

Club Night B PNAHC

4 45 pm	Run Jump Throw 6 and Under
5-10 pm	Coaching Fundamentals 7/8/9
5 45 pm	50mH G7 to B9 60mH G10 to B11 Long Jump G10 High Jump G13 to SM Shot G7 G13 to SW Discus
6 00 pm	60m G7 to SM Shot B7 Long Jump B10
6 15 pm	70mH G12/13 B12 80mH G14/15 B13 100mH W17+ 110mH M17+ Shot G8 Long Jump G11 Discus B13 to SM
6 30 pm	200m G7 to SM Shot B8 Long Jump B11
6 45 pm	Shot G9 Long Jump G12
7 00 pm	800m G10 to SM Shot B9 Long Jump B12
7 20 pm	600m/1000m/3000m G10 to SM

Times are a guide ,events may run early if numbers are small