

MALE

Name; Number;

Time	Event	Specs	Age	Event	ENTER	TIME
1.00	3000m	12 years or older		38		
	Javelin	800g	18-49	6		
	Javelin	700g	14-17,50-59	7		
	Javelin	600g	U/14, 60-69	8		
	Javelin	500g	70-79	9		
	Pole Vault			25		
1.15	Triple Jump			22		
2.00	200m Hurdles	76.2cm	13-15	55		
	400m Hurdles	84cm	16-17, 50-59	56		
	400m Hurdles	91.4cm	18-49	57		
	Long Jump S1	max 3 jumps		20		
2.15	Shot Put	7.26Kg	20-49	15		
	Shot Put	6Kg	18,19,50-59	16		
	Shot Put	5Kg	16,17,60-69	17		
	Shot Put	4Kg	14,15,70-79	18		
	Shot Put	3Kg	13 or Under	19		
2.25	100m			31		
2.50	800m			34		
3.00	Long Jump S2			21		
3.10	Discus	2Kg	20-49	10		
	Discus	1.75Kg	18,19	11		
	Discus	1.5Kg	16,17,50-59	12		
	Discus	1Kg	13-15, 60+	13		
	Discus	750g	12 or Under	14		
3.25	200m			32		

FEMALE

Name; Number;

Time	Event	Specs	Age	Event	ENTER	TIME
1.00	3000m	12 years or older		138		
	Shot Put	4Kg	18-49	115		
	Shot Put	3Kg	U/18, 50+	116		
	Shot Put	2Kg	Para	117		
	Pole Vault			125		
1.15	Triple Jump			122		
2.00	200m Hurdles	76.2cm	13-15	155		
	400m Hurdles	76.2cm	16-49	156		
	Long Jump S1	max 3 jumps		120		
2.15	Discus	1Kg	13 or Older	110		
	Discus	750gm	12 or Under	111		
	100m			131		
2.35	800m			134		
3.00	Long Jump S2			121		
3.10	Javelin	600g	18-49	106		
	Javelin	500g	14-17,50-74	107		
	Javelin	400g	13 or Under	108		
3.15	200m			132		