

## 2023 Benowa SHS - House Track & Field Carnival - Program of Events

TIME	EVENT
9.30am	800m
9.30am	12yrs High Jump 13yrs Shot Put 14yrs Javelin 15yrs Triple Jump 16yrs Discus 17-19yrs Long Jump
10.15am	200m
10.15am	12yrs Long Jump 13yrs High Jump 14yrs Shot Put 15yrs Javelin 16yrs Triple Jump 17-19yrs Discus
11.00am	12yrs Shot Put 13yrs Long Jump 14yrs High Jump 15yrs Discus 16yrs Javelin 17-19yrs Triple Jump
11.00am	100m
12.00pm	12yrs Triple Jump 13yrs Discus 14yrs Long Jump 15yrs High Jump 16yrs Shot Put 17-19yrs Javelin
12.30pm	400m
12.45pm	12yrs Javelin 13yrs Triple Jump 14yrs Discus 15yrs Long Jump 16yrs High Jump 17-19yrs Shot Put  <i>NOTE: As soon as 17-19yrs have finished Shot Put they go straight to High Jump</i>
1.15pm	Relays

### 2023 Benowa SHS – House Lanes for Track Events

Bandler	Lane 1
Florey	Lane 2
Hinkler	Lane 3
Hollows	Lane 4
Laver	Lane 5
Murdoch	Lane 6
Wake	Lane 7
Wright	Lane 8