

1.30pm

- Year 4 Shot Put
- Year 5 Discus
- Year 6 High Jump

2.00pm

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- Year 4 High Jump
- Year 5 Shot Put
- Year 6 Discus

Weights & measurements

Year level	Discus	Shot Put	High Jump starting height
4	500 grams	2kg	1.00m Scissor Kick only
5	750 grams	2kg	1.08m Scissor Kick only
6	750 grams	3kg	1.18m Scissor or Fosbury