|  |  |
| --- | --- |
| Name: | Date: |
| Centre: | Club: |
| Postal Address: | Post Code: |
| Email Address: |

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| **General Duties**Pass Mark: 100% |
| **Question** | **A** | **B** | **C** | **D** |
| **1** |  | X |  |  |
| **2** |  | X |  |  |
| **3** |  |  | X |  |
| **4** |  | X |  |  |
| **5** |  |  |  | X |
| **6** |  |  | X |  |
| **7** |  |  | X |  |
| **8** |  | X |  |  |
| **9** |  |  | X |  |
| **10** |  |  |  | X |
| **11** |  |  |  | X |
| **12** |  | X |  |  |
| **13** |  |  | X |  |
| **14** |  | X |  |  |
| **15** |  |  | X |  |
| **16** | X |  |  |  |
| **17** |  | X |  |  |
| **18** |  | X |  |  |
| **19** | X |  |  |  |
| **20** |  | X |  |  |
| **21** |  | X |  |  |
| **22** |  | X |  |  |
| **23** |  |  | X |  |
| **24** |  |  |  | X |
| **25** | X |  |  |  |
| **26** | X |  |  |  |
| **27** |  | X |  |  |
| **28** |  |  | X |  |
| **29** |  | X |  |  |
| **30** |  | X |  |  |
| **31** |  | X |  |  |
| **32** |  |  | X |  |
| **33** |  | X |  |  |
| **34** | X |  |  |  |

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| --- |
| **General Duties**Pass Mark: 100% |
| **Question** | **A** | **B** | **C** | **D** |
| **35** |  | X |  |  |
| **36** |  | X |  |  |
| **37** |  | X |  |  |
| **38** | X |  |  |  |
| **39** |  |  | X |  |
| **40** |  |  |  | X |

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| --- |
| **Shot Put**Pass Mark: 100% |
| **Question** | **A** | **B** | **C** | **D** |
| **1** | X |  |  |  |
| **2** |  |  |  | X |
| **3** | **White** | 3.0KG |
|  | **Yellow** | 1.5KG |
|  | **Red** | 4.0KG |
|  | **Orange** | 2.0KG |
|  | **Blue** | 1.0KG |
|  **4**  | **U6** **Boys** **and** **Girls** | 1.0KG |
|  | **U7** **Boys** **and** **Girls** | 1.0KG |
|  | **U8** **Boys** **and** **Girls** | 1.2KG |
|  | **U9** **Boys** **and** **Girls** | 2.0KG |
|  | **U10** **Boys** **and** **Girls** | 2.0KG |
|  | **U11** **Boys** **and** **Girls** | 2.0KG |
|  | **U12** **Girls** | 2.0KG |
|  | **U12** **Boys** | 2.0KG |
|  | **U13** **Boys** **and** **Girls** | 3.0KG |
|  | **U14** **Boys** **and** **Girls** | 3.0KG |
|  | **U15** **Girls** | 3.0KG |
|  | **U15** **Boys** | 4.0KG |

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| **Javelin**Pass Mark: 100% |
| **Question** | **A** | **B** | **C** | **D** |
| **1** |  |  |  | X |
| **2** | X |  |  |  |
| **3** |  | X |  |  |
| **4** |  | X |  |  |
| **5** |  | X |  |  |
| **6** | X |  |  |  |
| **7** |  | X |  |  |
| **8** |  | X |  |  |
| **9** |  |  | X |  |
| **10** | X |  |  |  |
| **11** | **Vortex** | U6 & U7 |
|  | **Turbo Jav** | U8, 9, 10 |
|  | **400gm Jav** | U11, 12, 13 & 14 GIRLS |
|  | **500gm Jav** | U15 GIRLS |
|  | **600gm Jav** | U13 & U14 BOYS |
|  | **700gm Jav** | U15 BOYS |
| **12** |  |  | X |  |

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| --- |
| **Discus**Pass Mark: 100% |
| **Question** | **A** | **B** | **C** | **D** |
| **1** | X |  |  |  |
| **2** | X |  |  |  |
| **3** |  | X |  |  |
| **4** |  |  |  | X |
|  **5**  | **U6** **Boys** **and** **Girls**  | 330-350G |
|  |  **U7** **Boys** **and** **Girls**  | 330-350G50 |
|  |  **U8** **Boys** **and** **Girls**  | 500G |
|  |  **U9** **Boys** **and** **Girls**  | 500G |
|  |  **U10** **Boys** **and** **Girls**  | 500G |
|  |  **U11** **Boys** **and** **Girls**  | 500G |
|  |  **U12** **Boys** **and** **Girls**  | 750G |
|  |  **U13** **Girls**  | 750G |
|  |  **U13** **Boys**  | 750G |
|  |  **U14** **Boys** **and** **Girls**  | 1KG |
|  | **U15 Boys and Girls** | 1KG |

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| High JumpPass Mark: 100% |
| **Question** | **A** | **B** | **C** | **D** |
| **1** | X |  |  |  |
| **2** | X |  |  |  |
| **3** | X |  |  |  |
| **4** |  | X |  |  |
| **5** | X |  |  |  |
| **6** |  |  | X |  |
| **7** | X |  |  |  |
| **8** |  | X |  |  |
| **9** |  | X |  |  |
| **10** |  | X |  |  |
| **11** |  |  | X |  |
| **12** |  |  **Best** **Height**  | **Position**  |
|  |  **Richards**  | 1.18 | 4 |
|  |  **James**  | 1.16 | 5 |
|  |  **Royston**  | 1.18 | 3 |
|  |  **Johnson**  | 1.20 | 2 |
|  |  **Wilson**  | 1.16 | 5 |
|  |  **Smith**  | 1.20 | 1 |
| **13** |  |  | X |  |
| **14** | X |  |  |  |
| **15** |  | X |  |  |
| **16** |  |  | X |  |
| **17** | X |  |  |  |

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| **Long Jump & Triple Jump**Pass Mark: 100% |
| **Question** | **A** | **B** | **C** | **D** |
| **1** | X |  |  |  |
| **2** |  | X |  |  |
| **3** | X |  |  |  |
| **4** | X |  |  |  |
| **5** |  | X |  |  |
| **6** | X |  |  |  |
| **7** |  |  | X |  |
| **8** | X |  |  |  |
| **9** | X |  |  |  |
| **10** |  | X |  |  |
| **11** | X |  |  |  |
| **12** | X |  |  |  |
| **13** |  |  | X |  |
| **14** |  |  | X |  |
| **15** | X |  |  |  |
| **16** | X |  |  |  |
| **17** | X |  |  |  |
| **18** | X |  |  |  |
| **19** | X |  |  |  |
| **20** |  |  | X |  |
| **21** |  |  | X |  |