

School Sport South Coast

2018 PROGRAM OF EVENTS – FIELD

NB. MULTI CLASS stands for Athletes with Disabilities
Multi E—stands for Tetrathlon or Multi Event (4 events)

Indicates that there has been a change to qualifying times or distances in 2018 in these events #

Day Zero (Prior Day – Specialised Events) - (Friday 7 September 2018)							
SESSION	TIME	BOYS	EVENT	2018 SQ DISTANCE	GIRLS	EVENT	2018 SQ DISTANCE
0	4.00 p.m.	All Ages	Pole Vault (Warm Up)	N/A		Pole Vault (Warm Up)	
					13–15 yrs	Hammer Throw 3kg	#13-26.00 m 14 - 27.00 m #15-28.00 m
					16–17 yrs	Hammer Throw 3kg	#16-30.00 m 17 - 32.00 m
					18–19 yrs	Hammer Throw 4kg	27.00 m
	4.30 p.m.	10 yrs	Shot Put Multi E (Tetrathlon)		10 yrs	Shot Put Multi E (Tetrathlon)	
		11 yrs	Shot Put Multi E (Tetrathlon)		11 yrs	Shot Put Multi E (Tetrathlon)	
		12 yrs	Shot Put Multi E (Tetrathlon)		12 yrs	Shot Put Multi E (Tetrathlon)	
	4.40 p.m.	13 yrs	Pole Vault	2.30 m	13 yrs	Pole Vault	2.00 m
		14–15 yrs	Pole Vault	2.30 m	14–15 yrs	Pole Vault	2.00 m
		16–17 yrs	Pole Vault	2.70 m	16–17 yrs	Pole Vault	2.00 m
		18–19 yrs	Pole Vault	3.00 m	18–19 yrs	Pole Vault	2.00 m
	5.10 p.m.	13-15 yrs	Hammer 13 – 3kg, 14 /5 -4kg	13 / 14 -28.00 m 15 - 32.00 m			
		16-17 yrs	Hammer 5kg	35.00 m			
		18-19 yrs	Hammer 6kg	32.00 m			
	5.15 p.m.	10 yrs	Long Jump Multi E (Tetrathlon)		10 yrs	Long Jump Multi E (Tetrathlon)	
11 yrs		Long Jump Multi E (Tetrathlon)		11 yrs	Long Jump Multi E (Tetrathlon)		
12 yrs		Long Jump Multi E (Tetrathlon)		12 yrs	Long Jump Multi E (Tetrathlon)		

Day One (Tuesday 11 September 2018)							
SESSION	TIME	BOYS	EVENT	2018 SQ DISTANCE	GIRLS	EVENT	2018 SQ DISTANCE
1	8.30 a.m.	10 yrs	Discus	N/A	10 yrs	Discus	N/A
		12 yrs	High Jump	N/A	12 yrs	Long Jump	N/A
		10-19 yrs	Long Jump MultiClass		14 yrs	Shot Put double up	10.20m
					10-19 yrs	Long Jump - MultiClass	
2	9.45 a.m.	10 yrs	High Jump	N/A	10 yrs	Long Jump	N/A
		11 yrs	Discus	N/A	11 yrs	Discus	N/A
					13 yrs	Long Jump	4.70m
3	10.45 a.m.	13 yrs	High Jump	1.58m	13 yrs	Discus (1)	26.00m
		14 yrs	Long Jump (2)	# 5.70m	17 yrs	Shot Put (1)	11.00m
		15 yrs	Long Jump (1)	# 6.00m	18-19 yrs	Shot Put (1)	9.00m
		17 yrs	Javelin	49.50m			
		18-19 yrs	Javelin	42.00m			
4	11.45 a.m.	14 yrs	High Jump	1.68m	14 yrs	Shot Put	10.20m
		16 yrs	Javelin	46.00m	16 yrs	Triple Jump	# 10.40m
		17-19 yrs	Long Jump (1)	# 6.20m	17 yrs	Discus (1)	28.50m
					18-19 yrs	Discus (1)	29.00m
5	1.00 p.m.	14 yrs	Javelin	39.00m	15 yrs	Shot Put	10.50m
		15 yrs	High Jump	1.74m	16 yrs	Discus (1)	28.00m
		16 yrs	Long Jump (1)	# 6.20m	17-19 yrs	Triple Jump	# 10.40m
6	2.00 p.m.	13 yrs	Shot Put (1)	12.50m	13 yrs	High Jump	1.47m
		15 yrs	Javelin	43.00m	14 yrs	Discus (1)	27.00m
					15 yrs	Triple Jump	10.20m
					16 yrs	Long Jump (1)	# 5.00m
7	3.00 p.m.	13 yrs	Long Jump (1)	# 5.40m	14 yrs	Triple Jump	10.20m
		16 – 19 yrs	High Jump	1.82m	15 yrs	Discus (1)	27.50m
		10-19 yrs	Discus - MultiClass		10-19 yrs	Discus - MultiClass	
					17-19 yrs	Triple Jump double up	# 10.40m

Day Two (Wednesday 12 September 2018)

Indicates that there has been a change to qualifying times or distances in 2018 in these events #

Sessi on	Time	Boys	Event	2018 SQ DISTANCE	Girls	Event	#2018SQ DISTANCE
8	8.30 a.m.	11 yrs	High Jump	N/A	11 yrs	Long Jump (1)	N/A
		12 yrs	Shot Put (1)	N/A	12 yrs	Discus (2)	
		16 yrs	Shot Put (2)	12.75m	13 yrs	Triple Jump	# 10.00m
		17 yrs	Discus (1)	41.00m			
		18-19 yrs	Discus (1)	32.00m			
9	9.45 a.m.	13 yrs	Javelin	34.00m	14 yrs	High Jump	1.50m
		14 yrs	Discus (1)	38.00m	15 yrs	Long Jump (1)	# 4.95m
		15 yrs	Triple Jump	12.00m	16 yrs	Shot Put (2)	10.75m
		10-19 yrs	Shot Put (1) - MultiClass		10-19 yrs	Shot Put (1) - MultiClass	
10	10.45 a.m.	11 yrs	Shot Put (2)	N/A	10 yrs	High Jump	N/A
		15 yrs	Discus (1)	43.50m	11 yrs	Shot Put (1)	N/A
		16 yrs	Triple Jump	# 12.50m	13 yrs	Javelin	27.00m
					17-19 yrs	Long Jump (1)	# 5.00m
11	11.45 a.m.	10 yrs	Shot Put (1)	N/A	12 yrs	Shot Put (2)	N/A
		12 yrs	Long Jump (1)	N/A	15 yrs	High Jump	1.50m
		13 yrs	Discus (1)	34.00m	17 yrs	Javelin	30.00m
		17 yrs	Triple Jump	# 12.65m	18-19 yrs	Javelin	27.00m
		18-19 yrs	Triple Jump	# 12.65m	13-19 yrs	Javelin - MultiClass	
	13-19 yrs	Javelin - MultiClass					
12	1.00 p.m.	11 yrs	Long Jump (1)	N/A	11 yrs	High Jump	N/A
		14 yrs	Triple Jump	11.50m	13 yrs	Shot Put (1)	9.50m
		15 yrs	Shot Put (2)	13.50m	14 yrs	Javelin	27.50m
		16 yrs	Discus (1)	35.00m			
13	2.00 p.m.	10 yrs	Long Jump (1)	N/A	10 yrs	Shot Put (2)	N/A
		12 yrs	Discus (1)		12 yrs	High Jump	N/A
		13 yrs	Triple Jump	10.85m	16 yrs	Javelin	30.00m
		17 yrs	Shot Put (1)	13.00m			
		18-19 yrs	Shot Put (1)	11.75m			
14	3.00 p.m.	14 yrs	Shot Put (1)	12.50m	14 yrs	Long Jump (1)	# 4.90m
					15 yrs	Javelin	29.00m
					16-19 yrs	High Jump	1.50m

School Sport South Coast

2018 PROGRAM OF EVENTS – TRACK

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Multi Event –stands for Tetrathlon or 4 events

Indicates that there has been a change to qualifying times or distances in 2018 in these events

Day Zero (Prior Day – Specialised Events) – Friday 7 September 2018

SESSION	TIME	AGE	EVENT	2018 SQ DISTANCE (electronic)
0	4.05 p.m.	10 yrs Boys	100m Multi event (Tetrathlon)	
		10 yrs Girls	100m Multi event (Tetrathlon)	
	4.10 p.m.	11 yrs Boys	100m Multi event (Tetrathlon)	
		11 yrs Girls	100m Multi event (Tetrathlon)	
	4.15 a.m.	12 yrs Boys	100m Multi event (Tetrathlon)	
		12 Yrs Girls	100m Multi event (Tetrathlon)	
	4.25 p.m.	14 yrs Boys	2000m Steeplechase	7.15.0
		15 yrs Boys	2000m Steeplechase	7.00.0
	4.45 p.m.	14 yrs Girls	2000m Steeplechase	8.40.0
		15 yrs Girls	2000m Steeplechase	8.40.0
		16 yrs Girls	2000m Steeplechase	8.40.0
		17 yrs Girls	2000m Steeplechase	8.40.0
		18 – 19 yrs Girls	3000m Steeplechase	13.20.0
		5.15 p.m.	18 – 19 yrs Boys	400m Hurdles
	18 – 19 yrs Girls		400m Hurdles	1.13.14
	16 – 17 yrs Girls		400m Hurdles	1.13.14
	16 – 17 yrs Boys		400m Hurdles	1.02.94
	5.30 p.m.	13 – 15 yrs Girls	3000m Walk	18.40.0
		13 – 15 yrs Boys	3000m Walk	19.00.0
		16 – 19 yrs Girls	5000m Walk	32.00.0
		16 – 19 yrs Boys	5000m Walk	29.00.0
		18 – 19 yrs Girls	5000m Run	18.50.00
		18 – 19 yrs Boys	5000m Run	17.00.00
	6.00 p.m.	10 yrs Boys	800m Multi Event (Tetrathlon)	
		10 yrs Girls	800m Multi Event (Tetrathlon)	
		11 yrs Boys	800m Multi Event (Tetrathlon)	
		11 yrs Girls	800m Multi Event (Tetrathlon)	
		12 yrs Boys	800m Multi Event (Tetrathlon)	
		12 Yrs Girls	800m Multi Event (Tetrathlon)	
	6.45 p.m.	13 – 15 yrs Boys	200m Hurdles	30.04
13 – 15 yrs Girls		200m Hurdles	32.24	
6.55 p.m.	16 yrs Boys	2000m Steeplechase	7.00.0	
	17 yrs Boys	2000m Steeplechase	6.50.0	
	18 – 19 yrs Boys	3000m Steeplechase	10.20.0	

**Some of these events may be run as multi age events on the night, dependent on number of nominations.

Day One (Tuesday 11 September 2018)

SESSION	TIME	AGE	EVENT	# 2018 SQ DISTANCE (electronic)
1	8.30 a.m.	13yrs- Girls	80m Hurdles (Timed Finals)	14.54
		13yrs- Boys	90m Hurdles (Timed Finals)	15.24
		14 yrs- Girls	90m Hurdles (Timed Finals)	15.94
		15 yrs- Girls	90m Hurdles (Timed Finals)	15.84
		16 yrs- Girls	100m Hurdles (Timed Finals)	17.74
		17 yrs- Girls	100m Hurdles (Timed Finals)	17.64
		18-19 yrs- Girls	100m Hurdles (Timed Finals)	17.64
		14 yrs- Boys	100m Hurdles (Timed Finals)	15.84
		15 yrs- Boys	100m Hurdles (Timed Finals)	15.74
		16 yrs- Boys	110m Hurdles (Timed Finals)	16.84
		17 yrs- Boys	110m Hurdles (Timed Finals)	16.84
		18-19 yrs- Boys	110m Hurdles (Timed Finals)	16.94
2	10.00 a.m.	14-15 yrs- Girls	3000m (Finals)	11.22.00
		14-15 yrs- Boys	3000m (Finals)	10.00.00
		16-17 yrs- Girls	3000m (Finals)	11.22.00
		16-17 yrs- Boys	3000m (Finals)	9.40.00
3	11.00 a.m.	10 yrs- Girls	200m (Heats)	
		10 yrs- Boys	200m (Heats)	
		11 yrs- Girls	200m (Heats)	
		11 yrs- Boys	200m (Heats)	
		12 yrs- Girls	200m (Heats)	
		12 yrs- Boys	200m (Heats)	
		13yrs- Girls	200m (Heats)	

3	11.00 a.m.	13yrs- Boys	200m (Heats)	
		14 yrs- Girls	200m (Heats)	
		14 yrs- Boys	200m (Heats)	
		15 yrs- Girls	200m (Heats)	
		15 yrs- Boys	200m (Heats)	
		16 yrs- Girls	200m (Heats)	
		16 yrs- Boys	200m (Heats)	
		17 yrs- Girls	200m (Heats)	
		17 yrs- Boys	200m (Heats)	
		18-19 yrs- Girls	200m (Heats)	
18-19 yrs- Boys	200m (Heats)			
4	1.00 p.m.	10 – 12yrs Girls – Multi Class (AWD)	800m (Straight Finals)	
		10 – 12yrs Boys – Multi Class (AWD)	800m (Straight Finals)	
		13 – 15yrs Girls – Multi Class (AWD)	800m (Straight Finals)	
		13 – 15yrs Boys – Multi Class (AWD)	800m (Straight Finals)	
		16 - 19yrs Girls – Multi Class (AWD)	800m (Straight Finals)	
		16 - 19yrs Boys – Multi Class (AWD)	800m (Straight Finals)	
		10 yrs- Girls	800m (Straight Finals)	N / A
		10 yrs- Boys	800m (Straight Finals)	N / A
		11 yrs- Girls	800m (Straight Finals)	N / A
		11 yrs- Boys	800m (Straight Finals)	N / A
		12 yrs- Girls	800m (Straight Finals)	N / A
		12 yrs- Boys	800m (Straight Finals)	N / A
		13yrs- Girls	800m (Straight Finals)	2.30.00
		13yrs- Boys	800m (Straight Finals)	2.19.00
		14 yrs- Girls	800m (Straight Finals)	2.29.50
		14 yrs- Boys	800m (Straight Finals)	2.13.00
		15 yrs- Girls	800m (Straight Finals)	2.29.50
		15 yrs- Boys	800m (Straight Finals)	2.09.00
		16 yrs- Girls	800m (Straight Finals)	2.29.50
		16 yrs- Boys	800m (Straight Finals)	2.06.00
17 yrs- Girls	800m (Straight Finals)	2.29.50		
17 yrs- Boys	800m (Straight Finals)	2.06.00		
18-19 yrs- Girls	800m (Straight Finals)	2.29.50		
18-19 yrs- Boys	800m (Straight Finals)	2.06.00		
5	3.00 p.m.	10 – 12yrs Girls – Multi Class (AWD)	200m (Finals)	
		10 – 12yrs Boys – Multi Class (AWD)	200m (Finals)	
		13 – 15yrs Girls – Multi Class (AWD)	200m (Finals)	
		13 – 15yrs Boys – Multi Class (AWD)	200m (Finals)	
		16 - 19yrs Girls – Multi Class (AWD)	200m (Finals)	
		16 - 19yrs Boys – Multi Class (AWD)	200m (Finals)	
		10 yrs- Girls	200m (Finals)	N / A
		10 yrs- Boys	200m (Finals)	N / A
		11 yrs- Girls	200m (Finals)	N / A
		11 yrs- Boys	200m (Finals)	N / A
		12 yrs- Girls	200m (Finals)	N / A
		12 yrs- Boys	200m (Finals)	N / A
		13yrs- Girls	200m (Finals)	27.84
		13yrs- Boys	200m (Finals)	25.64
		14 yrs- Girls	200m (Finals)	27.34
		14 yrs- Boys	200m (Finals)	24.44
		15 yrs- Girls	200m (Finals)	27.24
		15 yrs- Boys	200m (Finals)	23.94
		16 yrs- Girls	200m (Finals)	27.14
		16 yrs- Boys	200m (Finals)	23.74
17 yrs- Girls	200m (Finals)	27.14		
17 yrs- Boys	200m (Finals)	23.34		
18-19 yrs- Girls	200m (Finals)	27.14		
18-19 yrs- Boys	200m (Finals)	23.34		
Approx. finish at 3.45				

Day Two (Wednesday 12 September 2018)

SESSION	TIME	AGE	EVENT	#2018 SQ DISTANCE (electronic)
6	9.00 a.m.	10 yrs- Girls	100m (Heats)	
		10 yrs- Boys	100m (Heats)	
		11 yrs- Girls	100m (Heats)	
		11 yrs- Boys	100m (Heats)	
		12 yrs- Girls	100m (Heats)	
		12 yrs- Boys	100m (Heats)	
		13yrs- Girls	100m (Heats)	

6	9.00 a.m.	13yrs- Boys	100m (Heats)			
		14 yrs- Girls	100m (Heats)			
		14 yrs- Boys	100m (Heats)			
		15 yrs- Girls	100m (Heats)			
		15 yrs- Boys	100m (Heats)			
		16 yrs- Girls	100m (Heats)			
		16 yrs- Boys	100m (Heats)			
		17 yrs- Girls	100m (Heats)			
		17 yrs- Boys	100m (Heats)			
		18-19 yrs- Girls	100m (Heats)			
18-19 yrs- Boys	100m (Heats)					
7	11.00 a.m.	13 – 15yrs Girls – Multi Class (AWD)	400m (Timed Finals)			
		13 – 15yrs Boys – Multi Class (AWD)	400m (Timed Finals)			
		16 - 19yrs Girls – Multi Class (AWD)	400m (Timed Finals)			
		16 - 19yrs Boys – Multi Class (AWD)	400m (Timed Finals)			
		13yrs- Girls	400m (Timed Finals)	63.94		
		13yrs- Boys	400m (Timed Finals)	59.14		
		14 yrs- Girls	400m (Timed Finals)	63.24		
		14 yrs- Boys	400m (Timed Finals)	56.24		
		15 yrs- Girls	400m (Timed Finals)	63.24		
		15 yrs- Boys	400m (Timed Finals)	54.64		
		16 yrs- Girls	400m (Timed Finals)	63.14		
		16 yrs- Boys	400m (Timed Finals)	53.44		
		17 yrs- Girls	400m (Timed Finals)	63.14		
		17 yrs- Boys	400m (Timed Finals)	52.84		
		18-19 yrs- Girls	400m (Timed Finals)	63.14		
		18-19 yrs- Boys	400m (Timed Finals)	52.84		
		8	1.00 p.m.	13 – 15 yrs Girls – Multi Class (AWD)	1500m (Finals)	
				13 – 15 yrs Boys – Multi Class (AWD)	1500m (Finals)	
16 - 19 yrs Girls – Multi Class (AWD)	1500m (Finals)					
16 - 19 yrs Boys – Multi Class (AWD)	1500m (Finals)					
10 – 12yrs - Girls	1500m (Multi Age Timed Finals)					
10 – 12yrs - Boys	1500m (Multi Age Timed Finals)					
13yrs- Girls	1500m (Finals)			5.19.00		
13yrs- Boys	1500m (Finals)			4.53.00		
14 yrs- Girls	1500m (Finals)			5.19.00		
14 yrs- Boys	1500m (Finals)			4.42.00		
15 yrs- Girls	1500m (Finals)			5.19.00		
15 yrs- Boys	1500m (Finals)			4.32.00		
16 yrs- Girls	1500m (Finals)			5.19.00		
16 yrs- Boys	1500m (Finals)			4.30.00		
17 yrs- Girls	1500m (Finals)			5.19.00		
17 yrs- Boys	1500m (Finals)			4.26.00		
18-19 yrs- Girls	1500m (Finals)			5.19.00		
18-19 yrs- Boys	1500m (Finals)			4.28.00		
9	2.30 p.m.	10 – 12yrs Girls – Multi Class (AWD)	100m (Finals)			
		10 – 12yrs Boys – Multi Class (AWD)	100m (Finals)			
		13 – 15yrs Girls – Multi Class (AWD)	100m (Finals)			
		13 – 15yrs Boys – Multi Class (AWD)	100m (Finals)			
		16 - 19yrs Girls – Multi Class (AWD)	100m (Finals)			
		16 - 19yrs Boys – Multi Class (AWD)	100m (Finals)			
		10 yrs- Girls	100m (Finals)	N / A		
	10 yrs- Boys	100m (Finals)	N / A			
	11 yrs- Girls	100m (Finals)	N / A			
	11 yrs- Boys	100m (Finals)	N / A			
	12 yrs- Girls	100m (Finals)	N / A			
	12 yrs- Boys	100m (Finals)	N / A			
	13yrs- Girls	100m (Finals)	13.44			
	13yrs- Boys	100m (Finals)	12.44			
	14 yrs- Girls	100m (Finals)	13.34			
	14 yrs- Boys	100m (Finals)	12.04			
	15 yrs- Girls	100m (Finals)	13.24			
	15 yrs- Boys	100m (Finals)	11.74			
	16 yrs- Girls	100m (Finals)	13.24			
	16 yrs- Boys	100m (Finals)	11.64			
	17 yrs- Girls	100m (Finals)	13.24			
17 yrs- Boys	100m (Finals)	11.64				
18-19 yrs- Girls	100m (Finals)	13.24				
18-19 yrs- Boys	100m (Finals)	11.64				
	3.30p.m.		Approximate Finish			