

		Metro #1	Metro #2	Finale
		16th June	9th July	4th Aug
		Narellan	Wollongong	Mingara
Sprints		200	60	100
Middles	Juniors	600	400	800
	Seniors	800	1500	400
Throws	Juniors	Discus	Shot	Discus
	Seniors	Shot	Discus	Javelin
Jumps	Juniors	Long	High	Long
	Seniors	Triple	Long	High

		Hunter #1	Hunter #2	Finale
		23rd June	6th July	4th Aug
		HSC	Maitland	Mingara
		200	60	100
		600	400	800
		800	1500	400
		Discus	Shot	Discus
		Shot	Discus	Javelin
		Long	High	Long
		Triple	Long	High

Comments

- High Only attempt three heights at 5cm increments (zone start heights)
- Other Field Three trials
- Juniors U8s - U11s
- Seniors U12s - U17s
- U8s Long instead of High