

# CAIRNS ATHLETICS 2013

## Week 3 FRIDAY 15th MARCH

Age Group	EVENT 1	EVENT 2	EVENT 3		EVENT 4	EVENT 5
4 & 5	300m Walk <b>1</b>	Long Jump - Pit 3	80m Back <b>1</b>	No Break	Shot City - 1kg	Shuttle Relay <b>Field</b>
6	300m Walk <b>1</b>	Long Jump - Pit 3	80m Back <b>2</b>	No Break	Discus Creek - 350g	Shuttle Relay <b>Field</b>
7	300m Walk <b>1</b>	Discus Creek New - 500g	80m Back <b>3</b>	No Break	Long Jump - Pit 3	Shuttle Relay <b>Field</b>
8 (Girls)	200m <b>6</b>	High Jump Scissors	Hurdles L2-7(45cm) <b>1</b>	Break	80m <b>1</b>	Long Jump - Pit 2
8 (Boys)	200m <b>3</b>	High Jump Scissors	Hurdles L2-7(45cm) <b>2</b>		80m <b>2</b>	Long Jump - Pit 2
9 (Girls)	200m <b>4</b>	Discus Creek - 500g	Hurdles L2-7(60cm) <b>3</b>		100m <b>5</b>	Shot City New - 2kg
9 (Boys)	200m <b>5</b>	Discus City -500g	Hurdles L2-7(60cm) <b>4</b>		100m <b>6</b>	Shot Creek New - 2kg
10 (Girls)	Long Jump - Board	200m <b>2</b>	Hurdles L2-7(60cm) <b>5</b>		Shot Creek - 2kg	Discus Creek - 750g
10 (Boys)	Discus City - 750g	200m <b>3</b>	Hurdles L2-7(60cm) <b>6</b>		Long Jump - Board	Shot Creek - 2kg
11 (Girls)	Long Jump - Board	200m <b>4</b>	Hurdles L2-7(68cm) <b>7</b>		80m <b>3</b>	Shot City - 2kg
11 (Boys)	Shot City New - 3kg	200m <b>5</b>	Hurdles L2-7(68cm) <b>8</b>		80m <b>4</b>	Long Jump - Board
12 (Girls)	Shot Creek New - 3kg	200m <b>1</b>	High Jump - Flop		Long Jump - Board	800m <b>2</b>
12 (Boys)	High Jump - Flop	200m <b>6</b>	Shot City - 3kg		Long Jump - Board	800m <b>2</b>
13	Discus Creek - 1kg	Long Jump - Board	70m <b>9</b>		High Jump - Flop	High Jump Flop
14 / 15	200m <b>2</b>	Javelin- 500, 700g	Long Jump - Board		Shot City New - 3, 4kg	800m <b>3</b>
Senior Group	Javelin - 500 - 800g	70m <b>7</b>	Shot City New - 3 + kg		Triple Jump - Board	200m <b>1</b>
Senior Group	200m <b>7</b>	High Jump Flop	Discus City -1 - 2kg		800m <b>7</b>	Long Jump - Board

### EQUIPMENT LIST

	Shot City	1, 2 kg (2 tapes ?)	Shot - Creek	2 kg
Jnr Hurdles	Discus - City	500, 750, 1 - 2kg	Discus - Creek	350, 500, 750,1 kg
Lap Counter, Bell	Javelin	500 - 800g	Long / Triple Jump	All 3 Pits
Relay Batons	Scissors	2 Mat	Flop	Yes

Shot City - New

2, 3, 4, 5, 6, 7.26 kg

