

## REGIONAL CHAMPIONSHIPS PROGRAM 2020

Please note that AWD athletes will generally be catered for in their scheduled events alongside other athletes of the same age group

TRACK		FIELD		
Time	Events	Time	Jumps	Throws
	<b>SATURDAY</b>			
<b>8:30am</b>	1500m Finals	<b>8:30am</b>	U9 High Jump	U14 Shot Put
	U11, 13, 12, 14-17		U10 Long Jump	
		<b>9:00am</b>		U11 Discus
				U8 Shot Put
<b>10:00am</b>	60/80m Hurdle Heats	<b>10:00am</b>	U13 High Jump	U12 Discus
	U9, 8, 10, 11, 12		U7 Long Jump	U15-17 Shot Put
<b>11:00am</b>	100m Heats	<b>11:00am</b>	U14 Long Jump	
	U9, 10, 11, 7, 8, 12, 13, 14, 15-17	<b>11:30am</b>	U15-17 High Jump	U9 Shot Put
				U10 Discus
<b>12 noon</b>	LUNCH/U7&8 Medals	<b>12 noon</b>	U11 High Jump	
<b>12.45pm</b>	200/300m Hurdle Finals (Heats)	<b>12:30pm</b>	U12 Long Jump	
	U13, 14, 15-17	<b>1:30pm</b>		U7 Shot Put
				U13 Discus
<b>1:15pm</b>	400m Finals (Heats if reqd)	<b>2:00pm</b>	U8 Long Jump	U11 Shot Put
	U13, 11, 12, 9, 10, 14, 15-17			U12 Javelin
<b>2:00pm</b>	60/80m Hurdle Finals	<b>2:30pm</b>	U13 Triple Jump	U15-17 Javelin
	U9, 10, 11, 12			U14 Javelin
	100m Finals			
	U9, 10, 11, 12 ....	<b>3:15pm</b>	U15-17 Triple Jump	
	200/300m Hurdle Finals if reqd			
	400m Finals if reqd			
	<b>SUNDAY</b>			
<b>8:30am</b>		<b>8:30am</b>	U11 Long Jump	U8 Discus
			U10 High Jump	
<b>8:45am</b>	800m Finals			
	U13, 12, 14, 15-17, 9, 11, 10	<b>9:20am</b>	U13 Long Jump	U12 Shot Put
<b>10:00am</b>	70m Heats			U15-17 Discus
	U7, 9, 8, 10			
		<b>10:20am</b>	U9 Long Jump	U7 Discus
<b>10:30am</b>	Sprint Hurdle Finals		U12 High Jump	
	U13, 14, 15-17			
<b>11:15am</b>	200m Heats (some Finals)	<b>11:15am</b>	U14 High Jump	U13 Shot Put
	U11, 7, 9, 8, 10, 12, 13, 15-17, 14			

		<b>11:30a m</b>	U11 Triple Jump	U9 Discus
<b>12:30p m</b>	LUNCH/U7&8 Medals	<b>12 noon</b>		U10 Shot Put
<b>1:00pm</b>	70m Finals	<b>12:30p m</b>	U15-17 Long Jump	U14 Discus
	U10, 9			
	200m Finals if reqd	<b>1:15pm</b>	U14 Triple Jump	U11 Javelin
	U11, 9, 12, 10 ....			
<b>2:00pm</b>	Walk Finals	<b>1:45pm</b>	U12 Triple Jump	U13 Javelin
	U9, 14-17, 10, 11, 12, 13			