

		Under 6	Under 7	Under 8	Under 9	Under 10	Under 11	Under 12	Under 13	Under 14	Under 15/16
2020/21	Program A	300m On Track / MO Shot Put Discus	70m 300m On Track / MO Shot Put Discus	70m 400m High Jump Vortex	70m 400m Long Jump Vortex	70m 400m LJ(G) / HJ(B) Vortex	70m 400m 1500m TJ(G) / LJ(B) Discus	70m 400m 1500m Long Jump Discus	70m 400m 1500m Triple Jump SP(G) / Dis(B)	70m 400m 1500m High Jump Discus	70m 400m 1500m HJ(G) / TJ(B) Shot Put
	Program B	8.00am Start for Under 12 to Under 16 Walk						1500m Walk	1500m Walk	1500m Walk	1500m Walk
	Program B	100m On Track / MO Long Jump Shot Put	100m On Track / MO Long Jump Shot Put	100m 700m Walk Long Jump(B) SP(G) / Dis(B)	100m 60m Hurdles 700m Walk Shot Put	100m 60m Hurdles 1100m Walk Discus	100m 80m Hurdles 1100m Walk High Jump Jav(G) / SP(B)	100m 80m Hurdles High Jump SP(G) / Jav(B)	100m 80m Hurdles 200m Long Jump Jav(G) / SP(B)	100m 80m/90m Hurdles 200m Triple Jump Shot Put	100m 90m/100m Hurdles 200m TJ(G) / LJ(B) Javelin
	Program C	70m On Track / MO Long Jump Discus	70m 200m On Track / MO Long Jump Discus	70m 200m 600m Long Jump(G) Dis(G) / SP(B)	100m 200m 800m High Jump Discus	100m 200m 800m HJ(G) / LJ(B) Shot Put	100m 200m 800m LJ(G) / TJ(B) SP(G) / Jav(B)	100m 200m 800m Triple Jump Jav(G) / SP(B)	100m 200m Hurdles 800m High Jump Dis(G) / Jav(B)	100m 200m Hurdles 800m Long Jump Javelin	100m 300m Hurdles 800m LJ(G) / HJ(B) Discus



COVID 19 CONTACT TRACING

One parent/guardian must register their attendance upon arrival at Knox Athletics Track. Please scan the QR code upon entering.

Did not work? Please navigate to the following URL <https://tinyurl.com/y29457qj>

Don't have a phone? Please use the manual sign in register at the entry gate.

CSO's are on duty and will be enforcing covid protocols.