## **PROGRAM 2**

			SESS	ION 2				SESSION 1								
Under 6 Boys	Under 6 Girls	Under 7 Boys	Under 7 Girls	Under 8 Boys	Under 8 Girls	Under 9 Boys	Under 9 Girls		Inder 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 (SP1)	Shot Put (SP2)	Long Jump (JP1)	Discus (DS1)	Discus (DS2)	Long Jump (JP4)			Shot Put (SP2)	100m Front	100m Front		100m Back		
													100m Back		100m Front	100m Front
								Long Jum (JP2)			High Jump (HJ1)	Discus (DS1)	Discus (DS2)	High Jump (HJ2) 200m Front Finish	Long Jump (JP3)	Shot Put (SP1)
70m Back	70m Back															
		70m Back	70m Back													
Shot Put (SP1)	Shot Put (SP2)	OnTrack						100	00m Back	100m Back						
			OnTrack	100m Back	100m Back	100m Front	100m Front			Long Jump (JP3)						
						Long Jump (JP4)	Discus (DS2)		Shot Put (SP2)		200m Front Finish	200m	200m Front Finish			
				Discus (DS1) Long Jump (JP1)  200m 200m Front Finish								Front Finish			200m	200m
								S			Discus (DS2)	High Jump (HJ2)	High Jump (HJ1)	Discus (DS1)	Front Finish	Front Finish
60mH Back (20cm Height)	60mH Back (20cm Height)														Shot Put (SP1)	Long Jump (JP2)
		60mH Back (30cm Height)	60mH Back (30cm Height)													
									200m ont Finish	200m Front Finish						
					200m Front Finish	200m Front Finish	Fro	170Ht FIIIISH	Pront Pinish							
								Wrap UP								