PROGRAM 7

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															
60mH - Back	60mH - Back	60mH - Back	60mH - Back	Long Jump (JP2)	Long Jump (JP4)	Scissor Jump (SJ1)	Scissor Jump (SJ2)	TurboJav (TJAV1)	TurboJav (VT1)	Triple Jump (JP3)	Javelin (JV1)	400m Curved	400m Curved	400m Curved	400m Curved
Long Jump (JP1)	Long Jump (JP3)	Discus (DS1a)	Discus (DS2a)	70m Front	70m Front	70m Front	70m Front	70m Front	70m Front	400m Curved	400m Curved	Shot Put (SP1)	Shot Put (SP2)	Discus (DS1)	Discus (DS2)
Vortex (TJAV1)	Vortex (VT1)	Long Jump (JP2)	Long Jump (JP4)	Shot Put (SP2)	Shot Put (SP3)	800m	800m	800m	800m	70m Front	70m Front	70m Front	70m Front	70m Front	70m Front
				400m Curved	400m Curved	Discus (DS1)	Discus (DS2)	Scissor Jump (SJ1)	Scissor Jump (SJ2)	Javelin (JV1)	Triple Jump (JP1)	Long Jump (JP3)	Long Jump (JP4)	High Jump (HJ1)	High Jump (HJ2)
400m Curved	400m Curved	400m Curved	400m Curved	100m	100m	100m	100m			100m	100m	100m	100m		
70m Back	70m Back	70m Back	70m Back					100m	100m					100m	100m
Wrap UP															