PROGRAM 1

SESSION 2

Under 6 Boys	Under 6 Girls	Under 7 Boys	Under 7 Girls	Under 8 Boys	Under 8 Girls	Under 9 Boys	Under 9 Girls
Warm UP							
OnTrack	OnTrack	Long Jump (JP1)	Long Jump (JP4)	100m Back	100m Back	100m Front	100m Front
				Scissor Jump (SJ1) Max. 8 Jumps	Scissor Jump (SJ2) Max. 8 Jumps	Shot Put (SP1)	Shot Put (SP2)
70m Front	70m Front	70m Back	70m Back				
Discus (DS1)	Discus (DS2)	OnTrack	OnTrack	200m	200m	Scissor Jump (SJ1) Max. 8 Jumps	Scissor Jump (SJ2) Max. 8 Jumps
				Shot Put (SP1)	Shot Put (SP2)		
Long Jump (JP1)	Long Jump (JP4)	Discus (DS1)	Discus (DS2)			200m	200m
Wrap UP							

SESSION 1

Under 10 Boys	Under 10 Girls	Under 11 Boys	Under 11 Girls	Under 12 Boys	Under 12 Girls	Open Boys	Open Girls
Warm UP							
100m Back	100m Back	100m Front	100m Front	Long Jump (JP3)	Shot Put (SP1)	High Jump (HJ1) Max. 8 jumps	Discus (DS1)
Scissor Jump (SJ2) Max. 8 Jumps	Discus (DS2)	Long Jump (JP2)	Shot Put (SP2)				
				100m Back	100m Back	100m Front	100m Front
200m	200m	Shot Put (SP2)	Long Jump (JP2)	Shot Put (SP1)	Long Jump (JP3)	Discus (DS1)	High Jump (HJ1) Max. 8 jumps
Discus (DS2)	Scissor Jump (SJ2) Max. 8 Jumps	400m Front	400m Front	400m Front	400m Front	400m Front	400m Front
Wrap UP							