



Athletics Open Days

Saturday 17th, 24th and 31st October

9am-1pm

Mt Smart Stadium

7-14 year olds

4 events for each age group

Entry Fee \$5.00 per athlete – Payable at the registration desk before start time

Fundraising for Trans-Tasman 2016

- ❖ BBQ
- ❖ Raffles
- ❖ Drinks

Trans-Tasman entry forms available

Interprovincial entry forms available

Results may be taken into consideration for Trans-Tasman selection

Please support these events

Parents – If you are available to assist please contact Rodger at
brickland@clear.net.nz

Athletics Auckland Junior Programme Saturday 17th October 2015

BLOCK 1

7, 8, 9	YEARS	60m
10, 12	BOYS	400m
13, 14	GIRLS	400m
10	GIRLS	DISCUS
11	BOYS	LONG JUMP
11	GIRLS	HIGH JUMP
13, 14	BOYS	SHOT PUT

BLOCK 2

10, 11, 12, 13, 14	GIRLS	800m or 1500m in next block
7, 8	BOYS	LONG JUMP
9	BOYS	SHOT PUT
9	GIRLS	DISCUS

BLOCK 3

11, 12	GIRLS	400m
10, 11, 12, 13, 14	BOYS	1500m
7, 8	BOYS	SHOT PUT
7, 8	GIRLS	DISCUS
9	BOYS	LONG JUMP
10	GIRLS	HIGH JUMP

BLOCK 4

13, 14, 12, 7, 8, 9, 11, 10	GIRLS	200m
10	BOYS	SHOT PUT
12	GIRLS	DISCUS
13, 14	BOYS	LONG JUMP

BLOCK 5

7, 8, 9	YEARS	100m
11, 13, 14	BOYS	400m
10	BOYS	LONG JUMP
12	BOYS	SHOT PUT
13, 14	GIRLS	DISCUS
12	GIRLS	HIGH JUMP

BLOCK 6

12, 10, 11, 13, 14	BOYS	100m
7, 8, 9	BOYS	300m
10	GIRLS	400m
13, 14	GIRLS	HIGH JUMP
12	BOYS	LONG JUMP
11	GIRLS	DISCUS
11	BOYS	SHOT PUT

THROWERS ONLY: Athletes may compete with the opposite sex in the appropriate block

Programme may change subject to entries and is limited due to time

HIGH JUMP STARTING HEIGHTS

Ages	Girls	Boys
10	1.05	1.10
11	1.10	1.15
12	1.15	1.20
13	1.20	1.25
14	1.25	1.30

Athletics Auckland Junior Programme Saturday 24th October 2015

BLOCK 1

7, 8, 9	YEARS	60m
10, 12	GIRLS	400m
13, 14	BOYS	400m
10	BOYS	DISCUS
11	GIRLS	LONG JUMP
11	BOYS	HIGH JUMP
13, 14	GIRLS	SHOT PUT

BLOCK 2

10, 11, 12, 13, 14	BOYS/GIRLS	800m OR 1500m in next block
7, 8	GIRLS	LONG JUMP
9	GIRLS	SHOT PUT
9	BOYS	DISCUS

BLOCK 3

11, 12	BOYS	400m
10, 11, 12, 13, 14	GIRLS/BOYS	1500m OR 800m in previous block
7, 8	GIRLS	SHOT PUT
7, 8	BOYS	DISCUS
9	GIRLS	LONG JUMP
10	BOYS	HIGH JUMP

BLOCK 4

13, 14, 12, 7, 8, 9, 11, 10	BOYS	200m
10	GIRLS	SHOT PUT
12	BOYS	DISCUS
13, 14	GIRLS	LONG JUMP

BLOCK 5

7, 8, 9	YEARS	100m
11, 13, 14	GIRLS	400m
10	GIRLS	LONG JUMP
12	GIRLS	SHOT PUT
13, 14	BOYS	DISCUS
12	BOYS	HIGH JUMP

BLOCK 6

12, 10, 11, 13, 14	GIRLS	100m
7, 8, 9	GIRLS	300m
10	BOYS	400m
13, 14	BOYS	HIGH JUMP
12	GIRLS	LONG JUMP
11	BOYS	DISCUS
11	GIRLS	SHOT PUT

THROWERS ONLY: Athletes may compete with the opposite sex in the appropriate block

Programme may change subject to entries and is limited due to time

HIGH JUMP STARTING HEIGHTS

Ages	Girls	Boys
10	1.05	1.10
11	1.10	1.15
12	1.15	1.20
13	1.20	1.25
14	1.25	1.30

Athletics Auckland Junior/Senior Programme Saturday 31st October 2015

BLOCK 1

7, 8, 9	YEARS	60m
10, 12	BOYS	400m
13, 14	GIRLS	400m
10	GIRLS	DISCUS
11	BOYS	LONG JUMP
11	GIRLS	HIGH JUMP
12, 13, 14	BOYS	SHOT PUT

BLOCK 2

10, 11, 12, 13, 14	GIRLS	800m
7, 8	BOYS	LONG JUMP
9	BOYS	SHOT PUT
9	GIRLS	DISCUS

BLOCK 3

11, 12	GIRLS	400m
10, 11, 12, 13, 14	BOYS	1500m
7, 8	BOYS	SHOT PUT
7, 8	GIRLS	DISCUS
9	BOYS	LONG JUMP
10	GIRLS	HIGH JUMP

BLOCK 4

13, 14, 12, 7, 8, 9, 11, 10	GIRLS	200m
10	BOYS	SHOT PUT
12	GIRLS	DISCUS
13, 14	BOYS	LONG JUMP

BLOCK 5

7, 8, 9	YEARS	100m
11, 13, 14	BOYS	400m
10	BOYS	LONG JUMP
13, 14	GIRLS	DISCUS
12	GIRLS	HIGH JUMP

BLOCK 6

12, 10, 11, 13, 14	BOYS	100m
7, 8, 9	BOYS	300m
10	GIRLS	400m
13, 14	GIRLS	HIGH JUMP
12	BOYS	LONG JUMP
11	GIRLS	DISCUS
11	BOYS	SHOT PUT

THROWERS ONLY: Athletes may compete with the opposite sex in the appropriate block

Programme may change subject to entries and is limited due to time

HIGH JUMP STARTING HEIGHTS

Ages	Girls	Boys
10	1.05	1.10
11	1.10	1.15
12	1.15	1.20
13	1.20	1.25
14	1.25	1.30