8:30am	800m start line	800m	SP	60H	LJ	Discus	200m		Shot Put
U13 GIRLS	8:30am	SP Snr	SP	Discus	80H	LJ	800m	100m		SP Jnr
U13 BOYS	8:30am	100m start line	100m	800m	80H	SP	LJ	Discus		SP Snr
U14 GIRLS	8:10am	Discus Snr	Discus	LJ	SP	80H	800m	200m		
U14 BOYS	8:10am	Discus Snr	Discus	LJ	SP	90H	800m	200m		Long Jump
U15 GIRLS	8:30am	High Jump	HJ	800m	LJ	90H	SP	200m	Javelin	LJ 1/2 Green End
U15 BOYS	8:10am	Discus Snr	Discus	800m	LJ	HJ	100H	100m	Javelin	LJ 3/4 Red End
FEMALE U17 Little A's Opens (U35) Masters (35-49) Legends (50+)	8:10am	LJ Pit 3	LJ	800m	HJ	200m	100H- use U17 Hurdle Specs for all older age groups	SP	Javelin	Javelin
MALE U17 Little A's Opens (U35) Masters (35-49) Legends (50+)	8:10am	LJ Pit 4	LJ	800m	HJ	100m	110H- use U17 Hurdle Specs for all older age groups	Discus	Javelin	High Jump

Equipment Specs	WOMEN	WOMEN	MEN	MEN
Age as at 30 Sep 2016	Shot Put	Javelin	Shot Put	Javelin
Open (U35)	4kg	600g	7.26kg	800g
35-49 yrs	4kg	600g	7.26kg	800g
50-59 yrs	3kg	500g	6kg	700g
60-69 yrs			5kg	600g
70-74 yrs	3kg	400g		
75+ yrs	2kg	400g		
70-79 yrs			4kg	500g
80+ yrs			3kg	400g