

# Multi Day Championships

## Saturday 11th January

### Santiago Park, Ocean Reef

UNDER 6	UNDER 7	UNDER 8
<p><b>7.45AM MARSHALL</b> <b>8.00AM START</b></p> <ul style="list-style-type: none"> <li>• 300m</li> <li>• Vortex</li> <li>• Long Jump</li> <li>• 100m</li> </ul>	<p><b>7.45AM MARSHALL</b> <b>8.00AM START</b></p> <ul style="list-style-type: none"> <li>• 300m</li> <li>• Shotput (Girls)</li> <li>• Discus (Boys)</li> <li>• Long Jump</li> <li>• 100m</li> </ul>	<p><b>7.35AM MARSHALL</b> <b>7.50AM START</b></p> <ul style="list-style-type: none"> <li>• 500m</li> <li>• Long Jump</li> <li>• Turbo Javelin</li> <li>• 100m</li> </ul>
UNDER 9	UNDER 10	UNDER 11
<p><b>7.25AM MARSHALL</b> <b>7.40AM START</b></p> <ul style="list-style-type: none"> <li>• 800m</li> <li>• Long Jump</li> <li>• Turbo Javelin (Girls)</li> <li>• Discus (Boys)</li> <li>• 100m</li> </ul>	<p><b>7.15AM MARSHALL</b> <b>7.30AM START</b></p> <ul style="list-style-type: none"> <li>• 800m</li> <li>• Scissor High Jump</li> <li>• Shotput (Girls)</li> <li>• Turbo Javelin (Boys)</li> <li>• 200m (Girls)</li> <li>• 100m (Boys)</li> </ul>	<p><b>7.15AM MARSHALL</b> <b>7.30AM START</b></p> <ul style="list-style-type: none"> <li>• Shotput (Girls)</li> <li>• Discus (Boys)</li> <li>• 80m Hurdles</li> <li>• 200m (Girls)</li> <li>• 100m (Boys)</li> <li>• Long Jump</li> <li>• 800m</li> </ul>
UNDER 12 GIRLS	UNDER 13 GIRLS	UNDER 12 & 13 BOYS
<p><b>7.15AM MARSHALL</b> <b>7.30AM START</b></p> <ul style="list-style-type: none"> <li>• Long Jump</li> <li>• 80m Hurdles</li> <li>• Shotput</li> <li>• 200m</li> <li>• 800m</li> </ul>	<p><b>7.30AM MARSHALL</b> <b>7.45AM START</b></p> <ul style="list-style-type: none"> <li>• 80m Hurdles</li> <li>• Long Jump</li> <li>• 200m</li> <li>• Shotput</li> <li>• 800m</li> </ul>	<p><b>7.30AM MARSHALL</b> <b>7.45AM START</b></p> <ul style="list-style-type: none"> <li>• 80m Hurdles</li> <li>• Discus</li> <li>• 100m</li> <li>• Long Jump</li> <li>• 800m</li> </ul>

MIXED
<p><b>7.15AM MARSHALL</b> <b>7.30AM START</b></p> <ul style="list-style-type: none"> <li>• 80 to 110m Hurdles</li> <li>• Javelin</li> <li>• 200m</li> <li>• Fosbury High Jump</li> <li>• 800m</li> </ul>

Points are awarded for each event and added together at end of competition. The top 3 will be awarded medals.

Medals will be awarded on our return to Arena Joondalup