

RYDE RELAYS 21ST NOVEMBER 2020

PROGRAM OF EVENTS

		EVENT # 1	EVENT # 2	EVENT # 3	EVENT # 4	
Tots	Event:	60m shuttle relay	4x20m straight relay	Shot Put relay with bean bag	Long Jump	
	Location:	100m Straight Track	100m Straight Track	100m Straight Track	LJ 7 & LJ8	
U6	Event:	Long Jump	60m shuttle relay (*1)	100m shuttle relay	Shot Put	Discus
	Location:	LJ5	110m Straight Track	110m Straight Track	SP4	D9
U7	Event:	Shot Put	Discus	Long Jump	100m shuttle relay	
	Location:	SP4	D9	LJ5 & LJ6	110m Straight Track	
U8	Event:	Shot Put	Discus	Distance (2x200, 2 x 400)	Long Jump	
	Location:	SP3	D10	Circular Track (Start)	LJ5 & LJ6	
U9	Event:	Distance (2x200, 1 x 400, 1 x 800)	LJ x 2; HJ x 2	Shot Put	Discus	4 x 100m
	Location:	Circular Track (Start)	LJ2 & HJ4	SP3	D10	Circular Track (Start)
U10	Event:	LJ x 2; HJ x 2	Distance (2x200, 1 x 400, 1 x 800)	4 x 100m	Shot Put	Discus
	Location:	LJ1 & HJ5	Circular Track (Start)	Circular Track (Start)	SP2	D1
U11	Event:	Distance (2x200, 1 x 400, 1 x 800)	Shot Put	Discus	4 x 100m (*1)	LJ x 2 ; 1 x TJ ; 1 x HJ
	Location:	Circular Track (Start)	SP2	D1	Circular Track (Start)	LJ2; TJ4 & HJ1
U12	Event:	Shot Put	Discus	Distance (2x200, 1 x 400, 1 x 800)	LJ x 2 ; 1 x TJ ; 1 x HJ	
	Location:	SP6	Senior Discus	Circular Track (Start)	LJ1; TJ3 & HJ1	
U13	Event:	Distance (2x200, 1 x 400, 1 x 800)	LJ x 2 ; 1 x TJ ; 1 x HJ	Shot Put	Discus	4 x 100m (2)
	Location:	Circular Track (Start)	LJ3; TJ4 & HJ2	SP8	Senior Discus	Circular Track (Start)
U14	Event:	Shot Put	Discus	Distance (2x200, 1 x 400, 1 x 800)	LJ x 2 ; 1 x TJ ; 1 x HJ	
	Location:	SP7	Senior Discus	Circular Track (Start)	LJ3; TJ4 & HJ1	
U15	Event:	LJ x 2 ; 1 x TJ ; 1 x HJ	Shot Put	Discus	Distance (2x200, 1 x 400, 1 x 800)	4 x 100m
	Location:	LJ3; TJ4 & HJ1	SP6	Senior Discus	Circular Track (Start)	Circular Track (Start)
U17	Event:	LJ x 2 ; 1 x TJ ; 1 x HJ	Shot Put	Discus	Distance (2x200, 1 x 400, 1 x 800)	4 x 100m
	Location:	LJ3; TJ4 & HJ1	SP6	Senior Discus	Circular Track (Start)	Circular Track (Start)

U15 & U17 teams can probably compete separately, but use the track & field at the same time (due to small numbers)

MAP

High Jump 4 = scissors mat

High Jump 5 (not shown on map, will be a scissors mat on the straight track, near the 'G' of the straight track)

DUNBAR PARK – GROUND LAYOUT

NOT TO SCALE



