

DUNBAR PARK PROGRAM

WEEK ONE

7:45am - U10 to Seniors **1500m** commences

8:00am - U14 to Seniors **Discus** commences

8:15am - All other athletes commence warm up in the centre of the field

8:30am - U6 to U9 first event commences

U6 BOYS		LJ	70m	200m	SP	50m	100m	
U6 GIRLS		SP	70m	LJ	200m	50m	100m	
U7 BOYS		50m	Discus	LJ	70m	200m	SP	
U7 GIRLS		LJ	50m	70m	Discus	200m	SP	
U8 BOYS		700m *	200m	70m	SP	100m	LJ	
U8 GIRLS		700m	SP	100m	200m	LJ	70m	
U9 BOYS		70m *	100m	SP	400m	Discus	800m	
U9 GIRLS		70m	100m	Discus	200m	LJ	800m	
U10 BOYS	#	70m	200m	SP	400m	HJ		
U10 GIRLS	#	200m *	Discus	70m	400m	LJ		
U11 BOYS	#	SP	200m	Discus	100m	HJ		Javelin
U11 GIRLS	#	HJ	200m	TJ	400m	SP		Javelin
U12 BOYS	#	HJ	200m	TJ	400m	SP		Javelin
U12 GIRLS	#	LJ	TJ	200m	400m	Discus		Javelin
U13 BOYS	#	SP	200m	Discus	100m	400m	TJ	Javelin
U13 GIRLS	#	LJ	200m	100m	Discus	400m	TJ	Javelin
U14 BOYS±	#	Discus ±	200m	TJ	100m	400m	HJ	Javelin
U14 GIRLS	#	200m	100m	HJ	TJ	400m	SP	Javelin
U15, U17 Little As & Seniors	#	Discus±	SP	100m	400m	HJ	TJ	Javelin

CODE: LJ = Long Jump

HJ = High Jump

TJ = Triple Jump

H = Hurdles

m = Metres

SP = Shot Put

As numbers in an age group are unknown at the commencement of the season, this program is subject to changes.

* = First event in the area.

= **1500m commences at 7:45am**. One race for U10 to Seniors, girls and boys combined.

± = **Discus also commences at 8:00am**. Athletes wishing to compete in the Discus and the 1500m should register at the Discus before commencing 1500m and should return to the Discus when their 1500m is completed.

NOTE: Javelin available for athletes U11 and older, commencing when access to the centre of the field is available and safe.

DUNBAR PARK PROGRAM

WEEK TWO

7:45am - U13 to Seniors **3000m** commences

8:00am - U14G **Discus** commences

- U15 to U17 **300m Hurdles** commences

8:15am - All other athletes commence warm up in the centre of the field

8:30am - U6 to U12 first event commences

U6 BOYS		Discus	300m	70m	LJ	50m	100m
U6 GIRLS		LJ	300m	50m	70m	Discus	100m
U7 BOYS		500m *	LJ	70m	SP	100m	50m
U7 GIRLS		500m	SP	50m	100m	LJ	70m
U8 BOYS		60H	70m	Discus	100m	400m	SP
U8 GIRLS		60H *	70m	SP	100m	400m	Discus
U9 BOYS		LJ	60H	HJ	200m	100m	700mW
U9 GIRLS		SP	60H	100m	400m	HJ	700mW
U10 BOYS		Discus	60H	LJ	100m	800m	1100mW
U10 GIRLS		100m *	SP	60H	HJ	800m	1100mW
U11 BOYS		TJ	LJ	800m	60H	400m	1100mW
U11 GIRLS		LJ	100m	60H	800m	Discus	1100mW
U12 BOYS		100m	800m	Discus	60H	LJ	1500mW
U12 GIRLS		HJ	100m	60H	800m	SP	1500mW
U13 BOYS	3000m [#]	200H	HJ	800m	80H	LJ	1500mW
U13 GIRLS	3000m [#]	200H	SP	800m	80H	HJ	1500mW
U14 BOYS	3000m [#]	200H	SP	800m	LJ	90/100H	1500mW
U14 GIRLS	3000m [#]	Discus [±]	200H	800m	LJ	80/90H	1500mW
U15, U17 Little As & Seniors	3000m [#]	300H [⌘]	800m	200m	LJ	100H/ 110H	1500mW

CODE: LJ = Long Jump

HJ = High Jump

TJ = Triple Jump

SP = Shot Put

H = Hurdles

m = Metres

W = Walk

As numbers in an age group are unknown at the commencement of the season, this program is subject to changes.

* = First event in the area

= **3000m available at 7:45am.** One race for **U13 to Seniors**, girls and boys combined.

± = **U14 Girls Discus commences 8:00am.** Athletes wishing to compete in the Discus and the 3000m should register at Discus before commencing the 3000m and should return to Discus when their 3000m is completed.

⌘ = **300m Hurdles U15 to U17 commences at 8:00am**

DUNBAR PARK PROGRAM

WET WEATHER

For Points, Attendance & Merit Morning Calculations

Note that only 5 events have been listed. Spare time categories exist for additional events if weather and time allow. Age Managers should make requests for additional event(s) to the Officer for Track and Field and have these approved before commencing the event. Depending upon attendance, the grouping of some of these ages may be altered.

Records achieved in events where ages and/or genders are combined will only be awarded if the event is normally contested in combined genders and/or ages. Separate races should be conducted if there is a likelihood of a record being broken.

This program may be altered by the Committee to accommodate circumstances of the season e.g. If the Wet Weather Program was required for 2 or more consecutive weeks, different events may be offered to provide variety for the athletes.

U6 BOYS and GIRLS	70m	200m	SP	100m	LJ	X Only 6 events allowed
U7 BOYS and GIRLS	70m	200m	SP	100m	LJ	X Only 6 events allowed
U8 BOYS and GIRLS	70m	200m	SP	100m	LJ	X Only 6 events allowed
U9 BOYS and GIRLS	70m	200m	SP	100m	LJ	X Only 6 events allowed
U10 BOYS and GIRLS	1500m #	LJ	400m	SP	100m	X Only 6 events allowed
U11 BOYS and GIRLS	1500m #	LJ	400m	SP	100m	X Only 6 events allowed
U12 BOYS and GIRLS	1500m #	LJ	400m	SP	100m	X Only 6 events allowed
U13 BOYS and GIRLS	1500m #	SP	100m	LJ	400m	
U14 BOYS and GIRLS	1500m #	SP	100m	LJ	400m	
U15, U17 Little As & U18 Seniors	1500m #	SP	100m	LJ	400m	

= 1500m commences when the decision has been made to run the Wet Weather Program.
There will be one race for U10 to seniors, girls and boys combined.

Although it is unlikely that hurdles, TJ, Discus, Javelin, Walks or HJ would be offered on these days, some of these could be programmed for later in the day should the weather become fine, the athletes be keen to contest the event (particularly if they have these events coming up at Region/State) and the parents be willing to set up and pack away the extra equipment.

No events will be added unless the Committee deems that they can be conducted safely.