



Junior Club Championships

Sunday 15th September 2019

9.15 AM Meet for a 10.00 AM Start

Events:

600m, 80m, 70m Hurdles, Long Jump, Shot, Javelin.

Split into 4 groups based on September school year groups (numbers to be given out during registration 9.15 – 9.45).

Warm up 9.45 -10.00

Both track and field events to have each year group split into girls and boys.

Field cards to be used (declarations complete prior to event by event coordinator or Year group Support volunteer)

Each event will be timed for 25 minutes.

5 minutes interval change over time in between each event.

Time	10.00 – 10.25	10.30 - 10.55	11.00 – 11.25	11.30 – 11.55	12.00 – 12.25	12.30 – 12.55
Year 4	70m Hurdles	80m	Long Jump	Shot	Whizzy Javelin	600m
Year 5	70m Hurdles	Long Jump	Shot	Whizzy Javelin	80m	600m
Year 6	70m Hurdles	Shot	Whizzy Javelin	80m	Long Jump	600m
Year 7	70m Hurdles	WhizzyJavelin	80m	Long Jump	Shot	600m

The following is the running of the day:

Track (70mh, 80m & 600m): Order for 70mh & 600m to be Yr4, Yr5, Yr6, Y7

