

8th October 2022 Saturday Venue SAF Come and Try Morning

8.00 Welcome and Introductions.

Note: Field events to commence with basic lesson/rules for newcomers.

8.10 Shot W30+ Northern End
Javelin M30+ Northern End

8.15 Starting commands introduction

8.20 60m shuttle relay

8.30 High Jump

8.40 100m

9.00 Shot Put M30+ Northern End
Weight Throw W30+ North/West Corner

9.15 200m
Pole Vault

9.30 Random Draw prizes

9.40 800m

9.45 Long Jump
Sprint Hurdles

9.50 Javelin W30+ Northern End
Weight M30+ North/West Corner

10.00 400m

10.15 Thank you for your attendance

19th October 2022 Wednesday Evening Venue SAF

7.00 2000m Run/Walk
Javelin Northern End
High Jump

7.10 Long Hurdles

7.20 60m

7.40 100m

7.50 Shot Put
Long Jump/Triple Jump

8.00 200m

8.15 1500m

8.30 300m

29th October 2022 Saturday Venue SAF

8.00 3000m Run/Walk
Thrower's choice

56lb North/West Corner or
Discus Northern Cage
High Jump

8.15 Sprint Hurdles

8.30 60m

8.45 Pole Vault

8.55 200m

9.00 Thrower's choice
100lb North/West Corner or
Hammer Southern Cage

9.30 100m

9.40 1500m Run/Walk
Long Jump

10.00 Hammer Southern Cage or
Discus Northern Cage

10.15 400m and 4 x 400m