|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **FIELD EVENTS** | |  |  |  |  |  |  |  |  |
|  | |  | **Discus** | **Javelin** | **Shot Put** | **Hammer** | **Long Jump** | **Triple Jump** | **High Jump** |
| 10:05-10:45 | |  | 7 Girls | Jr & Sr. Girls | 8 Boys | ----------------- | 8 Girls | Jr & Sr Boys | 7 Boys |
| 10:45-11:25 | |  | 8 Girls | 7 Girls | Jr Boys | ----------------- | Jr & Sr. Boys | 7 Boys | 8 Boys |
| 11:25-12:05 | |  | Jr & Sr Boys | 8 Girls | 7 Boys | ----------------- | 8 Boys | 7 Girls | Jr & Sr Girls |
| 12:05-12:45 | |  | 7 Boys | Sr. Boys | Jr & Sr Girls | ----------------- | 7 Girls | 8 Girls |  |
| 12:45-1:25 | |  | 8 Boys | Jr. Boys | Sr. Boys | ----------------- | 7 Boys | Jr & Sr. Girls | 8 Girls |
| 1:25-2:05 | |  | Jr & Sr Girls | 7 Boys | 7 Girls | ----------------- | Jr Girls | 8 Boys | Jr & Sr Boys |
| 2:05-2:45 | |  |  | 8 Boys | 8 Girls |  | Sr Girls |  | 7 Girls |
| 2:45-3:30 | |  |  |  |  | Jr/Sr Girls & Boys |  |  |  |
|  | |  |  |  |  |  |  |  |  |
| **Implementation Specifications** | |  |  |  |  |  |  |  |  |
|  | |  |  |  |  |  |  |  |  |
| **Discus:** | |  |  | **Hammer:** |  |  |  |  |  |
| Girls - all 1kg | |  |  | Girls - Jr 3kg, Sr 4kg | |  | ­ |  |  |
|  | Boys – Gr 7/8 - 1 kg Jr. 1.5 kg Sr. 1.75 kg | | | Boys - Jr 5kg, Sr 6kg | |  |  |  |  |
|  | |  |  |  |  |  |  |  |  |
| **Javelin:** | |  |  | **Shot Put:** |  |  |  |  |  |
|  | Girls - 7/8 500 g. Jr. 500 g. Sr. 600 g | | | Girls - 7/8 3kg Jr. 3kg Sr. 4kg | |  |  |  |  |
|  | Boys - 7/8 600 g. Jr. 700g. Sr. 800 g | | | Boys - 7/8 4kg Jr. 5kg Sr. 6kg | |  |  |  |  |
|  | |  |  |  |  |  |  |  |  |
|  | |  |  |  |  |  |  |  |  |
| **Hurdle Specifications GIRLS** | |  |  |  | **Hurdle Specifications BOYS** | |  |  |  |
|  | |  |  |  | Grade 7 | 80m 30" | 200 30" |  |  |
| Grade 7 + 8 | | 200m + | 80m-30" |  | Grade 8 | 100m - 33" | 200m 30" |  |  |
| Junior | | 300m + | 80m-30" |  | Junior | 100m - 36" |  |  |  |
| Senior | |  | 100m - 33" |  | Senior | 110m - 36" |  |  |  |
|  | |  |  |  | Junior | 300m - 33" |  |  |  |
| Senior | |  | 400m - 30" |  | Senior | 400m - 36" |  |  |  |
| ­ | |  |  |  |  |  |  |  |  |

Zones May 8th, 2018