

**NORTHERN REGION
13–19 YEARS TRACK & FIELD TRIALS 2024**

PROGRAM OF EVENTS

TIME	TRACK		FIELD	
	AGE	EVENT	AGE	EVENT
10.00am	13 -18yrs	400m	15yrs	High Jump
			16yrs	Discus
			14yrs	Triple
10.30am			13yrs	High Jump
			15yrs	Discus
			17-18yrs	Triple jump
11.00am	13 – 18yrs	1500m	14yrs	High Jump
			17-18yrs	Discus
			16yrs	Triple Jump
11.30am			17 – 18yrs	High Jump
			13yrs	Discus
			15yrs	Triple Jump
12.00pm	13 - 18yrs	100m	16yrs	High Jump
	AWD	100m	14yrs	Discus
			13yrs	Triple Jump
1.00pm	13 -18yrs	800m	15yrs	Javelin
			14yrs	Long Jump
			16yrs	Shot Put
1.30pm			13yrs	Javelin
			15yrs	Long Jump
			17 - 18yrs	Shot Put
2.00pm	15yrs	3000m	16yrs	Javelin
	17 -18yrs Girls	3000m	17 -18yrs	Long Jump
	17yrs Boys	3000m	14yrs	Shot Put
	18yrs Boys	5000m		
2.30pm			17 -18yrs	Javelin
			13yrs	Long Jump
			15yrs	Shot Put
3.00pm	13 -18yrs	200m	14yrs	Javelin
	AWD	200m	16yrs	Long Jump
			13yrs	Shot Put

Due to time constraints, the following events will not be conducted as part of the regional trials.

**SPRINT HURDLES
HAMMER THROW**

**STEEPLECHASE
POLE VAULT**

WALKS

For selection in any of these events, nominations of verified time / distance / height with supporting evidence must be submitted to selection panel on or prior to the day of the trials.