Athletics Wollongong
Summary of Events each Round

Go to ***Facebook*** to find any event changes and the program of events for the coming Wednesday night. Field events may be altered depending on the number of athletes in each age group.

Round 1

	Track event 1	Track event 2	Jump	Throw
U10	100m	400m	High Jump	Discus
U12	100m	400m	High Jump	Discus
U14	100m	400m	High Jump	Shot Put
U16	100m	400m	High Jump	Shot Put
U18	100m	400m	Long Jump	Javelin
U20	100m	400m	Long Jump	Javelin
Open	100m	400m	Long Jump	Javelin
Masters	100m	400m	Long Jump	Javelin

Round 2

	Track event 1	Track event 2	Jump	Throw
U10	200m	800m	Long Jump	Turbo Jav
U12	200m	800m	Long Jump	Turbo Jav
U14	200m	800m	Triple Jump	Discus
U16	200m	800m	Triple Jump	Discus
U18	200m	800m	High Jump	Hammer Throw
U20	200m	800m	High Jump	Hammer Throw
Open	200m	800m	High Jump	Hammer Throw
Masters	200m	800m	High Jump	Hammer Throw

Round 3

	Track event 1	Track event 2	Jump	Throw
U10	100m	800m walk	High Jump	Practice Hammer
U12	100m	800m walk	High Jump	Practice Hammer
U14	100m or sprint hurdles	800m walk	Pole Vault or Vortex Throw	Hammer Throw
U16	100m or sprint hurdles	800m walk	Pole Vault or Vortex Throw	Hammer Throw
U18	100m or sprint hurdles	800m walk	Pole Vault or Vortex Throw	Shot Put
U20	100m or sprint hurdles	800m walk	Pole Vault or Vortex Throw	Shot Put
Open	100m or sprint hurdles	800m walk	Pole Vault or Vortex Throw	Shot Put
Masters	100m or sprint hurdles	800m walk	Pole Vault or Weight Throw	Shot Put

Round 3 Notes:

800m walk is 'participation points' only event.

Round 4

	Track event 1	Track event 2	Jump	Throw
U10	60m	600m	Long Jump	Shot Put
U12	60m	600m	Long Jump	Shot Put
U14	60m	600m or Long hurdles	Long Jump	Javelin
U16	60m	600m or Long hurdles	Long Jump	Javelin
U18	60m	600m or Long hurdles	Triple Jump	Discus
U20	60m	600m or Long hurdles	Triple Jump	Discus
Open	60m	600m or Long hurdles	Triple Jump	Discus
Masters	60m	600m or Long hurdles	Triple Jump	Discus