

SATURDAY PROGRAM

**DUNBAR PARK PROGRAM
WEEK ONE**

7:45am - U11 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.

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|------------------------------------|-----------|--------|--------|--------|--------|---------|---------|
| 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 | 100m | 70m | 200m | SP | 400m | HJ | |
| U10 GIRLS | 100m | 200m * | Discus | 70m | 400m | H | |
| 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, U16, U17 Little As | # 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 **u11 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.

SATURDAY PROGRAM

**DUNBAR PARK PROGRAM
WEEK TWO**

NB 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

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|-----------------------------------|---|---------------|------|--------|------|-----------------------|--------|
| 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 | LJ | 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 | # | 200H | HJ | 800m | 80H | LJ | 1500mW |
| U13 GIRLS | # | 200H | SP | 800m | 80H | HJ | 1500mW |
| U14 BOYS | # | 200H | SP | 800m | LJ | 90H | 1500mW |
| U14 GIRLS | # | Discus * ± | 200H | 800m | LJ | 80H | 1500mW |
| U15,U16, U17 Little As | # | 300H | 800m | 200m | LJ | 90H/ 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 7.45 am. 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 the Discus before commencing 3000m and should return to the Discus when their 3000m is completed.

SATURDAY PROGRAM

**DUNBAR PARK PROGRAM
“WET WEATHER” OPTION**

For Points, Attendance & Merit Morning Calculations

Note that only five 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, eg. If the wet weather program was required for two or more consecutive weeks, different events may be offered to provide variety for the athletes.

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|---|---------|------|------|------|------|----------------------------|----------------------------|
| U6 BOYS and GIRLS | 70m | 200m | SP | 100m | LJ | X Only 6 events allowed | X Only 6 events allowed |
| U7 BOYS and GIRLS | 70m | 200m | SP | 100m | LJ | X Only 6 events allowed | X Only 6 events allowed |
| U8 BOYS and GIRLS | 70m | 200m | SP | 100m | LJ | X Only 6 events allowed | X Only 6 events allowed |
| U9 BOYS and GIRLS | 70m | 200m | SP | 100m | LJ | X Only 6 events allowed | X Only 6 events allowed |
| U10 BOYS and GIRLS | 200m | LJ | 400m | SP | 100m | X Only 6 events allowed | X Only 6 events allowed |
| U11 BOYS and GIRLS | 1500m # | LJ | 400m | SP | 100m | X Only 6 events allowed | X Only 6 events allowed |
| U12 BOYS and GIRLS | 1500m # | LJ | 400m | SP | 100m | X Only 6 events allowed | 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. One race for u11 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.