

**COME & TRY DAY (MALE)**

**Name;** \_\_\_\_\_ **Number;** \_\_\_\_\_

Time	Event	Specs	Age	Event	ENTER	TIME
1.00	3000m Run			49		
	Javelin	800g	18-49	8		
	Javelin	700g	14-17,50-59	9		
	Javelin	600g	U/14, 60-69	10		
	Javelin	500g	70-79	11		
1.30	100m			35		
1.40	Long Jump			27		
1.50	Shot Put	6Kg	18,19,50-59	21		
	Shot Put	5Kg	16,17,60-69	22		
	Shot Put	4Kg	14,15,70-79	23		
	Shot Put	3Kg	13 or Under	24		
	800m			41		
2.00	High Jump			31		
2.10	1500m Walk			45		

**COME & TRY (FEMALE)**

**Name;** \_\_\_\_\_ **Number;** \_\_\_\_\_

Time	Event	Specs	Age	Event	ENTER	TIME
1.00	3000m Run			50		
	Long Jump			28		
1.40	100m			36		
	Javelin	600g	18-49	12		
	Javelin	500g	14-17,50-74	13		
	Javelin	400g	13 or Under	14		
2.00	High Jump			32		
	800m			42		
2.10	1500M Walk			46		
2.25	Shot Put	4Kg	18-49	25		
	Shot Put	3Kg	U/18, 50+	26		