

Give it a Go Taster Day- Events

There are no entry standards for the Give it a Go Taster Day. Athletes may enter 3 events.

Track events	Field events
60m (only for athletes who cannot run 100m)	Turbo javelin
100m	Shot put
200m	Long jump
	Standing long jump (for athletes who cannot safely jump with a run up)

Coaches/supporters are responsible for ensuring that their athletes can safely undertake the skills required for any events entered.