

Events Offered

Events		Masters											
Women	Masters												
Men	Senior												
Women	Senior												
Men	U20												
Women	U20												
Men	U18												
Women	U18												
Men	U16												
Girls	U16												
Boys	U14												
Girls	U14												
Boys	U12												
Girls	U12												
Boys	U10	Girls	U10	Boys									
60m					X		X		X		X		
80m							X		X				
100m		X		X	X		X		X		X		X
													X
150m								X			X		
200m		X		X	X		X		X		X		X
													X
300m					X		X						
400m		X		X	X		X		X		X		X
600m					X		X		X		X		X
800m		X		X	X		X		X		X		X
													X

Events Offered

Pole	Vault	X	X	X	X	X	X	X	X
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Long Jump	X	X	X	X	X	X	X	X	X	X
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Triple Jump	X	X	X	X	X	X	X	X	X	X
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Shot Put	ACS
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- ACS
- 4kg
- 7.26kg
- 4kg
- 6kg
- 3kg
- 5kg
- 3kg

Events Offered

4kg
 3kg
 3kg
 2kg
 2kg

2	kg	2	kg
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Javelin	ACS	ACS	600g	800g	600g	800g	500g	700g	500g	600g
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Discus	ACS	ACS	1kg	2kg	1kg	1.75kg	1kg	1.5kg	1kg	1kg
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Hammer / Master WT	ACS	ACS	4kg	7.26kg	4kg	6kg	3kg	5kg	3kg	4kg
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Combined Events	X	X	X
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Events Offered

4x100m	X	X	X	X	X	X	X	X	X	X	X
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4x400m	X	X	X	X	X	X	X	X	X	X	X
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Sat Events

Sun Events

Sat Events

Sun Events

Sat Events

Sun Events