

KLLAC Sunday Special Session – Jumps

Order of Events per Age Group

	6 Girls & Boys	#	7 Girls	#	7 Boys	#	8 Girls	#	8 Boys	#	9 & 10 Girls	#	9 Boys	#	10 Boys	#	11 Girls	#	11 Boys	#	12 Girls	#	12 Boys	#	13+ Girls	#	13+ Boys	#
Slot 1	Long Jump 1	4	Long Jump 2	8							Scissor 1	13	Scissor 2	5			Long Jump 3	6	Long Jump 4	10					High 2	4	High 1	6
Slot 2					Long Jump 1	6	Long Jump 2	4							Scissor 2	7					High 2	6	High 1	4	Long 4	4	Long 3	5
Slot 3							Long Jump 1	8	Long 2	13							High 2	6	High 1	8	Long 3	7	Long 4	4				
Slot 4													Long 1	6	Long 2	7	Triple 2	6							Triple 1	11	Triple 1	11
Slot 5																		Triple 1	10	Triple 2	6							
Slot 6																							Triple 1	4				

Order of Events per area

Long 1	Long 2	Long 3	Long 4	Scissor 1	Scissor 2	High 1	High 2	Triple 1	Triple 2
6 Girls & Boys	7 Girls	11 Boys	11 Girls	9 & 10 Girls	9 Boys	13-17 Boys	13-17 Girls	13-17 Girls & Boys	11 Girls
7 Boys	8 Girls	13-17 Boys	13-17 Girls		10 Boys	12 Boys	12 Girls	11 Boys	12 Girls
8 Boys	9 & 10 Girls	12 Boys	12 Girls			11 Boys	11 Girls	12 Boys	
9 Boys	10 Boys								

- First event for all areas will be 4pm. We estimate each athlete will take approximately 3 minutes per event as a guide for timing. Number in adjacent column is number of entries. Events will be called when ready.
- Combined groups for 6 Girls & Boys; 9 & 10 Girls; 13+ Girls & 13+ Boys; Combined 13+ for Triple Jump
- Practice jump + 3 rounds of jumps in start list order per event.
- High jump heights to start at:
 - U9 – 75cm
 - U10 – 70cm
 - U11 – 80cm
 - U12 – 85cm
 - U13+ – 90cm
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- High Jump heights to increase by 5cm
- First, Second & Third to receive medals only.
- Ample parking in the carpark – Morgan Power Reserve, Vardys Road, Kings Langley.
- Canteen & BBQ available.
- Most important thing – HAVE FUN!