

**COME & TRY DAY (MALE)**

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

Time	Event	Specs	Age	Event	ENTER	TIME
1.00	3000m Run			49		
	Long Jump			27		
1.40	100m			35		
	Discus	2Kg	20-49	15		
	Discus	1.75Kg	18,19	16		
	Discus	1.5Kg	16,17,50-59	17		
	Discus	1Kg	15 or Under	18		
1.50	800m			41		
2.00	High Jump			31		
2.10	1500m Walk			45		
2.20	Shot Put	7.26Kg	20-49	20		
	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		
2.40	400m			39		

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2.40	400m			39		

**COME & TRY (FEMALE)**

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

Time	Event	Specs	Age	Event	ENTER	TIME
1.00	3000m Run			50		
	Discus	1Kg	All ages	19		
1.30	100m			36		
1.40	Long Jump			28		
1.50	Shot Put	4Kg	18-49	25		
	Shot Put	3Kg	U/18, 50+	26		
2.00	High Jump			32		
	800m			42		
2.10	1500M Walk			46		
2.30	400m			40		

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Time	Event	Specs	Age	Event	ENTER	TIME
1.00	3000m Run			50		
	Discus	1Kg	All ages	19		
1.30	100m			36		
1.40	Long Jump			28		
1.50	Shot Put	4Kg	18-49	25		
	Shot Put	3Kg	U/18, 50+	26		
2.00	High Jump			32		
	800m			42		
2.10	1500M Walk			46		
2.30	400m			40		