

Jayda Akuhata-Brown Memorial Meet programme

1.00pm	Combined 15+ Depending on number of entries	Hammer	1.30pm 2.00pm
2.30pm	Womens 15+	100m	
2.30pm	Mens 15+	Discus	2.45pm
3.30pm	Womens 15+	Shot Put	
3.30pm	Mens 15+	100m	3.30pm
4.30pm	Womens 3 Jumps only	Long Jump	4.15pm
4.30pm	Men	Shot Put	
5.30pm	Womens	Discus	5.00pm
5.45pm	Mens	Long Jump	5.45pm
6.30pm	Comined 15+	Javelin	

7-14 years	100m	
7 years	Shot Put	3 jumps/3 Throws
8 years	Discus	
9 years	long jump	
10-11 years	Shot Put	3 jumps/3 Throws
12- 13 years	Discus	
14 years	Long Jump	
7 years	Discus	3 jumps/3 Throws
8 years	Long Jump	
9 years	Shot Put	
10-11 years	Discus	3 jumps/3 Throws
12- 13 years	Long Jump	
14 years	Shot Put	
7 years	Long Jump	3 jumps/3 Throws
8 years	Shot Put	
9 years	Discus	
10-11 years	Long Jump	3 jumps/3 Throws
12- 13 years	Shot Put	
14 years	Discus	