

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	100m	100m			800m	800m	800m	800m														
				100m	100m			800m	800m																				
		100m	100m			Long Jump (TJ1)	Long Jump (LJ3)	Discus (DS1)	Discus (DS2)	TurboJav (TJAV1)	TurboJav (VT1)	Long Jump (LJ2)	Shot Put (SP1)	High Jump (HJ1)	High Jump (HJ2)	Javelin (JV1)	Triple Jump (TJ4)												
		100m	100m																										
Shot Put (SP2)	Shot Put (SP3)	OnTrack	OnTrack																	400m	400m					100m	100m	100m	100m
																		400m	400m					100m	100m				
		70m Front	70m Front			Shot Put (SP1)	Shot Put (SP3)	Long Jump (TJ1)	Long Jump (LJ3)	Scissor Jump (SJ1)	Scissor Jump (SJ2)	Shot Put (SP2)	Long Jump (LJ3)	Discus (DS1)	Discus (DS2)	Triple Jump (TJ4)	Javelin (JV1)												
		70m Front	70m Front																										
60mH Back (20cm Height)	60mH Back (20cm Height)																												
		60mH Back (30cm Height)	60mH Back (30cm Height)																										
Wrap UP																													