

# DUNBAR PARK PROGRAM: WEEK ONE

7:45am - U11 to Seniors 1500m commences

8:00am - U14B/U15& U17 to Seniors Discus commences

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

8:30am - U6 to U10 first event commences.

<b>U6 BOYS</b>	LJ	70m	200m	SP	50m	100m	
<b>U6 GIRLS</b>	SP	70m	LJ	200m	50m	100m	
<b>U7 BOYS</b>	50m	Discus	LJ	70m	200m	SP	
<b>U7 GIRLS</b>	LJ	50m	70m	Discus	200m	SP	
<b>U8 BOYS</b>	700m *	200m	70m	SP	100m	LJ	
<b>U8 GIRLS</b>	700m	SP	100m	200m	LJ	70m	
<b>U9 BOYS</b>	70m *	100m	SP	400m	Discus	800m	
<b>U9 GIRLS</b>	70m	100m	Discus	200m	LJ	800m	
<b>U10 BOYS</b>	100m	70m	200m	SP	400m	HJ	
<b>U10 GIRLS</b>	100m	200m *	Discus	70m	400m	HJ	
<b>U11 BOYS</b>	# SP	200m	Discus	100m	TJ		Javelin
<b>U11 GIRLS</b>	# HJ	200m	TJ	400m	SP		Javelin
<b>U12 BOYS</b>	# HJ	200m	TJ	400m	SP		Javelin
<b>U12 GIRLS</b>	# LJ	TJ	200m	400m	Discus		Javelin
<b>U13 BOYS</b>	# SP	200m	Discus	100m	400m	TJ	Javelin
<b>U13 GIRLS</b>	# LJ	200m	100m	Discus	400m	TJ	Javelin
<b>U14 BOYS±</b>	# Discus*	200m	TJ	100m	400m	HJ	Javelin
<b>U14 GIRLS</b>	# 200m	100m	HJ	TJ	400m	SP	Javelin
<b>U15, U16, U17 Little As</b>	# Discus±	SP	100m	400m	HJ	TJ	Javelin

CODE: LJ = Long Jump H = Hurdles HJ = High Jump  
 m = Metres TJ = Triple Jump SP = Shot Put  
 \* = First event in the area.

Age group numbers are unknown at start season:  
 program subject to change. .

# = 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.

# DUNBAR PARK PROGRAM: WEEK TWO

- NB** 7:45am - U13 to Seniors 3000m commences  
 8:15am - 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

<b>U6 BOYS</b>	Discus	300m	70m	LJ	50m	100m		
<b>U6 GIRLS</b>	LJ	300m	50m	70m	Discus	100m		
<b>U7 BOYS</b>	500m *	LJ	70m	SP	100m	50m		
<b>U7 GIRLS</b>	500m	SP	50m	100m	LJ	70m		
<b>U8 BOYS</b>	60H	70m	Discus	100m	400m	SP		
<b>U8 GIRLS</b>	60H *	70m	SP	100m	400m	Discus		
<b>U9 BOYS</b>	LJ	60H	HJ	200m	100m	700mW		
<b>U9 GIRLS</b>	SP	60H	100m	400m	HJ	700mW		
<b>U10 BOYS</b>	Discus	60H	LJ	100m	800m	1100mW		
<b>U10 GIRLS</b>	100m *	SP	60H	LJ	800m	1100mW		
<b>U11 BOYS</b>	HJ	LJ	800m	60H	400m	1100mW		
<b>U11 GIRLS</b>	LJ	100m	60H	800m	Discus	1100mW		
<b>U12 BOYS</b>	100m	800m	Discus	60H	LJ	1500mW		
<b>U12 GIRLS</b>	HJ	100m	60H	800m	SP	1500mW		
<b>U13 BOYS</b>	#	200H	HJ	800m	80H	LJ	1500mW	
<b>U13 GIRLS</b>	#	200H	SP	800m	80H	HJ	1500mW	
<b>U14 BOYS</b>	#	200H	SP	800m	LJ	90H	1500mW	
<b>U14 GIRLS</b>	#	Discus*	200H	800m	LJ	80H	1500mW	
	±							
<b>U15,U16, Little As</b>	<b>U17</b>	#	300H	800m	200m	LJ	90H/ 100H/ 110H	1500mW

CODE: LJ = Long Jump H = Hurdles HJ = High Jump  
 m = Metres TJ = Triple Jump SP = Shot Put  
 \* = First event in the area.

**Age group numbers are unknown at start season:  
 program subject to change.**

# = 3000m available at 7.45 am. One race for u13 to seniors, girls and boys combined.

300H to commence at 8.15 am to allow 200mH to commence promptly at 8.30 am

± = U14 Girls Discus commences 8.15am. 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.

## 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.

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

# = 1500m commences when decision made to run the wet weather program. One race for u11 to seniors, 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.**