

ODD DISTANCE DAY (MALE)

Name;

Number;

Time	Event	Specs	Age	Event	ENTER	TIME/DIST
1.00	Hammer	7.26Kg	20-49	3		
	Hammer	6Kg	18,19,50-59	4		
	Hammer	5Kg	16,17,60-69	5		
	Hammer	4Kg	14,15,70-79	6		
	Hammer	3Kg	13 or Under	7		

1.10	2 Mile Run	<i>use 3000m time</i>		8		
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1.55	60m	<i>use 100m time</i>		11		
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2.00	Long Jump			13		
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2.15	1 Mile Run	<i>use 1500m time</i>		15		
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2.30	200m Hurdles	<i>10x76.2cm</i>		17		
	Pole Vault			18		

2.45	Discus	2Kg	20-49	19		
	Discus	1.75Kg	18,19	20		
	Discus	1.5Kg	16,17,50-59	21		
	Discus	1Kg	15 or Under	22		

2.50	300m	<i>use 200m time</i>		23		
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3.40	1000m	<i>use 800m time</i>		26		
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ODD DISTANCE DAY (FEMALE)

Name;

Number;

Time	Event	Specs	Age	Event	ENTER	TIME/DIST
1.00	Hammer	4Kg	18-49	1		
	Hammer	3Kg	U/18, 50+	2		
1.25	2 Mile Run	<i>use 3000m time</i>		9		
1.45	60m	<i>use 100m time</i>		10		
2.00	Discus	1Kg		12		
	Long Jump			13		
2.05	1 Mile Run	<i>use 1500m time</i>		14		
2.30	200m Hurdles	<i>10x76.2cm</i>		17		
	Pole Vault			28		
2.50	300m	<i>use 200m time</i>		23		
3.40	1000m	<i>use 800m time</i>		26		