

**INTERCLUB No 1****4-Oct-08****SET EVENTS  
NO DROPPING**

Under 6	100m	200m	Discus	
Under 7	100m	200m	Shot Put	
Under 8	100m	200m	Discus	
Under 9	100m	200m	Long Jump	
Under 10	100m	200m	Long Jump	
Under 11	100m	200m	1500m	Shot Put
Under 12	100m	200m	1500m	Shot Put
U13+15+O/A	100m	200m	1500m	Triple Jump

**INTERCLUB No 2 - Bring A Friend Day****11-Oct-08****SET EVENTS  
NO DROPPING**

Under 6	Hurdle 1	70m	Shot Put	Shuttle Relay
Under 7	Hurdle 1	70m	Discus	Shuttle Relay
Under 8	Hurdle 1	200m	Long Jump	Shuttle Relay
Under 9	Hurdle 1	200m	Shot Put	4 x 100m Relay
Under 10	Hurdle 1	200m	Discus	4 x 100m Relay
Under 11	Hurdle 1	800m	Long Jump	4 x 100m Relay
Under 12	Hurdle 1	800m	Long Jump	4 x 100m Relay
U13+15+O/A	Hurdle 2	800m	Discus	4 x 200m Relay

**INTERCLUB No 3****18-Oct-08****SET  
EVENTS  
MUST DROP  
ONE EVENT**

Under 6	70m	Hurdle 2	200m	Long Jump		
Under 7	70m	Hurdle 2	200m	Long Jump		
Under 8	70m	Hurdle 2	200m	Triple Jump		
Under 9	70m	Hurdle 2	400m	1500m	Discus	High Jump
Under 10	70m	Hurdle 2	400m	1500m	Discus	High Jump
Under 11	70m	100m	400m	1500m	Shot Put	Triple Jump
Under 12	70m	100m	400m	1500m	Shot Put	Triple Jump
U13+15+O/A	70m	200m	400m	1500m	Shot Put	Long Jump

**INTERCLUB No 4****25-Oct-08****SET  
EVENTS  
MUST DROP  
ONE EVENT**

Under 6	70m	Hurdle 2	300m	Shot Put		
Under 7	70m	Hurdle 2	300m	Shot Put		
Under 8	70m		200m	Walk	Discus	
Under 9	70m	100m	200m	800m	Long Jump	Shot Put
Under 10	70m	100m	200m	800m	Long Jump	Shot Put
Under 11	70m	Hurdle 3	200m	Walk	High Jump	Javelin
Under 12	70m	Hurdle 3	200m	Walk	High Jump	Javelin
U13+15+O/A	100m	Hurdle 3	200m	Walk	High Jump	Javelin

**INTERCLUB No 5****1-Nov-08**

<b>SET EVENTS NO DROPPING</b>	Under 6	100m	Hurdle 1	Discus		
	Under 7	100m	Hurdle 1	Discus		
	Under 8	100m	Hurdle 1	High Jump	Shot Put	
	Under 9	100m	Hurdle 1	200m	Walk	Triple Jump
	Under 10	100m	Hurdle 1	200m	Walk	Triple Jump
	Under 11	100m	Hurdle 2	200m	800m	Discus
	Under 12	100m	Hurdle 2	200m	800m	Discus
	U13+15+O/A	100m	Hurdle 2	200m	800m	Triple Jump

**INTERCLUB No 6****8-Nov-08**

<b>SET EVENTS</b>	Under 6	70m	100m	Hurdle 1	Long Jump		
	Under 7	70m	100m	Hurdle 1	Long Jump		
	Under 8		100m	Hurdle 1	Shot Put	Triple Jump	
<b>MUST DROP ONE EVENT</b>	Under 9	70m	100m	400m	1500m	Discus	High Jump
	Under 10	70m	100m	400m	1500m	Long Jump	High Jump
	Under 11	70m	Hurdle 1	400m	Walk	Triple Jump	Discus
	Under 12	70m	Hurdle 1	400m	Walk	Triple Jump	Discus
	U13+15+O/A	70m	Hurdle 2	400m	Walk	Long Jump	Shot Put

**Region Relays Saturday 15th November 08****INTERCLUB No 7****22-Nov-08**

<b>SET EVENTS</b>	Under 6	100m	Hurdle 2	200m	Discus		
	Under 7	100m	Hurdle 2	200m	Discus		
	Under 8	100m	800m	Long Jump	Shot Put		
<b>MUST DROP ONE EVENT</b>	Under 9	100m	Hurdle 2	200m	Walk	Triple Jump	Shot Put
	Under 10	100m	Hurdle 2	200m	Walk	Triple Jump	Shot Put
	Under 11	100m	Hurdle 2	200m	1500m	Long Jump	Discus
	Under 12	100m	Hurdle 2	200m	1500m	Long Jump	Discus
	U13+15+O/A	100m	Hurdle 2	200m	1500m	High Jump	Discus

**INTERCLUB No 8****29-Nov-08**

<b>SET EVENTS</b>	Under 6	70m	100m	Hurdle 1	Long Jump		
	Under 7	70m	100m	Hurdle 1	Long Jump		
	Under 8	70m	Hurdle 2	800m	Triple Jump		
<b>MUST DROP ONE EVENT</b>	Under 9	70m	100m	400m	1500m	Discus	High Jump
	Under 10	70m	100m	400m	1500m	Discus	High Jump
	Under 11	70m	100m	400m	Walk	Shot Put	Triple Jump
	Under 12	70m	100m	400m	Walk	Shot Put	Triple Jump
	U13+15+O/A	70m	200m	400m	Walk	Shot Put	Long Jump

**INTERCLUB No 9****6-Dec-08**

<b>SET EVENTS</b>	Under 6	100m	200m	Long Jump	Shot Put		
	Under 7	100m	200m	Long Jump	Shot Put		
	Under 8	100m	200m	High Jump	Long Jump		
<b>MUST DROP ONE EVENT</b>	Under 9	100m	200m	800m	Walk	Triple Jump	Long Jump
	Under 10	100m	200m	800m	Walk	Triple Jump	Discus
	Under 11	100m	200m	800m	Hurdle 3	High Jump	Javelin
	Under 12	100m	200m	800m	Hurdle 3	High Jump	Javelin
	U13+15+O/A	100m	200m	800m	Hurdle 3	Discus	Javelin

**INTERCLUB No 10 - Twilight Xmas breakup****12-Dec-08**

<b>SET EVENTS NO DROPPING</b>	Under 6	70m	200m	Shot Put		
	Under 7	70m	200m	Shot Put		
	Under 8	70m	200m	Discus		
	Under 9	70m	200m	Discus		
	Under 10	70m	200m	Shot Put		
	Under 11	70m	200m	Javelin	2000m Steeplechase	
	Under 12	70m	200m	Javelin	2000m Steeplechase	
	U13+15+O/A	100m	200m	Javelin	2000m Steeplechase	

**XMAS HOLIDAY BREAK****INTERCLUB No 11****17-Jan-09**

<b>SET EVENTS NO DROPPING</b>	Under 6	100m	200m	Shot Put		
	Under 7	100m	200m	Shot Put		
	Under 8	100m	200m	Long Jump		
	Under 9	100m	200m	Discus		
	Under 10	100m	200m	Discus		
	Under 11	100m	200m	Triple Jump	2000m Steeplechase	
	Under 12	100m	200m	Triple Jump	2000m Steeplechase	
	U13+15+O/A	100m	200m	Long Jump	2000m Steeplechase	

**INTERCLUB No 12****24-Jan-09**

<b>SET EVENTS</b>	Under 6	70m	300m	Hurdle 1	Discus		
	Under 7	70m	300m	Hurdle 1	Discus		
	Under 8	70m	Hurdle 1	800m	Discus		
<b>MUST DROP ONE EVENT</b>	Under 9	70m	Hurdle 1	400m	1500m	Long Jump	Shot Put
	Under 10	70m	Hurdle 1	400m	1500m	Long Jump	High Jump
	Under 11	70m	Hurdle 1	400m	1500m	Shot Put	Javelin
	Under 12	70m	Hurdle 1	400m	1500m	Shot Put	Javelin
	U13+15+O/A	70m	200m	400m	1500m	High Jump	Javelin

## **STATE MULTI CHAMPIONSHIPS - 31 Jan / 1 Feb 09**

To be held at Warnambool

### **SEAFORD OPEN DAY - 8-Feb-09**

(make sure you get your entry in before closing date)

### **REGION TRACK & FIELD - 14 / 15 Feb 09**

#### **INTERCLUB No 13**

**21-Feb-09**

<b>SET EVENTS</b>	Under 6	100m	Hurdle 2	200m	Shot Put		
	Under 7	100m	Hurdle 2	200m	Shot Put		
	Under 8	100m	Hurdle 2	Discus	Triple Jump		
<b>MUST DROP ONE EVENT</b>	Under 9	100m	Hurdle 2	400m	800m	High Jump	Long Jump
	Under 10	100m	Hurdle 2	400m	800m	Triple Jump	Shot Put
	Under 11	100m	Hurdle 2	400m	Walk	Discus	High Jump
	Under 12	100m	Hurdle 2	400m	Walk	Discus	High Jump
	U13+15+O/A	100m	Hurdle 2	400m	Walk	Discus	Long Jump

#### **INTERCLUB No 14**

**28-Feb-09**

<b>SET EVENTS</b>	Under 6	70m	Hurdle 1	Discus	Long Jump		
	Under 7	70m	Hurdle 1	Discus	Long Jump		
	Under 8	70m	Walk	Shot Put	High Jump		
<b>MUST DROP ONE EVENT</b>	Under 9	70m	100m	800m	Walk	Triple Jump	Shot Put
	Under 10	70m	100m	800m	Walk	Triple Jump	Shot Put
	Under 11	70m	Hurdle 3	200m	800m	Long Jump	High Jump
	Under 12	70m	Hurdle 3	200m	800m	Long Jump	High Jump
	U13+15+O/A	100m	Hurdle 3	200m	800m	Discus	Triple Jump

#### **INTERCLUB No 15**

**7-Mar-09**

<b>SET EVENTS NO DROPPING</b>	Under 6	100m	300m	Long Jump	Discus		
	Under 7	100m	300m	Long Jump	Discus		
	Under 8	100m	800m	Shot Put	High Jump		
	Under 9	100m	200m	800m	Triple Jump		
	Under 10	100m	200m	800m	Long Jump		
	Under 11	100m	Hurdle 3	800m	Triple Jump	Javelin	
	Under 12	100m	Hurdle 3	800m	Triple Jump	Javelin	
	U13+15+O/A	100m	Hurdle 3	1500m	Shot Put	Javelin	

### **STATE TRACK & FIELD CHAMPIONSHIP - 14 / 15 Mar 09**

### **AGM & PRESENTATIONS - 21-Mar-09**