

## **PARTICIPATION RULES**

### **DATES & VENUES**

The **13<sup>th</sup> Bank of Mauritius Inter Clubs Youth Championships 2019** will be held as follows :-

**NATIONAL** : Maryse Justin Stadium, Reduit, MAURITIUS

- **Qualifying Rounds** : Saturday 23<sup>rd</sup> & Sunday 24<sup>th</sup> November 2019.
- **Finals** : Saturday 7<sup>th</sup> December 2019.

**REGIONAL** : Camp du Roi Stadium, Port Mathurin, RODRIGUES

- **Championships** : Saturday 16<sup>rd</sup> November 2019.

### **ENTRIES & COMPETITION RULES**

- The Categories & Age Groups for both Boys & Girls are as follows :-

<b>CATEGORIES</b>	<b>AGE (years)</b>	<b>BIRTH YEAR</b>
<b>U 12 (Colt)</b>	9 – 11	2008 – 2010
<b>U 14 (Benjamin)</b>	12 – 13	2006 – 2007
<b>U 16 (Minim)</b>	14 – 15	2004 – 2005

- All Athletes are **strictly** confined to participation in events of their own category / age group as evidenced by their valid MAA Licence 2019 and, *if need be*, by the Student Pass or Birth Certificate.
- A Club may enter a maximum of **two** athletes per individual event and one team in each Relay.  
*(For Rodrigues Regional Championships – There is no limit on the number of athletes a Club/Athletic School may enter per individual event.)*
- A Club may enter one team only in any Age Group Category.
- All events will be carried out as per the IAAF Competition Rules 2018/2019, with the following modifications :-
  - False Starts :  
For the U12 & U14 Categories, the Combined Events rule will be applied.  
For the U16, the normal rule is applicable.
  - Starting Blocks :  
**Compulsory** for all Categories.
  - Trials (for Field Events excluding High Jump) :  
All eight athletes qualified for the Finals will have four trials in the same relative order - *(that is, there will be no reverse order after the third round of trials).*
  - Protest & Appeal :  
Any appeal to the Jury of Appeal must be accompanied by a deposit of MUR 500/-

## IMPLEMENTATION AND INTERPRETION OF RULES

The preparation, implementation and subsequent interpretation of the participation & technical rules of this competition rests solely on the MAA or any of its delegated body/person. Any decision taken accordingly, as per, and in line with, established procedure (including protest & appeal), will have to be considered as final and accepted, respected & abided by all those concerned.

## COMPETITION EVENTS

The competition events for **Boys & Girls** on the program are as follows :-

<b>U12 (Colt)</b>	<b>U14 (Benjamin)</b>	<b>U16 (Minim)</b>
Sprint <ul style="list-style-type: none"> <li>• 50m</li> </ul>	Sprint <ul style="list-style-type: none"> <li>• 60mH</li> <li>• 100m</li> </ul>	Sprint <ul style="list-style-type: none"> <li>• 100mH</li> <li>• 200m</li> </ul>
Middle Distance <ul style="list-style-type: none"> <li>• 500m</li> <li>• 1000m Walk</li> </ul>	Middle Distance <ul style="list-style-type: none"> <li>• 800m</li> <li>• 2000m Walk</li> </ul>	Middle Distance <ul style="list-style-type: none"> <li>• 1000m</li> <li>• 3000m Walk</li> </ul>
Field <ul style="list-style-type: none"> <li>• Long Jump</li>   <li>• Shot Put</li> </ul>	Field <ul style="list-style-type: none"> <li>• High Jump</li> <li>• Long Jump</li>   <li>• Discus</li> <li>• Shot Put</li> </ul>	Field <ul style="list-style-type: none"> <li>• High Jump</li> <li>• Triple Jump</li>   <li>• Hammer</li> <li>• Javelin</li> </ul>
Relay <ul style="list-style-type: none"> <li>• 4 x 50m</li> </ul>	Relay <ul style="list-style-type: none"> <li>• 4 x 100m</li> </ul>	Relay <ul style="list-style-type: none"> <li>• 4 x 100m</li> </ul>
<b>(10 Events + 2 Relays)</b>	<b>(16 Events + 2 Relays)</b>	<b>(16 Events + 2 Relays)</b>
<b>TOTAL : 42 Events &amp; 6 Relays</b>		

## PARTICIPATION

Athletes are allowed to compete in individual events as follows:

<b>U12 (Colt)</b>	<b>U14 (Benjamin)</b>	<b>U16 (Minim)</b>
<b>1 Track + 2 Field</b>	<b>2 Sprint + 2 Field</b>	<b>2 Sprint + 2 Field</b>
	<b>Or</b>	<b>Or</b>
	<b>1 Middle D + 2 Field</b>	<b>1 Middle D + 2 Field</b>
<b>(Plus 1 Relay)</b>	<b>(Plus 1 Relay)</b>	<b>(Plus 1 Relay)</b>

## PRIZES

### NATIONAL

MEDALS	The first three athletes of each individual event and the three best teams of the relays will be awarded a medal as follows :- <b>First : Gold - Second : Silver - Third : Bronze</b>
TROPHIES/SHIELDS	The first three Teams in each category and in each gender
OVERALL CUP	Best Team : Total Score for all Categories/Age Group and gender combined
FAN TROPHY	Best Fan Club Trophy
SPECIAL PRIZES	To athletes setting a new record

### REGIONAL (Rodrigues)

MEDALS	The first three athletes of each individual event and the three best teams of the relays will be awarded a medal as follows :- <b>First : Gold - Second : Silver - Third : Bronze</b>
SPECIAL PRIZES	To Best Athlete in each category and in each gender. (Quotation Table/Record)

## POINTS

- Points allocation will be as follows :-

INDIVIDUAL EVENTS						
RANK	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>
POINTS	7	5	4	3	2	1

RELAYS						
RANK	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>
POINTS	12	9	7	5	3	1

- If two or more athletes tie for a place in any event, the attributable points shall be divided equally between them.
- If two or more club teams have the same aggregate number of points, the tie shall be decided in favour of the team having the greater number of event winners. If the tie remains it shall be decided in favour of the team having the greater number of second places, and so on.

## MAA SPONSORED NEW MAA 2019 LICENSES FOR U12 & U14 CATEGORIES

In order to encourage massive participation in these Championships, the MAA will take charge of the costs of **new** MAA 2019 licenses of participating athletes in the BOM Championships in the U12 & U14 categories.

This offer is valid for **new** licence requests made during period **27<sup>th</sup> October to 5<sup>th</sup> December 19** only.

### ELECTRONIC ENTRIES

All entries must be carried out electronically on the appropriate e-registration file that will be sent to each Club by email at least two weeks prior to the qualifying rounds.

The Club Officer will register each entry by simply imputing the athlete's unique MAA License Number and choosing the event from a pre-established drop-list in the e-file. One event per row.

Complete finals entries will have to reach MAA, **by return email**, at latest **Friday 15<sup>th</sup> November 2019**.

No late entries, manual entries nor modifications will be accepted thereafter. However, withdrawals are accepted until two days before the competition date.

MAA will ensure that at least one member of each Regional Committee is familiar with the electronic entry system and they will be able to provide the relevant support to Clubs accordingly.

### WORKSHOP ON ELECTRONIC ENTRIES

In order to help Club Officers to familiarize themselves with the electronic-entries, a workshop will be organised by MAA – a tentative date has been earmarked for Saturday 26<sup>th</sup> October 2019.

Details and invitation will follow in due course.

### NO-SHOW FEE

The preliminary heats are worked out based on the entries of the Clubs. This is a very tedious and time consuming administrative and technical task that is done meticulously so as to ensure that balanced heats are drawn up. Hence, it is the duty of the Club Officers to ensure that only athletes who will participate in the Championships are entered in the system.

A No-show fee of **MUR 25/-** will be perceived for any athlete who has been duly registered by the Club but fails to participate in the qualifying rounds.

### NUMERAL BIBS

The organisers will hand over the numeral bibs and the start list to the Club Officer at least one day before the competition. Unless exceptional unforeseen circumstances, no bibs will be distributed on the day of the competition itself.

The Club Officers should ensure that the proper numeral bibs are allocated to the athletes as per the start list of the competition. Athletes not wearing the appropriate numeral bib (including wearing the bib of another athlete) or competing without one will be automatically disqualified.

It is also the duty of the Club Officers to return to MAA all numeral bibs immediately after the end of the competition. A fee of **MUR 50/-** per unit will be perceived for any unreturned or lost bib.

## IN-FIELD COACHING

*Coaches and Parents are strictly not allowed on the track or infield at any time.*

The infield is for Technical Officials & Competing Athletes only. Parents & Coaches are not allowed on the infield, those found to be in violation of this guideline risk disqualification of their athletes. They are requested to stay outside of the perimeter fencing and within the allocated Zone for Coaches.

A list of Technical Officials and duties is attached for ease of reference.

## HEALTH & SAFETY

Health & Safety of all participants is of the upmost concern for the organisers.

It is the responsibility of ALL Club officers and coaches to ensure athletes are fit and adequately prepared to participate in their events on the day of competition. They must also ensure that the athletes take the appropriate nourishments and refreshments prior, during and after the competition. Clubs must also prepare and have available at all times refreshments, fruits & snacks as may be required by the athletes from time to time.

In the event an athlete fails to exhibit the required or expected level of health, fitness and proficiency in a discipline, so much so that the athlete represents a health/safety hazard for the participants (including him/herself), the Club officer/coach may be contacted and the athlete sympathetically requested to desist from competition.

## MINIMUM PERFORMANCE FOR QUALIFYING ROUNDS

In order to ensure an adequate level of proficiency and performance by participating athletes and to enable the smooth conducting of qualifying rounds, the Organising Committee has decided that minimum performance for measurement of an attempt may be imposed, as follows :-

<b>MINIMUM PERFORMANCE FOR MEASURE</b>	<b>BOYS</b>			<b>GIRLS</b>		
	<b>U12 (Colt)</b>	<b>U14 (Benjamin)</b>	<b>U16 (Minim)</b>	<b>U12 (Colt)</b>	<b>U14 (Benjamin)</b>	<b>U16 (Minim)</b>
<b>HIGH JUMP</b>		1m15	1m35		1m10	1m20
<b>LONG JUMP</b>	2m50	3m60		2m40	3m40	
<b>TRIPLE JUMP</b>			8m50			7m20
<b>JAVELIN</b>			10m00			10m00
<b>SHOT PUT</b>	4m40			2m50		
<b>DISCUS</b>		10m00			5m00	
<b>HAMMER</b>			15m00			10m00

Hence, where applicable, only performance equal or better than the above minimum will be measured and recorded in the official technical competition sheet by the Technical Officials.

## TECHNICAL DETAILS, HEIGHTS PROGRESSION & CALL ROOM TIMES

**TECHNICAL DETAILS** : The Technical details of Hurdle heights, Take Off Board & Implement weights are as follows :-

<b>TECHNICAL DETAILS :</b>  <b>HURDLES HEIGHT, TAKE OFF BOARD &amp; IMPLEMENT WEIGHT</b>	<b>BOYS</b>			<b>GIRLS</b>		
	<b>U12 (Colt)</b>	<b>U14 (Benjamin)</b>	<b>U16 (Minim)</b>	<b>U12 (Colt)</b>	<b>U14 (Benjamin)</b>	<b>U16 (Minim)</b>
<b>60mH / 100Mh</b>		76cm	84cm		76cm	76cm
<b>TRIPLE JUMP</b>			8 / 9m			7 / 8m
<b>JAVELIN</b>			600g			500g
<b>SHOT PUT</b>	2Kg			1Kg		
<b>DISCUS</b>		800g			600g	
<b>HAMMER</b>			4Kg			3Kg

**CALL ROOM TABLE** : Athletes must respect the call room times – in minutes, before event :-

Event	1 <sup>st</sup> Call	2 <sup>nd</sup> Call	Entry Call Room	Exit Call Room	Entry to Field of Play
Track Event	45	35	30	15	10
Field Events	65	55	50	35	30
High Jump	75	65	60	45	40

**HIGH JUMP** : The height progression are set as follows

### **BOYS**

<b>U14 (Benjamin)</b>	1m15 – 1m20 – 1m25 – 1m28 – 1m31 – 1m34 – 1m37 - then up by 2 cms
<b>U16 (Minim)</b>	1m35 – up 5 cms - 1m60 – up 3 cms - 1m72 – then up by 2 cms

### **GIRLS**

<b>U14 (Benjamin)</b>	1m10 - 1m15 - 1m20 - 1m23 - 1m26 - 1m29 - 1m32 - then up 2cms
<b>U16 (Minim)</b>	1m20 - 1m25 - 1m30 - 1m33 - 1m36 - 1m39 – then up by 2cms

## PARTICIPATING CLUBS

ADONAI CANDOS SC	QB	GUEPARD AC	BR	POUDRE D'OR AC	RR
ANGELS REDUIT AC	MK	GYMKHANA AC	VCPH	Q-BORNES PAVILLION AC	QB
BEAU BASSIN AC	BBRH	HIGHLANDS AC	VCPH	ROCHE BOIS ÉCLAIR AC	PL
BLACK RIVER STAR AC	BR	LA CAVERNE AC	VCPH	ROSE BELLE AC	GP
BOULET ROUGE AC	FLQ	LONG MOUNTAIN WARRIORS AC	PAMP	ROSE HILL AC	BBRH
CAMP DU ROI AC	ROD	MAHEBOURG AC	GP	SOUILLAC AC	SAV
CHEMIN GRENIER AC	SAV	MEDINE AC	BR	SOUPIRS AC	ROD
CREVE COEUR AC	PAMP	PETIT GABRIEL AC	ROD	ST PIERRE AC	MK
CUREPIPE HARLEMS AC	CPE	P-LOUIS CENTAURS AC	PL	ST REMY AC	FLQ
CUREPIPE WARRIORS AC	CPE	P-LOUIS RACERS AC	PL	STANLEY / TREFLES AC	BBRH
FAUCON FLACQ AC	FLQ	P-LOUIS SIGNAL MOUNTAIN AC	PL		

## FAN CLUB CONCEPT

In order to encourage a wider spectator and supporter base for each individual Club, the organisers are introducing the concept of FAN CLUB.

Each participating Team will be encouraged to set up a Fan Club that will be composed mainly of parents, siblings, family, friends, friend of friends, etc .

This Fan Club concept will help generate a joyful, noisy & participative atmosphere in the Stadium during these Championships and will be a welcomed encouragement for participating athletes.

In order to encourage maximum participation of Fan Clubs, a Best Fan Club Trophy will be allocated.

Among the **main** criteria defined for the allocation of the Trophy are :-

- Number of fans
- Visual presence
- Vocal Support & Animation
- Respect for the Environment & Competitors
- Fair play

## CLUB LOGO

The organisers have also decided to recognise the tremendous work done by participating Clubs.

To that effect, the Logo of each Club will be integrated in the official program. Furthermore, a banner will also be deployed in-field with the names & logos of all Clubs.

Hence, each Club are invited to forward to the MAA, at the earliest possible, its logo in quality (high pixel/resolution) JPEG, PNG or PDF formats.

For those clubs who do not have up to now a logo, they are invited to do the needful to create one which will reflect the uniqueness of their Club, before the Championships.

**CAMP DU ROI STADIUM, PORT MATHURIN, RODRIGUES**

**PROGRAMME – RODRIGUES REGIONAL CHAMPIONSHIPS**

**SATURDAY 16<sup>th</sup> NOVEMBER 2019**

FRIDAY 15 <sup>th</sup> NOVEMBER 2019			
16:00	1000M WALK	(G)	U12
16:00	1000M WALK	(B)	U12
16:15	3000M WALK	(G)	U16
16:15	3000M WALK	(B)	U16
SATURDAY 16 <sup>th</sup> NOVEMBER 2019			
09:00	OPENING CEREMONY		
09:15	2000M WALK	(G)	U14
09:15	2000M WALK	(B)	U14
09:30	1000M	(B)	U16
09:30	HIGH JUMP	(G)	U16
09:30	SHOT PUT	(B)	U12
09:30	LONG JUMP	(G)	U14
09:30	HAMMER	(B)	U16
09:30	HIGH JUMP	(B)	U14
09:45	1000M	(G)	U16
10:00	500M	(G)	U12
10:15	500M	(B)	U12
10:30	SHOT PUT	(G)	U12
10:30	LONG JUMP	(B)	U14
10:30	HIGH JUMP	(B)	U16
10:30	HAMMER	(G)	U16
10:30	HIGH JUMP	(G)	U14
10:50	800M	(B)	U14
11:00	800M	(G)	U14
11:20	200M	(G)	U16

11:30	200M	(B)	U16
11:30	LONG JUMP	(B)	U12
11:30	LONG JUMP	(G)	U12
11:30	JAVELIN	(B)	U16
11:30	DISCUS	(G)	U14
11:40	100M	(B)	U14
11:50	100M	(G)	U14
12:00	INTERVAL		
12:30	50M	(G)	U12
12:30	TRIPLE JUMP	(G)	U16
12:30	TRIPLE JUMP	(B)	U16
12:30	JAVELIN	(G)	U16
12:30	DISCUS	(B)	U14
12:40	50M	(B)	U12
12:50	60M H	(B)	U14
13:05	60M H	(G)	U14
13:20	100M H	(B)	U16
13:20	SHOT PUT	(G)	U14
13:20	SHOT PUT	(B)	U14
13:35	100M H	(G)	U16
14:00	4 X 50M	(B)	U12
14:10	4 X 50M	(G)	U12
14:20	4 X 100M	(B)	U14
14:30	4 X 100M	(G)	U14
14:40	4 X 100M	(B)	U16
14:50	4 X 100M	(G)	U16

*(Programme is being updated by Rodrigues Regional Athletics Committee)*



**MARYSE JUSTIN STADIUM, REDUIT, MAURITIUS**

**PROGRAMME – NATIONAL (QUALIFYING ROUNDS)**

**(SATURDAY 23<sup>RD</sup> & SUNDAY 24<sup>TH</sup> NOVEMBER 2019)**

**QUALIFYING ROUNDS : DAY 1 : SATURDAY 23<sup>RD</sup> NOVEMBER 2019**

09:00	1000M WALK	(G)	U12	FINAL	10:30	LONG JUMP	(G)	U14	QUAL B
09:00	1000M WALK	(B)	U12	FINAL	<i>10:50</i>	<i>100M</i>	<i>WOMEN</i>	<i>BOM</i>	<i>ROUND 1</i>
09:10	3000M WALK	(G)	U16	FINAL	11:00	100M	(B)	U14	ROUND 1
09:10	3000M WALK	(B)	U16	FINAL	11:30	100M	(G)	U14	ROUND 1
09:30	1000M	(B)	U16	ROUND 1	11:30	TRIPLE JUMP	(B)	U16	QUAL
09:30	HIGH JUMP	(G)	U14	QUAL A	11:30	TRIPLE JUMP	(G)	U16	QUAL
09:30	HIGH JUMP	(G)	U14	QUAL B	11:30	DISCUS	(G)	U14	QUAL
09:30	SHOT PUT	(B)	U12	QUAL A	<i>11:30</i>	<i>SHOT PUT</i>	<i>MEN</i>	<i>BOM</i>	<i>QUAL</i>
09:30	SHOT PUT	(B)	U12	QUAL B	11:50	200M	(B)	U16	ROUND 1
09:30	HAMMER	(G)	U16	QUAL	11:20	200M	(G)	U16	ROUND 1
09:45	1000M	(G)	U16	ROUND 1	11:40	50M	(B)	U12	ROUND 1
10:00	800M	(G)	U14	ROUND 1	12:00	50M	(G)	U12	ROUND 1
10:15	800M	(B)	U14	ROUND 1	<i>12:25</i>	<i>4 X 100M</i>	<i>BOM</i>		<i>ROUND 1</i>
<i>10:30</i>	<i>100M</i>	<i>MEN</i>	<i>BOM</i>	<i>ROUND 1</i>	12:45	4 X 100M	(B)	U14	ROUND 1
10:30	HIGH JUMP	(B)	U14	QUAL A	12:55	4 X 100M	(G)	U14	ROUND 1
10:30	HIGH JUMP	(B)	U14	QUAL B	13:05	4 X 50M	(B)	U12	ROUND 1
10:30	SHOT PUT	(G)	U12	QUAL A	13:15	4 X 50M	(G)	U12	ROUND 1
10:30	SHOT PUT	(G)	U12	QUAL B	13:25	4 X 100M	(B)	U16	ROUND 1
10:30	HAMMER	(B)	U16	QUAL	13:35	4 X 100M	(G)	U16	ROUND 1
10:30	LONG JUMP	(G)	U14	QUAL A					

**MARYSE JUSTIN STADIUM, REDUIT, MAURITIUS**

**PROGRAMME – NATIONAL (QUALIFYING ROUNDS)**

**(SATURDAY 23<sup>RD</sup> & SUNDAY 24<sup>TH</sup> NOVEMBER 2019)**

**QUALIFYING ROUNDS : DAY 2 - SUNDAY 24<sup>TH</sup> NOVEMBER 2019**

09:30	2000M WALK	(G)	U12	FINAL
09:30	2000M WALK	(B)	U12	FINAL
09:30	HIGH JUMP	(B)	U16	QUAL A
09:30	HIGH JUMP	(B)	U16	QUAL B
09:30	SHOT PUT	(G)	U14	QUAL A
09:30	SHOT PUT	(G)	U14	QUAL B
09:30	LONG JUMP	(B)	U14	QUAL A
09:30	LONG JUMP	(B)	U14	QUAL B
09:45	60M H	(B)	U14	ROUND 1
10:00	60M H	(G)	U14	ROUND 1
10:20	100M H	(B)	U16	ROUND 1
10:35	100M H	(G)	U16	ROUND 1
10:35	HIGH JUMP	(G)	U16	QUAL A
10:35	HIGH JUMP	(G)	U16	QUAL B
10:35	SHOT PUT	(B)	U14	QUAL A
10:35	SHOT PUT	(B)	U14	QUAL B
10:35	DISCUS	(B)	U14	QUAL
10:50	500M	(B)	U12	ROUND 1

11:00	500M	(G)	U12	ROUND 1
11:15	100M	(B)	U14	SEMI FIN
11:30	100M	(G)	U14	SEMI FIN
11:30	LONG JUMP	(G)	U12	QUAL A
11:30	LONG JUMP	(G)	U12	QUAL B
11:30	JAVELIN	(G)	U16	QUAL
11:45	200M	(B)	U16	SEMI FIN
12:00	200M	(G)	U16	SEMI FIN
12:15	50M	(B)	U12	SEMI FIN
12:30	50M	(G)	U12	SEMI FIN
12:30	LONG JUMP	(B)	U12	QUAL A
12:30	LONG JUMP	(B)	U12	QUAL B
12:30	JAVELIN	(B)	U16	QUAL
12:45	60M H	(B)	U14	SEMI FIN
13:00	60M H	(G)	U14	SEMI FIN
13:15	100M H	(B)	U16	SEMI FIN
13:30	100M H	(G)	U16	SEMI FIN

### PROGRAMME – NATIONAL (FINALS)

### SATURDAY 7<sup>TH</sup> DECEMBER 2019

09:00	OPENING CEREMONY		
09:20	100M	MEN	BOM - SF
09:30	1000M	(B)	U16
09:30	HIGH JUMP	(G)	U16
09:30	SHOT PUT	(B)	U12
09:30	LONG JUMP	(G)	U14
09:30	HAMMER	(B)	U16
09:30	HIGH JUMP	(B)	U14
09:45	1000M	(G)	U16
10:00	500M	(G)	U12
10:15	500M	(B)	U12
10:30	100M	MEN	BOM - Fin
10:30	SHOT PUT	(G)	U12
10:30	LONG JUMP	(B)	U14
10:30	HIGH JUMP	(B)	U16
10:30	HAMMER	(G)	U16
10:30	HIGH JUMP	(G)	U14
10:40	100M	WOMEN	BOM
10:50	800M	(B)	U14
11:00	800M	(G)	U14
11:20	200M	(G)	U16
11:30	200M	(B)	U16
11:30	SHOT PUT	MEN	BOM
11:30	LONG JUMP	(B)	U12
11:30	LONG JUMP	(G)	U12

11:30	JAVELIN	(B)	U16
11:30	DISCUS	(G)	U14
11:40	100M	(B)	U14
11:50	100M	(G)	U14
12:00	4 X 100M	MIXED	BOM
12:10	INTERVAL		
12:30	50M	(G)	U12
12:30	TRIPLE JUMP	(G)	U16
12:30	TRIPLE JUMP	(B)	U16
12:30	JAVELIN	(G)	U16
12:30	DISCUS	(B)	U14
12:40	50M	(B)	U12
12:50	60M H	(B)	U14
13:05	60M H	(G)	U14
13:20	100M H	(B)	U16
13:20	SHOT PUT	(G)	U14
13:20	SHOT PUT	(B)	U14
13:35	100M H	(G)	U16
14:00	4 X 50M	(B)	U12
14:10	4 X 50M	(G)	U12
14:20	4 X 100M	(B)	U14
14:30	4 X 100M	(G)	U14
14:40	4 X 100M	(B)	U16
14:50	4 X 100M	(G)	U16