PROGRAM 5

Under 6 Boys	Under 6 Girls	Under 7 Boys	Under 7 Girls	Under 8 Boys	Under 8 Girls	Under 9 Boys	Under 9 Girls	Under 10 Boys	Under 10 Girls	Under 11 Boys	Under 11 Girls	Under 12 Boys	Under 12 Girls	Open Boys	Open Girls
Warm UP															
Long Jump (JP1)	Long Jump (JP2)	Discus (DS1a)	Discus (DS2a)	400m Back	400m Back	400m Back	400m Back	400m Back	400m Back	High Jump (HJ1)	High Jump (HJ2)	100m	100m	100m	100m
100m	100m	100m	100m	Discus (DS1)	Discus (DS2)	Shot Put (SP2)	Shot Put (SP3)	TurboJav (TJAV1)	TurboJav (VT1)	100m	100m	Javelin (JV1)	Triple Jump (JP4)	Long Jump (JP3)	Shot Put (SP1)
Vortex (TJAV1)	Vortex (VT1)	Long Jump (JP1)	Long Jump (JP2)	100m	100m	100m	100m	100m	100m	1500m	1500m	1500m	1500m	1500m	1500m
70m Front	70m Front	70m Front	70m Front	Long Jump (JP3)	Long Jump (JP4)	Scissor Jump (SJ1)	Scissor Jump (SJ2)	Long Jump (JP1)	Long Jump (JP2)	Discus (DS1)	Discus (DS2)	Triple Jump (JP4)	Javelin (JV1)	Shot Put (SP1)	Long Jump (JP3)
60mH Back (20cm Height)	60mH Back (20cm Height)	60mH Back (30cm Height)	60mH Back (30cm Height)	70m Front	70m Front	70m Front	70m Front	70m Front	70m Front	70m Front	70m Front	70m Front	70m Front	70m Front	70m Front
Wrap UP															