PROGRAM 3

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															
OnTrack	OnTrack	Shot Put (SP2)	Shot Put (SP3)					100m	100m					800m Back	800m Back
				100m	100m	100m	100m			800m Back	800m Back	800m Back	800m Back		
								TurboJav (TJAV1)	TurboJav (VT1)					Javelin (JV1)	Triple Jump (JP4)
100m	100m			Long Jump (JP1)	Long Jump (JP2)	Discus (DS1)	Discus (DS2)			Long Jump (JP3)	Shot Put (SP1)	High Jump (HJ1)	High Jump (HJ2)		
		100m	100m					400m Back	400m Back					100m	100m
Shot Put (SP2)	Shot Put (SP3)	OnTrack	OnTrack	400m Back	400m Back	400m Back	400m Back			100m	100m	100m	100m		
				Shot Put (SP2)	Shot Put (SP3)	Long Jump (JP1)	Long Jump (JP2)	Scissor Jump (SJ1)	Scissor Jump (SJ2)	Shot Put (SP1)	Long Jump (JP3)	Discus (DS1)	Discus (DS2)	Triple Jump (JP4)	Javelin (JV1)
70m Front	70m Front	70m Front	70m Front					70m Front	70m Front					70m Front	70m Front
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		
Wrap UP															