

# CAIRNS ATHLETICS 2013

## Sunday 24 March

Week 4	Sunday 24 March					
	EVENT 1	EVENT 2	EVENT 3		EVENT 4	EVENT 5
4 & 5	Discus Creek New	60m (Back) 1	Obstacle Course		Mini Hurdles Field	Tug of War
6	Shot Creek	60m (Back) 2	Obstacle Course		Tug of War	Mini Hurdles Field
7	Long Jump Pit 3	60m (Back) 3	Shot Creek		Discus City New	100m 1
8 (Girls)	70m 1	Shot City	Mini Javelin	B	Discus Creek	100m 2
8 (Boys)	70m 2	Discus Creek	Shot City		Mini Javelin	100m 3
9 (Girls)	70m 3	Mini Javelin	400m 1		High Jump - Scissors	Discus Creek
9 (Boys)	70m 4	Discus City	400m 2	R	High Jump - Scissors	Mini Javelin
10 (Girls)	100m 7	Long Jump Board	400m 3		Shot Creek New	High Jump - Scissors
10 (Boys)	100m 8	Long Jump Board	Shot Creek New		400m 5	High Jump - Scissors
11 (Girls)	100m 5	High Jump Flop	Discus City	E	Triple Jump Board	400m 4
11 (Boys)	100m 6	Triple Jump Board	High Jump Flop		Discus City	400m 5
12 (Girls)	Triple Jump Board	200m Hurdles (76cm)	Discus Creek		70m 2	Shot Creek New
12 (Boys)	Discus City	200m Hurdles(76cm)	Triple Jump Board	A	70m 3	Shot City
13	Discus Creek	200m Hurdles (76cm)	Triple Jump - Board		100m 4	Shot City New
14 & 15	Javelin G500/ B700 g	200m Hurdles (76cm)	70m 5		Triple Jump - Board	400m 6
Senior Group	Long Jump - Board	Shot City New	70m 4	K	High Jump - Flop	High Jump - Flop
Senior Group	100m 9	Triple Jump - Board	Shot City New		70m 1	Discus (1kg) - City

### EQUIPMENT LIST

Mini Hurdles	Shot City	2, 3 kg	Mini Javelin	2	Shot - Creek	1, 1.5, 2, 3 kg
Hurdles - Snr	Discus - City	500, 750, 1 + kg	Flop	Yes	Discus - Creek	500, 1kg
Obstacle Course	Javelin	500, 700 g	Scissors	2 Mats	Long / Triple Jump	All 3 Pits

Tug of War Rope

Shot/Discus City New

3, 4, 5, 6, 7.26 kg/500g

Shot/Discus Creek New

2, 3 kg / 350g