



EVENT	Varsity Boys	Varsity Girls	JV Boys	JV Girls	G7-U Boys	G7-U Girls
100m						
200m						
400m						
800m						
1500m						
4 x 100m Relay						
Long Jump						
Triple Jump						
High Jump						
Shot Put (3kg)		X		X	X	X
Shot Put (4kg)	X		X			
Discus (1kg)		X		X	X	X
Discus (1.5kg)	X		X			
Javelin (400g)		X		X	X	X
Javelin (600g)	X		X			

- 1 athlete per school per individual event.
- An athlete can be in a maximum of 3 individual events (relays do not count) and this may either be 2 Field and 1 Track or 1 Field and 2 Track.
- An athlete in two events at the same time must check in and out with the *field event* marshal and be on time to compete in the *track event*. Track events are priority.

Scoring

Individual points awarded for 1st – 6th place. (7, 5, 4, 3, 2, 1)

Relays count double points (14, 10, 8, 6, 4, 2)



EVENT	G5-U	G3-U
60m		
100m		
200m		
400m		
800m		
4 x 60m Shuttle Relay		X
4 x 100m Relay	X	
Long Jump	X	
Long Jump (unlimited run up)		X
Triple Jump		
High Jump	X	
Shot Put (lawn bowl ball)	X	
Shot Put (lawn bowl ball)		X
Tennis Ball Throw	X	
Baseball Throw		X